

# It's your birthday – hope it's a good one!

We at Blue Cross and Blue Shield of North Carolina are so glad that you are part of our insurance family. We look forward to many more years of working together. We hope you enjoy these delicious recipes and fun ideas to boost your health and well-being.



## Have an active birthday (and year)!

**FITNESS**  
5 non-weight ways to track fitness

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**HEALTHY LIVING**  
Connecting with the right care for mental health

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**FITNESS**  
Do you have to walk 10,000 steps a day?

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## Healthy eats and treats

**FITNESS**  
Feel like you're failing with healthier choices?

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**NUTRITION**  
Why you should quit dieting

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**HEALTHY LIVING**  
8 ways to stick with exercise and a healthy diet

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## Have an Active Birthday (And Year)!



**How to have more energy: The one secret you need to know**



**10 exercises you can do from your couch**



**Feel better today: Exercise provides a powerful boost to mental health**

## Healthy Eats and Treats



**Meal prepping secrets for success (plus 3 easy recipes)**



**Three summer sides you can make with farmers' market produce**

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# Make the Most of Your Blue Medicare Advantage<sup>SM</sup> Plan

Each plan comes with added benefits to help you care for your total health. See what's covered for you.

Not sure which plan you have? Check your member ID card.



## HMO Plans

**Blue** Medicare Medical Only<sup>™</sup> (HMO-POS)

[Learn More](#)

**Blue** Medicare Essential<sup>™</sup> (HMO)

[Learn More](#)

**Blue** Medicare Essential Plus<sup>™</sup> (HMO)

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**Blue** Medicare Choice<sup>™</sup> (HMO)

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**Blue** Medicare Enhanced<sup>™</sup> (HMO-POS)

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## PPO Plans

**Blue** Medicare Freedom+<sup>™</sup> (PPO)

[Learn More](#)

**Blue** Medicare PPO Enhanced<sup>™</sup> (PPO)

[Learn More](#)

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# Make the most of your Blue Medicare Medical Only (HMO-POS) plan with these valuable benefits.



## Vision Care

Your Blue Medicare Advantage<sup>SM</sup> vision coverage helps bring things back into focus. Get routine and other Medicare-covered eye exams at a **[\$25] copay**. You also have a **[\$300] routine prescription eyewear allowance**. [Visit the Community Eye Care \(CEC\) website to learn more about using your vision benefit.](#)



## Dental Care

Preventive care is an important part of your oral health. With your Blue Medicare Advantage plan, you pay a **[\$0] copay for oral exams, cleanings, X-rays and more** (with an annual allowance of [\$2,000]).<sup>1</sup> [Find a dentist and learn more about how to use your dental benefits here.](#)



## Over-the-Counter (OTC) Debit Card

Conveniently use your **OTC allowance** with your OTC debit card.<sup>2</sup> Use this debit card to spend **[\$100] per quarter** on non-prescription items to care for your health. Simply swipe to purchase eligible health and wellness products at over 55,000 retail locations nationwide, or [purchase items online at OTCNetwork.com](#).



## Healthy Aging and Exercise

The Silver&Fit<sup>®</sup> Healthy Aging and Exercise Program offers you a **no-cost gym membership** and a selection of at-home fitness kits such as a Fitbit<sup>®</sup> or yoga kit at no cost to you. [Get started at BlueConnectNC.com or download the Silver&Fit brochure \(PDF\) for more info.](#)



## Support Through Illness or Injury

Whether you need a **ride to the doctor**, **healthy meals delivered** after a hospital stay, **in-home care** or other support, we can help you care for yourself or loved ones. Your plan covers Caralle<sup>®</sup>, CareLinx, Connect America<sup>®</sup>, Mom's Meals<sup>®</sup> and SafeRide<sup>SM</sup>. [Learn about these services.](#)



## Hearing Services

When you see your designated hearing provider(s), you **pay [\$0] for routine hearing exams**. You can also get discounts on hearing aids through TruHearing<sup>®</sup>. [Visit \[truhearing.com/bcbsncma\]\(http://truhearing.com/bcbsncma\) to learn more about your hearing benefits.](#)



## Part B Premium Reduction

Your plan will give back **[\$50]** of your part B premium every month! This can mean **savings of up to [\$600]** if you're on this plan for a full year. Within one or two months of enrollment, you'll receive a credit in your Social Security check or see a reduction in your bill.

1 Limits may apply. Not all benefits available on all plans. See your Evidence of Coverage for details.

2 On select plans. Card is refilled quarterly. Amount does not roll over each quarter. See plan for details.

This information is not a complete description of benefits. Benefits vary by plan. See plan for more information.

You must pay your own Part B premium to be eligible for the reduction. You cannot receive Medicaid or any other assistance from a health program that could potentially pay your Part B premium. If you also receive a Part B giveback from a secondary plan, you can receive both reductions up to – but not exceeding – the total amount of your Part B premium. Please note: It may take up to two months to receive your first reduction. (You'll receive both reductions in your first check/reduction.)

