



# Welcome to BlueJourney 2021

More Coverage and Value for Your Life Journey

**Capital BLUE**  **MEDICARE**

Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association

Thank you for choosing Capital BlueCross and its family of companies.

For over 80 years, we've been your partner in health providing the coverage, security, and peace of mind you deserve for your life journey. We're evolving our Medicare plans to provide enhanced coverage in times of need. That's Medicare that cares back.

Your BlueJourney plan gives you more of what you're looking for — more protection, more benefits, more savings.

**That's the Benefit of Blue.<sup>SM</sup>**

### **Easy access to online tools and resources**

Get the information you need, when you need it, on [CapitalBlueMedicare.com](https://www.CapitalBlueMedicare.com).

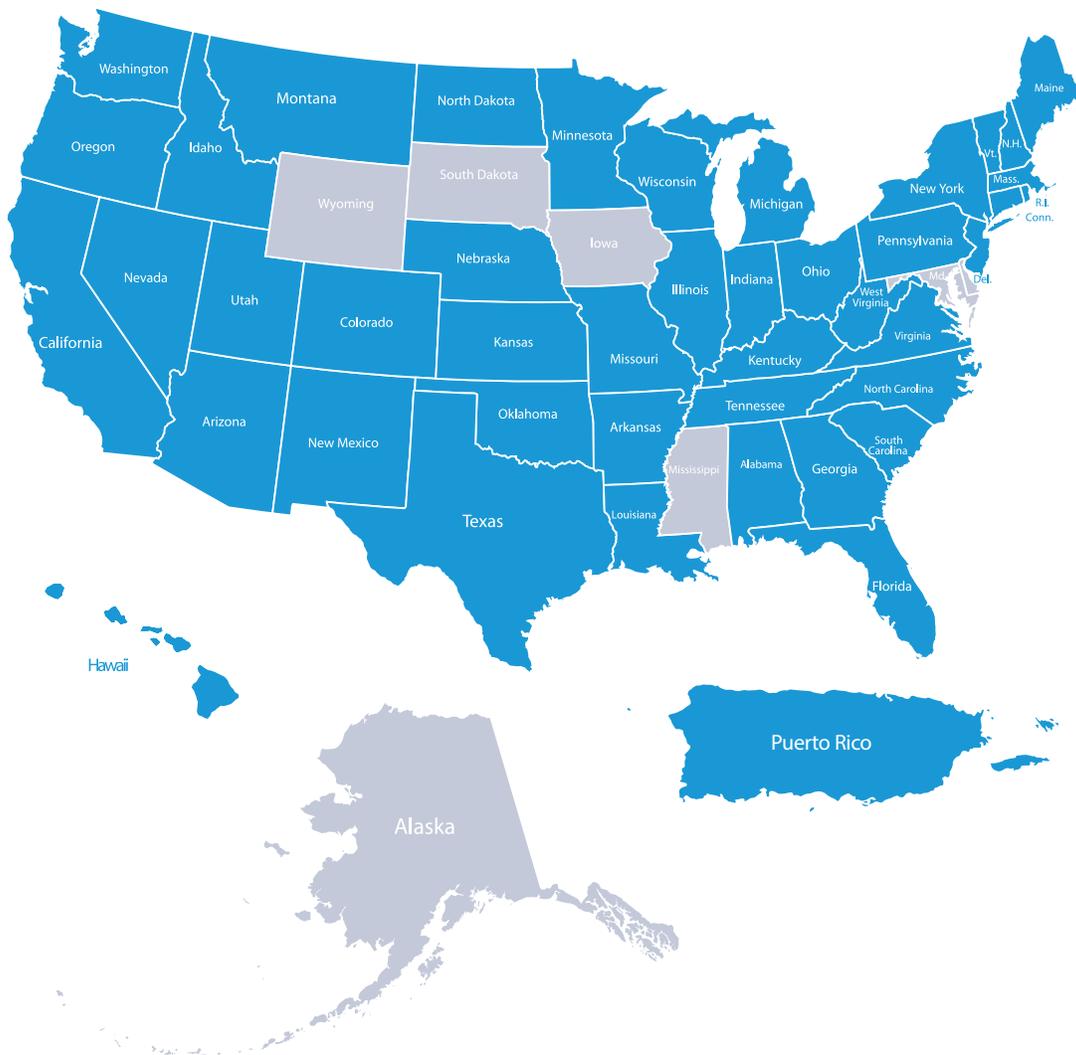
- **Member portal**  
Sign up online to get access to your specific benefit information and tell us how you prefer to receive your communications.
- **Find network providers**  
Search for medical, dental, and vision providers and locate SilverSneakers® fitness centers.
- **Search for network pharmacies and view formularies**  
Look up prescription costs and learn how to obtain medications, request formulary exceptions, and enroll in our free medication therapy management program for members with chronic diseases.
- **Access plan forms and information**  
Find information on your plan benefits at anytime.

