



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

Confidence comes with every card.®

## Medicare-Eligible Retirees



# For Your Benefit

A variety of timely information related to your health care benefits and needs

## Together, we can fight mental health stigma

At Blue Cross, we want to help you feel your best so you can live with confidence. If you or your loved ones are facing a mental health or substance use disorder, you're not alone. In its 2021 report, Mental Health America found that 44 million U.S. adults live with a mental health condition. However, stigma, or negative perspectives, can keep people from seeking care.

If we work together, we can continue to normalize conversations around mental health. Here are a few steps you can take to combat mental health stigma:

**Find the right care.** It's okay to be honest about your mental health status. If you need treatment, schedule an appointment with a mental health professional or ask a loved one for help finding care. This major step can improve your quality of life.

**Share your story.** People often feel more comfortable speaking up when they know they're not alone. When you're ready, share your mental health journey with close friends and family. Shared experiences help remove barriers and encourage others to seek support. Talking about your experiences can also help you feel more understood.

**Show your support.** If a friend or family member is going through a difficult time, ask them how they feel and what you can do to support them. If you think they need care, encourage them to schedule a visit with a mental health professional and remind them it's okay to ask for help.



# Blue Cross digital tools help you manage your benefits from anywhere



Do you want to check your deductible while on the go, or find fitness product discounts to track your health goals? Blue Cross has a suite of digital tools that make it easy for you to manage your benefits and health with the tap of a finger.

## Your online member account

Sign up for an online member account at [www.bcbsm.com](http://www.bcbsm.com) to quickly view and manage your plan information. You can keep track of your deductible and copays, find a doctor, see your claims history, take a health assessment and more. It's easy to [register](#) or [log in](#) if you already have an account.

You can also update your email, text and paperless communication preferences. Go to *Account Settings* and click *Communication Preferences* to adjust your options.

Want to manage your plan information from a smartphone or tablet? Download our free mobile app through the App Store® (iOS 11 or better) or Google Play™ (version 6.0 or better).

- Go to the App Store or Google Play Store.
- Type "BCBSM" and click search.
- Click the Blue Cross Blue Shield of Michigan icon and download the app.

Need help installing or using the mobile app? Call **1-888-417-3479** Monday through Friday from 8 a.m. to 8 p.m. Eastern time. TTY users, call **711**.

## Health and well-being

Use your member account to explore the [Blue Cross Health and Well-Being<sup>SM</sup>](#) website for helpful tools and resources to improve your well-being, including behavioral health support and incentives for meeting your health goals.

Interested in short weekly webinars to support your personal health journey? Visit the [Blue Cross Virtual Well-Being<sup>SM</sup>](#) website for webinars on topics such as mental health checkups, meditation and well-being challenges, plus well-being coach videos to support your journey.

## Blue365® discounts

With Blue365, you have access to a variety of health and well-being discounts from hearing and vision products to cookbooks and fitness gear. Log in to your member account and click *Blue365 member discounts* under the Health and Well-Being section to save on:

- Travel and recreation
- Health magazines, meal delivery services and cooking classes
- Dental and skin care products

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# How to incorporate MIND diet food groups to improve brain health



Alzheimer's disease is a progressive brain disorder that affects memory, thinking and language skills. Research shows what you eat has a direct impact on your risk for Alzheimer's. According to the Mayo Clinic, following the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, a hybrid of the evidence-based Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, can improve brain health and lower the risk of Alzheimer's by up to 53%.

Here are some key food groups in the MIND diet you can start incorporating to positively affect your brain health.

**Load up on green leafy vegetables.** Greens, such as kale and spinach, are packed with nutrients linked to better brain health, including folate and vitamin E. Just one serving a day can slow brain aging especially when coupled with at least one daily serving of other vegetables, such as carrots and broccoli.

**Turn to berries for a sweet treat.** Berries, such as strawberries and blueberries, have been found to slow rates of cognitive decline due to their high levels of flavonoids. Flavonoids are rich in antioxidants and can help your body ward off toxins. Aim for two or more servings a week.

**Cook with extra virgin olive oil.** Olive oil is rich in antioxidants and monounsaturated fats, or healthy fats, which may have brain health benefits, such as improved memory and problem-solving. Swap butter and margarine for extra virgin olive oil in cooking and homemade salad dressings.

**Swap red meat for beans and lentils.** Red meat is high in saturated fats, which can have poor effects on brain function, including memory. Beans, lentils and soybeans are high in protein and fiber, making them a great meat alternative. They're also rich in vitamin B, an important vitamin for brain health.

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## 4 healthy habits that naturally lower blood pressure

High blood pressure, or hypertension, can lead to serious complications, including heart disease and stroke. It's important to keep yours in a healthy range, and a heart-healthy lifestyle is a good place to start.

Here are four healthy habits you can adopt to lower or maintain your blood pressure:



1

**Exercise to lose weight:** Did you know losing as few as 10 pounds can lower your blood pressure? Try a regular exercise routine that incorporates at least 30 minutes of cardio on most days of the week to shed extra weight. Remember, slow and steady weight loss is best.



2

**Eat healthy:** The Dietary Approaches to Stop Hypertension, or DASH, program is one of the best diets for lowering blood pressure. As a good rule of thumb, cut salt and try to avoid processed foods, sugar and foods high in saturated fat. Swap in fruits and vegetables and high-protein foods.



3

**Practice gratitude:** Struggling with anxious thoughts? A gratitude journal is a free and easy way to lower stress, which in turn lowers blood pressure. Start simple with three things you're grateful for then work your way up.



4

**Get quality sleep:** Good sleep is important to your body. It helps regulate stress hormones so your blood pressure goes down while you sleep. Poor sleep quality can keep your blood pressure higher for longer. Keep a regular sleep schedule and avoid caffeine and exercise close to bedtime.

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State of Michigan Retirees

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## How to reach us

For benefit information or claim inquiries, call or write the Blue Cross Customer Service Center.

### Call:

1-800-843-4876

Our Customer Service representatives are available Monday through Friday from 7 a.m. to 7 p.m. Eastern time, excluding holidays.

### Write:

State of Michigan Customer Service Center  
Blue Cross Blue Shield of Michigan  
232 S. Capitol Avenue L04A  
Lansing, MI 48933-1504

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