



FEDFACTS

Federal Employee Program News

June-July 2024

Inside this issue, you'll find information about the Blue365[®] discount program, Men's Health Month, summer recipes, Monica's message, Blue Cross Virtual Well-BeingSM sessions, *Good Health* digital magazine for BCN members, and a calendar of events.



Tools you can use

Get deals for healthy living with Blue365[®]

The program offers exclusive health and wellness discounts to help keep members healthy.

[Learn more](#)



Health

June is Men's Health Month

This is a great reminder for men to take preventive measures to stay in good health.

[Read more](#)



Food

Scrumptious summertime recipes

A chilled creamy cilantro lime cabbage salad will hit the spot on a hot summer day.

[Find out more](#)



Monica's message

It's crucial to keep up with healthcare appointments

Seeing a healthcare provider regularly can contribute to good health.

[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

Good Health: A magazine for Blue Care Network members

Good Health magazine features health and wellness topics and information to help your employees understand their health care coverage. This digital issue also includes interactive articles and tips to help your employees enjoy a safe, healthy summer.

[Learn more](#)

Calendar of Events

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

ABO and member events

[Pre-retirement webinar](#)

June 18, noon to 1 p.m.

[Pre-retirement webinar](#)

July 16, noon to 1 p.m.

[Well-Being Wednesdays – Foods that Boost Body and Brain Health](#)

July 17, noon to 12:30 p.m.

[Well-Being Wednesdays – Sugar Rush](#)

Aug. 14, noon to 12:30 p.m.

[Pre-retirement webinar](#)

Aug. 20, noon to 1 p.m.

[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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