SilverSneakers® is a program of Tivity Health. On behalf of Capital BlueCross, Tivity Health assists in the administration of this fitness program. Tivity Health is an independent company.

# BlueJourney PPO Network Sharing Travel Benefit

## You are covered in-network when traveling outside of the Capital BlueCross 21-county service area.

In addition to standard network and out-of-network benefits, all BlueJourney PPO members have access to the Blue Cross Blue Shield Association Visitor and Travel Program also known as the BlueCard Program. When traveling outside of Capital BlueCross' 21 county provider network, BlueJourney PPO members may visit any participating Blue Cross and/or Blue Shield Medicare Advantage PPO provider in any geographic area where the Visitor and Travel Program is offered. Members will pay the same in network cost-share amount for services received from a BlueCard provider outside of our 21-county service area.



-  Participates in the Visitor / Travel Network Sharing program
-  Does not participate in the Visitor / Travel Network Sharing program

# NEW FOR 2021! Fresh Produce Subscription

## Take control of your overall health starting with how you eat!

The Capital BlueCross family of companies believes that everyone can learn to adopt healthier eating habits by having access to fresh produce. We believe that by changing the way we eat and think about food, we can make the world a little healthier.

- BlueJourney Prime PPO, Classic PPO, Premier HMO, and Value HMO\* plans provide a fresh produce subscription for members with certain conditions. These conditions include:
  - Cardiovascular disease
  - Diabetes
  - Congestive heart failure
  - Chronic lung disease
- Eligible members need to call the phone number on your member ID card to sign up for this monthly benefit at no cost to you. Your insurance claims data is used to verify eligibility.
- Once you sign up for this benefit, a produce box will be sent to your home each month unless you call us to temporarily or permanently cancel this benefit.
- You must provide the address for your physical residence for the produce delivery.

Fresh fruits and vegetables are an important part of a healthy diet. They contain essential vitamins, minerals, fiber, and other nutrients that are essential for good health. Individuals who eat a variety of fruits and vegetables generally have a lower incidence of chronic diseases like heart disease, diabetes, stroke, and certain types of cancer. This is why we make it easy for our members to receive fresh fruits and vegetables every month.

With our monthly fresh produce box, members of a qualifying BlueJourney plan can:



### Save time

No trip to the grocery store!



### Save money

Fresh produce box provided to you at **\$0** cost.

Members of a qualifying BlueJourney plan\* have the option to subscribe to this benefit at a discount if you do not suffer from one of the chronic conditions listed above. Please call the number on the back of your member ID card for more information and be sure to tell them you are a BlueJourney plan member!

\* Not offered on the BlueJourney Select PPO or BlueJourney Essential HMO plans.

# Papa Pals



Papa connects college students to older adults who need transportation, house help, technology lessons, companionship, and other senior services.

Papa Pals are young, fun, energized, and ready to provide a unique experience. They help with all sorts of things such as running errands, grocery shopping, doing laundry, light cleaning, and cooking.

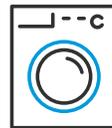
Papa Pals are trusted, friendly, and carefully vetted to ensure the greatest experience and peace of mind for you and your loved ones. Papa Pals are like grandkids on demand, making aging fun and supporting older adults with their aging journey.



**Light cleaning**



**Meal prep**



**Laundry**



**Organizing**

**Companionship services:** Provides amazing companionship to members. Papa Pals can take members around town, hang around, watch a movie, play board games or just have a conversation.

**House help:** Helps you or your loved ones around the house. Papa Pals can help with light cleaning, laundry, cooking, and taking care of your pets.

**Grocery shopping:** Assist with grocery shopping. Papa Pals will pick members up at their homes, take members to the supermarket, carry your shopping bags, and take you back home.

**Technology lessons:** Teach members how to use technology. Papa Pals will teach members how to use a computer, smart phone, tablet; how to use social media and how to video chat with your grandkids and other loved ones.

