

FEDFACTS

Federal Employee Program News

August-September 2024

Inside this issue, you'll find information about the benefits of a MyBlue[®] account, the new Postal program, chronic conditions, Blue Cross Virtual Well-BeingSM sessions, the importance of BCN members signing up for emails, BCN's Virtual Care, mental health resources for BCN members, and a calendar of events.



Tools you can use

Get the most out of benefits with MyBlue[®] account

The members-only website has smart, simple tools and resources.

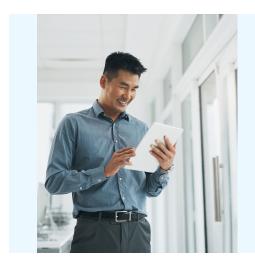
Learn more



Benefits

Postal benefit information coming soon

Postmasters, download and print this flyer to distribute to your employees.



Monica's message

Resources to help manage chronic conditions

Blue Cross and Blue Shield Service Benefit Plan members can find a wealth of information and support at fepblue.org.

Learn more



Health and well-being

Blue Cross Virtual Well-BeingSM

Check out upcoming webinars for you and your employees.

Find out more



Blue Care Network

Sign up for important emails

Encourage your employees to register to receive emails. They'll get important information about their plan as well as health and well-being tips and special offers.

Read more



Blue Care Network

Remind your employees about Virtual Care

With Virtual Care, your employees continue to have convenient access to virtual urgent care 24/7 and mental health care by appointment, now in the easy-to-use Teladoc Health[®] app.

Learn more



Blue Care Network

Mental health resources

Let your employees know about the behavioral health benefits to treat mental health conditions and substance use disorders available their health plan.

Learn more

Calendar of Events

To register for a webinar, click on the name of the event.

ABO and member events

Pre-retirement webinar

Sept. 10, noon to 1 p.m.

Care Management Service Day – Acute Low Back Pain

Sept. 17, noon to 1 p.m.

Well-Being Wednesdays – Personalize Your Sleep Hygiene

Sept. 18, noon to 12:30 p.m.



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