

NETWORK NEWS

A Quarterly Publication for Federal Health Benefits Officers • 2nd Quarter 2017

Healthy Endeavors Program

We know it's hard to manage chronic diseases – that's why we are partnering with you to identify and meet your health goals. We offer online coaching through MyBlue® and over-the-phone nurse coaches through the Healthy Endeavors Program. This program is for members who have been diagnosed with a chronic condition and addresses:

- + Diabetes
- + Asthma
- + Coronary Heart Disease
- + Tobacco cessation
- + Weight management
- + Congestive Heart Failure
- + Chronic Obstructive Pulmonary Disease (COPD)

How does the Healthy Endeavors Program work?

When you contact us, our registered nurses are there to guide you as health coaches to support and help you better understand your condition. This process of coaching is conducted live via the telephone. Through this program you can:

- + Establish a relationship with a nurse
- + Address your specific needs
- + Receive support with your health goals

So how do members get started?

Registered nurse health coaches are available to take your toll-free call at **1-888-392-3506** or email us at healthy_endeavors@bcbsnc.com. You can also fill out and return the survey you receive in the mail, and we will call you.

Open Season coming soon!!!

It's never too early to plan for Open Season and HBO seminars. Open Season is the time of year when members can make changes to their health benefit plan or enroll in a new plan. If your agency is interested in having a Group Consultant explain our health plan options during Open Season, please schedule an appointment.

Health education programs

Are your employees stressed out? Would they benefit from a relaxation session? We have a clinician who will come to you at no cost. As part of our commitment to partner with federal employees to improve their health, we will visit your facility to provide a hands-on learning experience. Please refer to the list below for available sessions. If you are interested in a topic not listed below, please contact your Group Consultant.

- + Diabetes
- + Heart disease
- + Nutrition
- + Understanding food labels
- + Improving total health through meditation
- + Desk exercise
- + Weight management
- + Walk exercise
- + Reducing stress through time management



The secret to losing weight: Gardening!

Here is a fact: calories that aren't burned are stored as fat in our bodies. Physical activities, such as gardening, use calories that might otherwise be stored as fat. The National Gardening Association gives these figures for typical calories burned in 30 minutes of gardening activity by a 180-pound person:

PHYSICAL ACTIVITIES	CALORIES BURNED
Raking	162
Bagging Leaves	162
Watering Garden	61
Planting Seedlings	162
Mowing (push, with motor)	182
Trimming Shrubs (manual)	182
Weeding	182
Digging, Spading, Tilling	202

Working in your garden for 30 minutes at a time, daily or every other day, can be beneficial to your overall health. The benefits of physical activity include weight loss, lower cholesterol and blood pressure, and it can help prevent diabetes and diseases that may increase the risk of heart disease.

For more detailed information, please visit fepblue.org/bha. Complete the Blue Health Assessment (BHA) and you can earn \$50. You can also earn an additional \$120 when you sign up for the Online Health Coach.

Simple ways to lower your high blood pressure

High blood pressure can lead to cardiovascular disease and many other health problems, such as kidney failure, if not controlled. One cooking ingredient, salt, has been linked to high blood pressure. Salt, or sodium, is essential to our health and makes our bodies function properly; however, consuming too much is not healthy.

Current federal guidelines advise getting no more than 2,300 milligrams (mg) of sodium daily. According to the Centers for Disease Control and Prevention (CDC), eating more salt than the daily recommended level may result in high blood pressure, increasing the risk for heart diseases and stroke. Here are three ways to reduce your salt intake.

1. Eat fresh fruits and vegetables

Not only are these foods tasty, they contain low levels of sodium if eaten unprocessed. Check with your local grocery store for freshly stocked fruits and vegetables. Local farmer's markets are another great source for these foods. When purchasing frozen and canned fruits and vegetables, look at the label for no-salt-added varieties.

2. Read labels

Reading labels to decide what makes it into your shopping cart, based on the lowest levels of sodium, may limit your risk of exceeding the recommended daily intake. Check the top of the label for the size of one serving, and how many servings are in the package. To know how much sodium there is per serving, look at the amount of sodium listed. You can also look for foods labeled "low sodium," "reduced sodium" or "no salt added."

3. Choose restaurants wisely

Check the restaurant's website, if at all possible, for sodium level information. Most restaurants publish the nutritional facts of their foods either on the menu or website. Another consideration to have in mind is restaurants that buy from local farmers and are supported by the Farm to Folk initiatives.

If you have been diagnosed with high blood pressure, then complete the Blue Health Assessment (BHA) at fepblue.org/bha. Once you complete the BHA and have a claim to support that you have high blood pressure, you may receive a blood pressure monitor at no cost through the Hypertension Management Program. You can also earn \$50 on your MyBlue® Wellness Card to use for qualified medical expenses. For more detailed information, please visit the website at fepblue.org/bha.



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NORTH CAROLINA

FEP Sales
PO Box 2291
Durham, NC 27702-2291

Federal Employee Program Sales Contacts

Group Consultants

Joyce Echols
(919) 765-3887
joyce.echols@bcbsnc.com

Patsy Zeigler
(919) 765-4324
patsy.zeigler@bcbsnc.com

Kimberley Jones-Scott
(919) 765-3678
kimberley.jones-scott@bcbsnc.com

Data Analyst

Jaynita Shah
(919) 765-2644
jaynita.shah@bcbsnc.com

Healthcare Consultant

Abel Simutami
(919) 765-7056
abel.simutami@bcbsnc.com

Director

Myra Shobande
(919) 765-3846
myra.shobande@bcbsnc.com

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

FEP Customer Service

Monday – Thursday, 8 a.m. to 4:30 p.m.
Friday, 8 a.m. to 3 p.m. (Closed for lunch
daily, 12:30 p.m. to 1:30 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

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