**Social transportation:** Provides older adults with transportation and companionship all the way to and from the member's destinations. Members can receive rides to the doctor's office, to the airport, to their community centers, jobs, and other locations.

**Five hours a month provided at \$0 cost to members.**

To arrange for in-home support services, please call Member Services.  
Additional hours may be purchased by the member.

**Not available for BlueJourney Select PPO and Essential HMO plans.**

Papa Pals is a program of Papa Inc. On behalf of Capital BlueCross, Papa Inc. assists in the administration of the Papa Pals program. Papa Inc. is an independent company.



## SilverSneakers

### 17,000+ fitness locations

This fitness benefit includes fitness facility membership or home-based programs, as well as web services and quarterly newsletters. The fitness facility membership includes orientation to the facility and equipment. From gyms to community centers, there are more participating fitness locations available in the U.S. to our members than there are Starbucks.

### Fitness classes designed for those 65+ in age

Whether indoors or outdoors, beginner or experienced, we have classes fit for everyone. All SilverSneakers classes are led by our supportive instructors.

### On-demand workouts

Prefer exercising at home? Use your SilverSneakers membership to login to their on-demand video library of classes at [silversneakers.com/learn/ondemand](https://silversneakers.com/learn/ondemand).

### No additional cost to you

As a BlueJourney member, you get all of the location access, SilverSneakers classes, on-demand videos, and perks of membership at no additional cost.

SilverSneakers® is a health and fitness program designed for adults 65+.

# How Does It Work?

All you need to get started is your SilverSneakers member ID number. Your SilverSneakers programs are available to you at no additional cost as a member of our BlueJourney plan.

Find your closest SilverSneakers location and take your member ID number to the front desk. Then start working out! You can use any participating SilverSneakers location nationwide, so when you travel you can still get your workouts in.

## Easy enrollment process

You can get started quickly and easily several ways:

### 1. Locate your SilverSneakers member ID in any of these ways

- Visit [SilverSneakers.com](https://www.silversneakers.com) and use the *Check Your Eligibility* link
- Download our SilverSneakers GO app
- Call our Member Experience Center and speak with one of our representatives

### 2. Create a SilverSneakers account and enroll

You can create an account at [SilverSneakers.com](https://www.silversneakers.com) to view your SilverSneakers member ID, and once you're signed up you can access:

- [SilverSneakers LIVE](#) — A variety of virtual classes and workshops
- [SilverSneakers On-Demand](#) — 200+ exercise videos and programs
- [SilverSneakers GO mobile app](#) — 90+ on-the-go workout programs

At a participating gym or SilverSneakers FLEX class, you take your SilverSneakers member ID and complete the simple forms to enroll

### 3. That's it! You are ready to get started.

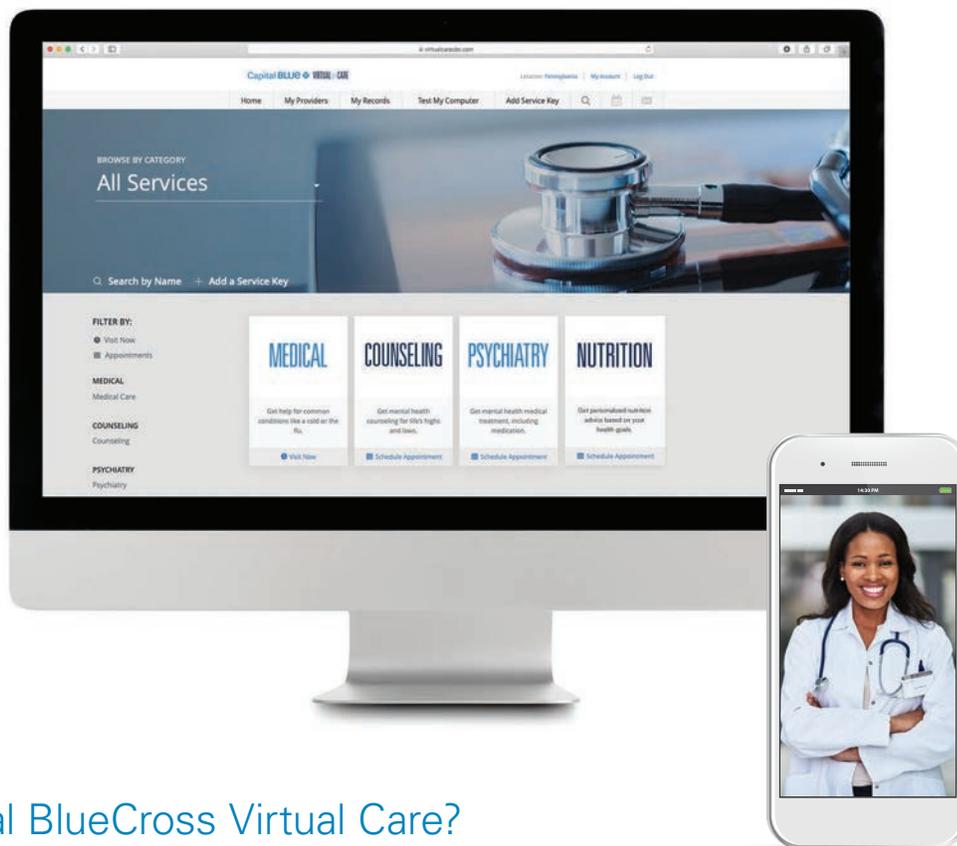
## Questions?

