

FEP Sales
PO Box 2291
Durham, NC 27702-2291

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BLUE CROSS AND
BLUE SHIELD OF
NORTH CAROLINA

FALL 2020

FEP FOR YOU



LIVE HEALTHY WITH DIABETES

Managing your blood sugar can sometimes feel like an uphill battle. But understanding diabetes can be your best defense to live happy and healthy.

WHAT IS PREDIABETES?

You can be diagnosed with prediabetes when your blood sugar (glucose) level is high but not in the diabetes range. Having prediabetes doesn't mean you'll get diabetes. You can make a big difference in reducing your risk for diabetes by making small lifestyle changes.

Over
34 MILLION
people have diabetes
in the United States.

Lower the risk of Type 2 diabetes
UP TO 75%
with healthy eating
and routine exercise.

HOW TO EAT AND CONTROL YOUR BLOOD SUGAR

Vegetables, whole grains, lean meats and legumes are all ideal for maintaining healthy glucose levels. It's not just what you eat, but how much of it, too. An easy way to track portions is to look at how much is on your plate. The American Diabetes Association recommends that meals include:

- 1/2** Plate of vegetables, at least two servings
- 1/4** Plate of meat, fish or an equivalent
- 1/4** Plate of carbs, for example, rice, pasta, bread or potatoes
- 1** Cup of water, low-fat milk or other healthful options
- 1** Piece of fruit

It's also recommended that you keep your glucose levels under control by eating three meals per day, each less than 6 hours apart.



DIABETES MANAGEMENT PROGRAM

The Diabetes Management Program by Livongo® can help Standard and Basic Option members with diabetes manage their condition at no cost. Learn more at fepblue.org/Livongo.



DIABETES MANAGEMENT INCENTIVES

Our Diabetes Management Incentive Program is designed to support members who take an active role in managing their diabetes. Eligible members* can earn up to **\$100** on their MyBlue® Wellness Card by participating. Learn more at fepblue.org/diabetes.

Sales Contacts

Group Consultants

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Important Numbers

24/7 Nurse Line

1-888-258-3432

Behavioral Health Hotline

1-800-288-3976

FEP BlueDental® Customer Service

1-855-504-BLUE (2583)

FEP BlueVision® Customer Service

1-888-550-BLUE (2583)

FEP Case Management

1-888-234-2415

Healthy Endeavors Care Management Program

1-888-392-3506

Mail-Order Prescription Drug Program

1-800-262-7890

Pre-admission Certification

1-800-672-7897

Retail Pharmacy Program

Monday – Friday, 8 a.m. to 9 p.m.
Saturday, 8 a.m. to 6 p.m.
1-800-624-5060

Vision Care Affinity Discount Program
1-800-551-3337

Customer Service

FEP Customer Service:

Monday – Thursday, 8 a.m. to 4:30 p.m.
Friday, 8 a.m. to 3 p.m.
1-800-222-4739

Mailing Addresses

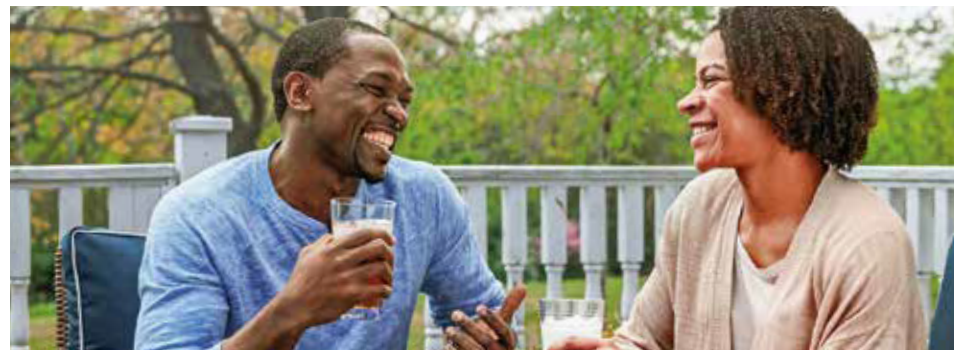
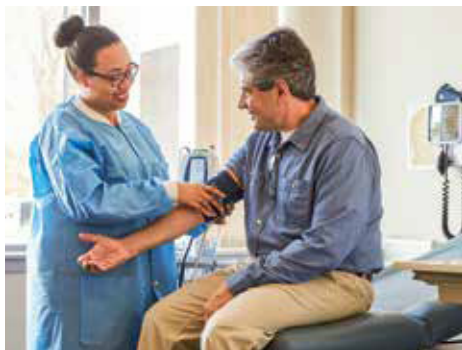
For Correspondence:

