



## Have you had your blood pressure checked lately?

You can help prevent future heart attacks or strokes by getting your blood pressure checked. If it has been a while, schedule a visit with your healthcare provider for a blood pressure check today.



**BlueCross  
BlueShield**

Federal Employee Program.

Healthy Endeavors<sup>SM1</sup>

*In touch*

P.O. Box 2291

Durham, NC 27702-2291

### DOWNLOAD fepblue TODAY

Check your benefits, find a provider, call the 24/7 Nurse Line and more with the fepblue mobile app. Download the app today on the App Store<sup>®</sup> or Google Play<sup>™</sup>.

Learn more at

[www.fepblue.org/app](http://www.fepblue.org/app)



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<sup>SM1</sup>Mark of Blue Cross and Blue Shield of North Carolina  
Developed by Krames

Your plan for better health.<sup>SM</sup>

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# Managing your health to earn rewards

The Blue Health Assessment (BHA) can help you identify and address health risks before they become a problem. Answer some simple questions, and, in just 10 minutes, you'll receive a personalized plan for healthier living. Also, you may earn a \$50 reward that can be used to pay out-of-pocket medical expenses\*.

*\*FEP Blue Focus members not eligible for BHA reward*



Sign up today for a **FREE** secure MyBlue<sup>®</sup> account! Visit [www.fepblue.org/myblue](http://www.fepblue.org/myblue) to complete the BHA.

Inside

A **HEALTHIER HEART** starts with these steps

# Your heart health matters: A healthy heart checklist

If you have been diagnosed with high blood pressure or any heart condition, it is important that you visit your provider every year for a routine checkup to monitor your blood pressure and heart health.



- Have you had your annual exam in 2021?
- Yes
  - No

If you answered no, please schedule an annual exam with your Preferred provider. Our three benefit plans have your heart health needs covered when you see Preferred providers.



- Do you have high blood pressure?
- Yes
  - No

If you answered yes, did you know you can get help monitoring your blood pressure from the convenience of your home with a FREE blood pressure monitor? To learn more, visit [fepblue.org/highbloodpressure](http://fepblue.org/highbloodpressure).

Eligible plans: **S B F**



Have you completed your Blue Health Assessment yet?

- Yes
- No

If you answered no, go to [fepblue.org](http://fepblue.org) to learn how you can earn \$50 on your MyBlue® Wellness Card when you complete the Blue Health Assessment.

Eligible plans: **S B**



- Has your provider prescribed medications called statins or beta-blockers for you to take?
- Yes
  - No

If your answer is yes, please be sure to refill your prescriptions regularly and take your medication like your provider ordered. If you have questions about your medications, please call our pharmacist at 1-984-364-3798 for assistance.

## Notice of Nondiscrimination

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) provides free aids to service people with disabilities as well as free language services for people whose primary language is not English. Please contact the Customer Service number on the back of your ID card for assistance.

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) proporciona asistencia gratuita a las personas con discapacidades, así como servicios lingüísticos gratuitos para las personas cuyo idioma principal no es el inglés. Comuníquese con el número para servicio al cliente que aparece en el reverso de su tarjeta del seguro para obtener ayuda.



## Questions about your heart health?

We've got answers. Call our health coaches (nurses) who can educate you and provide resources and tools to help you manage your heart health at no cost to you. Call 1-888-392-3506 to speak with a nurse.