Call SilverSneakers at [888.423.4632](tel:888.423.4632) (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.  
Or visit [SilverSneakers.com](https://www.silversneakers.com).

# Virtual Care

See a doctor anytime, anywhere, with Capital BlueCross Virtual Care.

With Capital BlueCross Virtual Care, doctors can diagnose common illnesses and send prescriptions straight to your pharmacy. Capital BlueCross Virtual Care is a covered benefit on most health plans from the Capital BlueCross family of companies,\* and it even includes behavioral health services and nutrition counseling.



## Why use Capital BlueCross Virtual Care?

- Convenient and easy with a \$0 copay
- Can be less costly than a trip to an urgent care center or emergency room
- Helpful when:
  - ✓ You become sick while traveling within the United States
  - ✓ You feel too sick to leave the house
  - ✓ You need personalized nutrition advice
  - ✓ You need to see a doctor, but can't fit it into your schedule
  - ✓ Your doctor's office is closed

\* Virtual visits may not be covered under all benefit plans. Refer to your Evidence of Coverage for benefit details.

## Convenient Care—Everywhere

From your phone, tablet, or computer, make an appointment to meet with a dietitian, or get treatment from a Capital BlueCross Virtual Care doctor or behavioral health specialist within minutes. And be sure to share your visit summary with your Primary Care Physician (PCP).

	Medical	Counseling	Psychiatry	Nutrition Counseling
Doctors and counselors	Capital BlueCross Virtual Care providers are licensed doctors that have an average of 15 years of experience.	Capital BlueCross Virtual Care counseling services are provided by licensed psychologists and master’s level counselors.	Capital BlueCross Virtual Care psychiatry services are provided by board-certified psychiatrists and neurologists, who provide a thorough assessment and follow-up visits for medication management.	Capital BlueCross Virtual Care nutrition counseling services are provided by dietitians certified in telehealth, who provide nutrition advice and diet plans based on personal health needs.
Treatment for conditions, such as:	<ul style="list-style-type: none"> <li>Abdominal pain</li> <li>Bronchitis and other respiratory infections</li> <li>Flu</li> <li>Pink eye</li> <li>Strep throat</li> </ul>	<ul style="list-style-type: none"> <li>Anxiety</li> <li>Bereavement and grief</li> <li>Depression</li> <li>LGBTQ counseling</li> <li>Trauma</li> </ul>	<ul style="list-style-type: none"> <li>Anxiety disorders</li> <li>Anorexia/bulimia</li> <li>Bipolar disorder</li> <li>Obsessive compulsive disorder</li> <li>Post traumatic stress disorder</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Digestive disorders</li> <li>Food allergies</li> <li>High cholesterol</li> <li>Meal planning</li> <li>Pregnancy diets</li> <li>Weight loss</li> </ul>
Availability	24/7 (including weekends and holidays) through the mobile app or website. No appointment necessary.	7 a.m. – 11 p.m. ET, 7 days a week, by appointment only (same day appointment is possible).	Patients can typically get appointments within 14 days, and a psychiatrist will schedule follow-up visits as needed.	Patients can schedule an appointment with their provider of choice. Appointments are available 7 days a week, including evenings. Follow-up appointments are available as necessary.

Three ways to sign up:

1. Download the free Capital BlueCross Virtual Care app
2. Visit [virtualcarecbc.com](https://virtualcarecbc.com)
3. Call **833.433.5914**.



