



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](https://www.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 through 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.



Jason Helling
Regional sales manager
313-448-7436 (office)
jhelling@bcbsm.com



Jenalyn Hintzke
Client operations manager
313-448-5913 (office)
jhintzke@bcbsm.com



Geneviève S. Johnson
Client operations manager
313-448-4452 (office)
gjohnson3@bcbsm.com



Having problems viewing this e-mail? [View in a browser window.](#)

You have received this e-mail because you have registered with Blue Cross Blue Shield of Michigan. To ensure that you continue to receive these e-mails, please add **noreply@engage.bcbsm.com** to your e-mail address book or safe-sender list.

This email was sent to:

This email was sent by: Blue Cross Blue Shield of Michigan
600 E Lafayette Blvd, Detroit, MI, 48226-2927, US

Please do not reply to this message. Replies to this message are routed to an unmonitored mailbox. We're happy to help you with any questions or concerns you may have. Please reach out to us here, <http://miblues.co/29TXKbE>, and someone from our team will reach out to you directly. If you would like to directly speak to a customer service representative, please call the number listed on the back of your ID card.

We respect your right to privacy - [view our policy.](#)

[Manage Subscriptions](#) | [Update Profile](#) | [Unsubscribe](#)

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.