Blue Cross and Blue Shield
of North Carolina
P.O. Box 2291
Durham, NC 27702-2291

For Medical Claims:

Blue Cross and Blue Shield
of North Carolina
P.O. Box 35
Durham, NC 27702-0035

www.fepblue.org



TIPS TO AVOID THE FLU



GET YOUR FLU SHOT

Getting vaccinated is one of the best ways to help prevent the flu for the year. While you might feel a little under the weather for a day or two after your shot, it won't actually give you the flu. Plus, it's free to get with your benefit plan.



HELP YOUR IMMUNE SYSTEM

Take extra care of your immune system during flu season by getting lots of sleep, exercising regularly and eating plenty of fresh fruits and veggies.



ROUTINELY CLEAN

The flu virus often lingers on door knobs, desks, tables and phone screens. Clean these frequently at home, work or school, especially when someone around you is already sick.



AVOID SPREADING GERMS

The flu virus is very contagious—it infects you through your mouth, eyes and nose. Avoid touching your face so you don't get sick from something you touched. Wash your hands often.



STAY AWAY FROM CROWDS

Since the flu virus spreads so fast, avoid public places with a lot of crowds. Try to encourage those who are sick to stay home and to not go to work or school.

WORD SCRAMBLE

See if you can unscramble these eight fall-related words.

- | | |
|------------------|-------------------|
| 1. Kaer: _____ | 4. Oolfabt: _____ |
| 2. Ciyhll: _____ | 5. Ppnkium: _____ |
| 3. Nauutm: _____ | 6. Laseev: _____ |

ANSWERS: 1. Fake 2. Chilly 3. Autumn 4. Football 5. Pumpkin 6. Leaves



OPEN SEASON IS APPROACHING

Open Season dates are set for **November 9–December 14, 2020.**

Open season activities for your planning purposes are as follows:

Oct 27th & 29th: Agency Benefits Officer's Seminar – 10am-12pm, Federal Annuitant Briefing – 2-4pm

Open Season Virtual Health Fair

Allows employees to gain knowledge and get updates virtually. Carriers are using various virtual platforms to share their information. Contact your Group Consultant to get additional information on Virtual Health Fairs offered by FEHB and BENEFEDS.

Open Season Virtual Group Meetings

Allows for a formal presentation to be given highlighting new benefits and changes, followed by Q&A. These are ideal for the smaller intimate office, usually 15–75 employees. Flyers will be provided with log-on information to join virtually.

Open Season Virtual Information Booth

We will provide a block of time to be available virtually to answer questions and concerns from employees. Updated benefit information can be shared by email or found at our website, fepblue.org. Access/call-in information will be provided for employees to participate.

If you are still in the planning stages for your Open Season activity, please consider which of these options will be best suited for your agency. Your Group Consultant is available to assist you in your Open Season planning. We look forward to working with you and your employees as they make their health care decisions during the upcoming open enrollment period.

ASK A NURSE? HEALTH TIPS

4 Ways our health education program can help your employees stay healthy at work and at home.



NUTRITION

Your employees will learn how to eat sensibly through our **Understanding Food Labels** health education.



EXERCISE

Our **Walk with Purpose** or **Healing Movement** health education presentations will help your employees achieve benefits of exercise.



WEIGHT MANAGEMENT

Our **registered nurse** will help your employees set achievable goals that will motivate them to manage their weight. For example setting a goal for your caloric daily intake.



STRESS MANAGEMENT

Our **mindfulness seminar** is geared to help your employees reduce stress.



Stay connected to [fepblue](http://fepblue.org)



If you are interested in hosting a health education presentation or if you would like to receive more information, please contact your Group Consultant.