On behalf of Capital BlueCross, American Well Corp. provides this online healthcare tool. American Well is an independent company. Members can obtain this benefit from network dietitians or qualified nutritional providers or from American Well. If care is received out-of-network member cost-sharing will apply.

# Virtual Care vs. Telehealth

## Here's the difference

There are two health plan benefit options that offer the convenience of visiting with your doctor via phone, web, or video conference.

- 1. Capital BlueCross Virtual Care** is a service available 365 days a year at no cost to you and puts you in touch with a provider in our Online Care Group! During the days or hours your primary care provider is closed, Capital BlueCross Virtual Care is open!
- 2. The Telehealth benefit** offers the option to visit your current primary care physician and/or specialist via a phone, web or video call, if your doctor participates in one or all of these communication options. Using telehealth to communicate with your current health professional may give you peace of mind knowing that they already have your health history. If you choose to get one of these services via telehealth you must use a BlueJourney in-network provider who offers their services by telehealth. Copayments may apply, at the same cost for a face-to-face office visit. Check with your healthcare provider(s) to see if they offer telehealth services!

## Transportation Services

Capital BlueCross understands you may need assistance getting to the doctor or other medical appointments. Our plan provides round-trip transportation services for medically necessary services\*. Covered transportation may include car services such as Uber and Lyft, ambulance or other means of medical transport, depending on your medical needs.

Our plan provides transportation services for up to 24 round trips to plan-approved medical locations every year at \$0 cost to you†.

### Plan approved locations include:

- Doctor's offices
- Outpatient facilities/centers
- Clinics
- Other healthcare related locations

Please call the Member Services number on the back of your member ID card to confirm transportation approval, and have your destination address, date, and time of desired pickup available to arrange these transportation services.

\* Transportation services must be approved in advance and arranged by the plan utilizing plan contracted transportation vendor.

† Not available on all plans.

# Over-the-Counter Drugs and Pharmacy Supplies

## Save time and money with over-the-counter (OTC) supplies

Receive \$25 with any Individual BlueJourney plan every month in OTC drugs and supplies. That's a savings of at least \$300 over the course of a year!\* And Capital BlueCross takes the hassle out by giving you multiple ways to order (phone, mail, or online), and shipping directly to your home at no additional cost.

### Advantages of Using the BlueJourney OTC Program!

- **Save money** – Members can save \$25 each month with any Individual BlueJourney plan
- **Easy access** – OTC orders are delivered straight to our member's homes—providing a convenient way to shop without leaving your home
- **Save time** – allows you to skip the trip to the pharmacy or local market – so you can spend more time doing the things that matter most

## Members can use their OTC benefit allowance to purchase OTC health and wellness products including:

- Pain relief
- First-aid supplies
- Aspirin
- Dental supplies
- Vitamins and supplements
- Cough, cold, and allergy medicine
- Incontinence products
- Leg and Foot care products
- Mobility support
- Bath and safety products
- Digestion/laxatives/antacids
- Medication management items
- Ear and eye care
- Miscellaneous items such as toothbrushes, cotton swabs, and lotions

**Note:** Please check with your doctor or medical provider before taking any OTC medicine.

### Ordering process

You will need your Capital BlueCross ID card member number and birth date to place your order. An order form can be mailed to you by calling the Member Services number on your ID card. Choose the items you would like and write the item number on your order form. Have the form available when you call or go online for fast and easy ordering. Total all the items; be sure to stay within your available monthly allowance. Ability to submit one order per month. Any unused balance does not roll over to the next month.



#### Order by phone

Call **833.660.0906** (TTY: 711). OTC Advocates are available Monday–Friday 8 a.m. to 8 p.m. ET, to assist you.



#### Order online

Visit **[athome.medline.com/capmedicare](https://athome.medline.com/capmedicare)** to place your order online.

**Note:** Availability of certain supplies may be limited due to COVID-19 pandemic.

\*Based on a 12-month enrollment.

Ability to submit one order per month. Any unused balance does not roll over to the next month.

# Extra Dental Benefits Provided Just for You

Your BlueJourney plan offers convenient, affordable, and reliable dental benefits. Including two routine dental visits each calendar year that cover:

- Bitewing X-rays (set of two)
- Oral exams
- Cleaning

**Additionally, we provide a \$2,000 annual allowance for Comprehensive Dental services that covers\*:**

- Palliative emergency treatment
- Endodontics
- Periapical X-rays
- Major restorative (crowns, inlays, onlays)
- Amalgam and composite fillings
- Prosthodontics
- Simple (non surgical) extractions†
- Adjustments and repairs of prosthetics

## How do I utilize services?

Please call the Member Services number on the back of your ID card.

