



FEDFACTS

Federal Employee Program News

January 2025

Inside this issue, you'll find information about preventive services, where to go for care, resources, managing symptoms, follow-up care and immunizations.



Preventive services

Start new year off on healthy note

The Blue Cross and Blue Shield Service Benefit Plan offers a lot of services to help members lead a healthy life.

[Learn more](#)



Healthcare services

Where to go for care

Going to the right place can save members time and money.

[Find out more](#)



Health and well-being

Care management and wellness programs

There are resources and incentives to help members stay healthy and manage chronic conditions.

[Learn more](#)



Health and well-being

Tips for managing bronchitis, low back pain

Managing symptoms may be the best treatment for acute bronchitis and acute low back pain.

[Read more](#)



Health and well-being

Importance of follow-up care

Seeing a healthcare provider within seven days of discharge for an ER visit is essential for recovery.

[Learn more](#)



Health and well-being

Vaccines offer protection from diseases

Immunizations can help keep children and adults healthy.

[Read more](#)



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