## Vision Benefits

Medicare Part B will pay for a yearly eye exam for diabetic retinopathy. It will also help pay for corrective lenses following certain cataract surgeries. Generally, it doesn't cover routine vision care or glasses.

Your BlueJourney plan offers the same coverage as Original Medicare, and additional benefits that cover in-network vision care like eye exams, glasses, and contacts at no additional cost to you!

**Your plan offers affordable vision benefits that include:**

- **Routine eye examination once every calendar year**
- **\$0 Cost for Standard Prescription Eyeglass lenses!**
  - ✓ Single vision lenses
  - ✓ Bifocals
  - ✓ Trifocals
- **\$125 annual plan allowance for contact lenses once every two calendar years**
  - ✓ Conventional
  - ✓ Disposable
- **\$125 annual plan allowance for eyeglass frames once every two years**

Our BlueJourney PPO members can pick any vision provider. If you choose an out-of-network doctor, you may pay more for your services. Our BlueJourney HMO members must choose a vision provider from our broad network.

Extra options for lenses such as but not limited to Polycarbonate, transitions, no line progressive bifocals and trifocals are not covered. **Note:** Payment will be made for either frames or contact lenses within a benefit period. Payment will not be made for both.

## How do I utilize services?

Please call the Member Services number on the back of your ID card.

\* 50% coinsurance. \$2,000 annual allowance is a combined in- and out-of-network maximum.

† Coverage for simple extractions (non surgical extractions) are typically performed by a general dentist. Surgical extractions are typically performed by an oral surgeon and are not covered by our plan.

Excludes coverage for cosmetic procedures (such as veneers, bleaching, and teeth straightening), dental implants, periodontics, other oral/maxillofacial surgery and any other services not listed as covered.

## Worried About Hearing Loss?

You're not alone. We got you covered! In fact, hearing loss is pretty common as we age. About one-third of people between the ages of 65 and 74 experience it; for those 75 and over, about half have difficulty hearing.

Hearing changes as we age and has a profound impact on our quality of life. It's important to protect your hearing and even more important to know when it is time to seek help for hearing loss.

**With your BlueJourney plan, you'll receive an annual\* routine hearing exam at \$0 cost to you and \$800 allowance† for hearing aids every three years.**

### Program features

- \$0 hearing aid fitting and evaluations\*
- Annual hearing test with no out-of-pocket cost
- Access to a nationwide network of 4,000+ trusted providers
- Brand-name hearing aids available from all major manufacturers
- Concierge services by dedicated Member Services
- Experience Advisors
- Three follow-up visits at \$0 cost for in-network\*
- Three year manufacturer's repair warranty
- Three years of batteries included
- One-time replacement coverage for lost, stolen, or damaged hearing aids
- 12- and 18-month financing options available through contracted vendor
- Available with 0% APR, no money down

Please contact Nations Hearing at **877.240.8232** (TTY: 711) Monday – Friday, 8 a.m. to 8 p.m. ET.

## Health Education and Coaching

Health coaches provide personalized expert advice and coaching to support members. Our health coaches have backgrounds in a variety of health fields and are trained and certified in health coaching.

**Three 30-minute sessions are provided at \$0 cost to BlueJourney members.**

From reducing stress to eating better and exercising regularly, our health coaches can help you reach your health goals.

\* 50% out-of-network costs will apply.

† Combined for in- and out-of-network costs.

# Doctors Still Make House Calls

Routine and urgent house calls for members with multiple chronic conditions. Capital BlueCross contracts with Landmark Health to bring house calls to patients living with multiple chronic conditions.

If you or a loved one are living with multiple chronic conditions, getting access to care when you need it can be a challenge. In addition, you may have a network of providers and specialists you wish were more connected regarding your care.



Landmark

## Landmark Health

Landmark, an in-network provider group, is available to bring high-touch medical care into the homes of eligible BlueJourney members. Landmark doctors, nurse practitioners and physician assistants can treat members in place, helping to remove the hassle of leaving home when the member is not feeling well.

Landmark patients can reach their clinical providers 24/7, to receive expert advice even when their regular doctor's office is closed. Landmark does not replace your primary care provider or other specialists. They work to ensure care is coordinated among all your doctors.

In addition to providers, members have access to Landmark's full care team of behavioral health specialists, social workers, pharmacists, nurse care managers and others. The Landmark care team provides fast access to services designed to keep members well and at home.

## In-home services

Landmark providers can treat most things an Urgent Care Center can – like the flu, dehydration, nosebleeds, and symptoms such as nausea or vomiting. Landmark can even administer IV fluids and treatments.

Landmark can also assess our BlueJourney member's homes for fall hazards and other safety considerations, working to help members stay independent at home for as long as possible.

## All in-home visits are based on members needs and schedule:

- Medical, behavioral, and social care in an in-home setting
- Urgent in-home visits, when care is needed quickly
- Routine visits, to stay on top of health conditions and address questions
- Post-hospital visits, to review discharge instructions and medications
- 24/7 telephone support

## Program costs

This program is available at no additional cost to BlueJourney members. Members qualify for this program based on current health status and chronic conditions. This program is voluntary.

On behalf of Capital BlueCross, Landmark Health, LLC provides this care management service. Landmark Health, LLC is an independent company.



## Healthy Healing Meals Program

**BlueJourney Healthy Healing Meals program\*** provides nutritious meals to eligible Medicare members recovering from an inpatient stay in a hospital.

### Program overview

Eligible members who have been discharged from a hospital receive **14 fully prepared, nutritionally balanced meals to support healing during recuperation<sup>†</sup>**. Patients can receive meals following each inpatient hospital admission (or stay). Meals are provided to eligible BlueJourney members as part of their benefit plan and at **no additional cost**.

Our Healthy Healing Meals Program provides a customized plan for members and is designed to enhance recovery and healing after discharge.

The meals are developed by registered dietitians to ensure all meals are low in sodium, fat, sugar, and cholesterol. All meals are easy to prepare and shelf stable.

Health condition menus address major health concerns:

- Diabetes-friendly
- Heart-friendly
- Renal-friendly
- Lower-sodium
- Gluten-free
- Vegetarian
- Pureed
- Cancer support
- General wellness

\* Not available with all plans.

† Member must contact Capital BlueCross to approve and arrange the meal benefit through our vendor.

# Medical Nutritional Therapy

The prevalence of chronic, inactivity-related diseases is on the rise. According to the Centers for Disease Control and Prevention, approximately one in two people in the U.S. has at least one chronic health condition—such as heart disease, cancer, hypertension, diabetes or obesity—and one in four adults has two or more chronic health conditions.

Capital BlueCross is committed to empowering our members to adopt and sustain healthy lifestyle behaviors that prevent, mitigate and even reverse chronic diseases.

Medical Nutrition Therapy (MNT) can help you better manage certain conditions through dietary counseling and changes to your eating habits.

**Our plan provides you with an opportunity to see registered dietitians or other nutrition specialists with no visit maximum or additional cost to you for the following conditions:**

Conditions include but are not limited to: diabetes, renal disease or individuals who have received a kidney transplant in the last three years, digestive disorders, food allergies, high cholesterol. Meal-planning and weight loss consultations are also provided as an option.

**Counseling services are also available through American Well (or Virtual Care) by phone or web.**

## Nutritional/Dietary Benefits

Nutritional/Dietary Benefits are available to those who want to learn how to eat healthier, decrease the risk of heart disease, cancer, other chronic diseases and help with weight loss and weight management.

**Nutritional/dietary benefits are provided by a registered dietitian and can help with the following:**

- Getting control of emotional eating.
- Balance mood and feelings of well-being.
- Manage overweight/obesity issues and eating disorders
- Lower body weight, which reduces the risk for many chronic diseases associated with obesity.
- Diabetes Education – improve blood glucose levels and control high blood pressure.

Our plan provides you with an opportunity to have unlimited visits **at \$0 cost to you\*** to see a registered dietitian.

**Counseling services are also available through American Well by phone or web.**

\* Out-of-network cost is 50%.

## Your Rewards

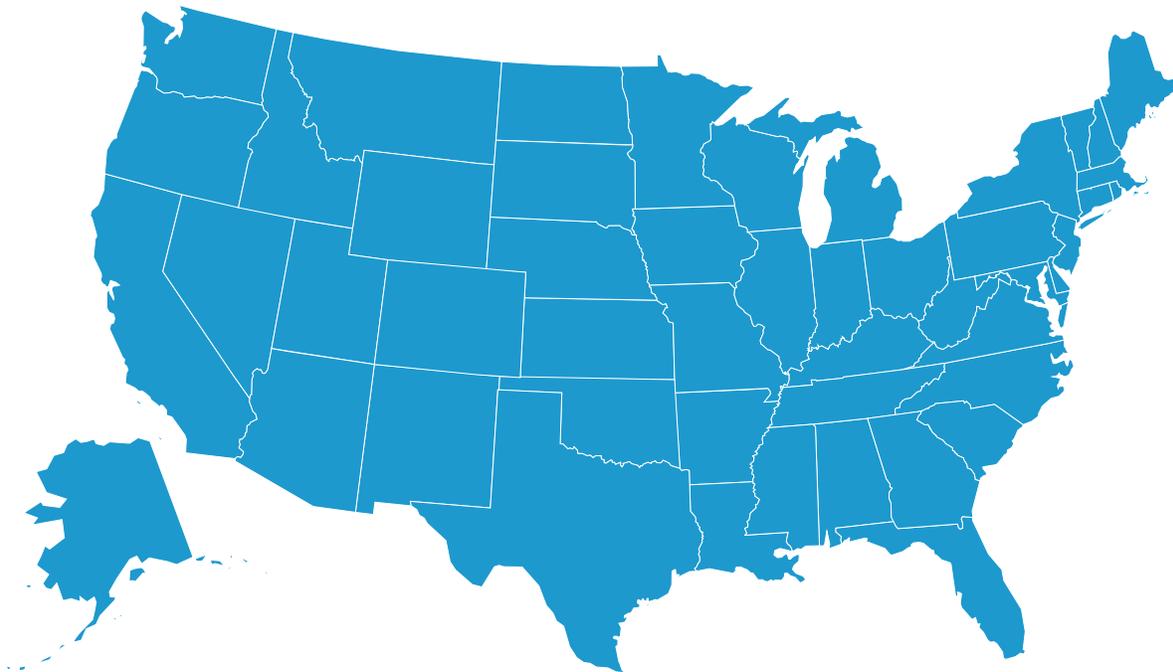
Capital BlueCross offers a rewards program that provides a gift card for the completion of any of the services listed below. You can receive between a \$5–\$50 gift card per activity for:

- Breast cancer screening\*
- Colorectal cancer screening\*
- Bone density testing\*
- Diabetes eye exam\*
- Diabetes A1c testing (two per year)\*
- Reducing the risk of falling
- Receiving a flu shot
- Monitoring physical activity
- Annual wellness visit
- Bladder control
- Statin medications\*

**You could earn up to \$240 annually for completing the services above. If you have not received an activation kit, please contact the Rewards Program at [866.551.0992](tel:866.551.0992) or email [membersupport@novu.com](mailto:membersupport@novu.com).**

## Predictable Out-Of-Pocket Cost for Most Out-Of-Network Medical Services

BlueJourney PPO members can travel with peace of mind knowing their medical cost are predictable and affordable. Members will pay in-network cost sharing for most out-of-network services making out-of-network cost predictable no matter which provider you see.



 Members are covered everywhere they travel!†

\* Activity may have restrictions or require a prior authorization.

† Within the United States and Puerto Rico.

# Capital BlueCross Connect health and wellness centers

Capital  
**BLUE**   
CONNECT

**START  
HERE.**

At our Capital BlueCross Connect health and wellness centers, you can get in-person service to help answer your health plan questions and so much more!

- Fitness classes for all ages
- Wellness workshops, health fairs, and art receptions
- Senior social events with crafts, bingo, and other fun activities
- Healthy food and beverages at the in-store café
- A fun Kids Zone—great for the grandkids—that encourages healthy habits

## Locations

### **Hampden Marketplace**

Enola, PA

### **The Promenade Shops at Saucon Valley**

Center Valley, PA

### **WellSpan Health Campus**

Chambersburg, PA

For more information, visit

**[CapitalBlueCrossConnect.com](https://www.CapitalBlueCrossConnect.com)**

or call **855.505.2583**.

The Healthy You Café is brought to you by the HeLTHē U Café, LLC, an independent company.

Capital BlueCross Connect is brought to you by Capital BlueCross, an Independent Licensee of the BlueCross BlueShield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.



Capital **BLUE**   
**MEDICARE**

[CapitalBlueMedicare.com](https://www.CapitalBlueMedicare.com)

Capital BlueCross and its subsidiaries Capital Advantage Insurance Company and Keystone Health Plan Central are independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.