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a federally registered trademark of ASH. All programs and services are not available in all areas and are subject to change. This program includes the Standard network. Premium network may have monthly costs.

The Silver&Fit program is a product of ASH Fitness. ASH Fitness is an independent company solely responsible for the services it provides and does not offer Blue Cross or Blue Shield products or services.

Fitbit is a registered trademark of its respective owner. Fitbit is independent company and does not offer Blue Cross or Blue Shield products or services. Limit one kit per year. Kits are subject to change at any time.

Caralle, CareLinx, Connect America, Mom's Meals and SafeRide are independent companies and do not offer Blue Cross or Blue Shield products or services.

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# Happy Birthday!

Enjoy fun recipes, blog posts and tips  
for a healthy year!

**Let's Celebrate!**







# Welcome to Blue Medicare<sup>SM</sup>

Click here to learn how to get  
started with your plan







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Get your Medicare Annual Wellness Visit and receive a \$50 gift card from Blue Cross and Blue Shield of North Carolina.

**Get your  
\$50 gift card!**

Medicare Annual  
Wellness Visit



[BLUECROSSNC.COM/ANNUALWELLNESS](https://bluecrossnc.com/annualwellness)  
Schedule your visit today.

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Blue Cross and Blue Shield of North Carolina cares about your health. Earn \$50 just for your Medicare Annual Wellness Visit.

# Get your

# \$50

# Gift Card



## Medicare Annual Wellness Visit



[BLUECROSSNC.COM/ANNUALWELLNESS](https://bluecrossnc.com/annualwellness)

**Schedule your visit today.**

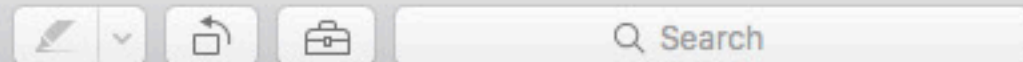
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password

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**Sign in**

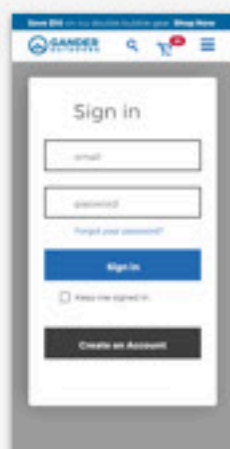
Keep me signed in.

**Create Account**

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SHIPPING ADDRESS &  
METHOD

ORDER REVIEW &  
PAYMENT

ORDER  
CONFIRMATION



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The Good Sam Club Member # you entered on your account does not match our records. Please reenter your information below to confirm.

[Confirm Membership](#)

### Continue as NON-MEMEBR

Continue to checkout as a NON-MEMBER please click the option below.

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Please update address to better enhance your online shopping experience.

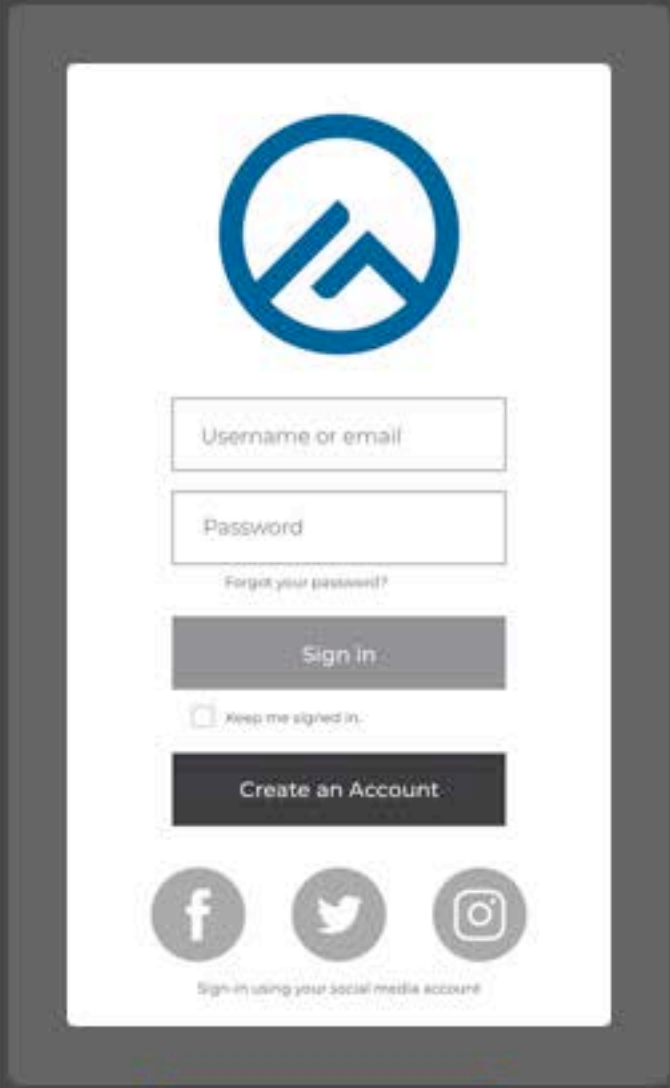
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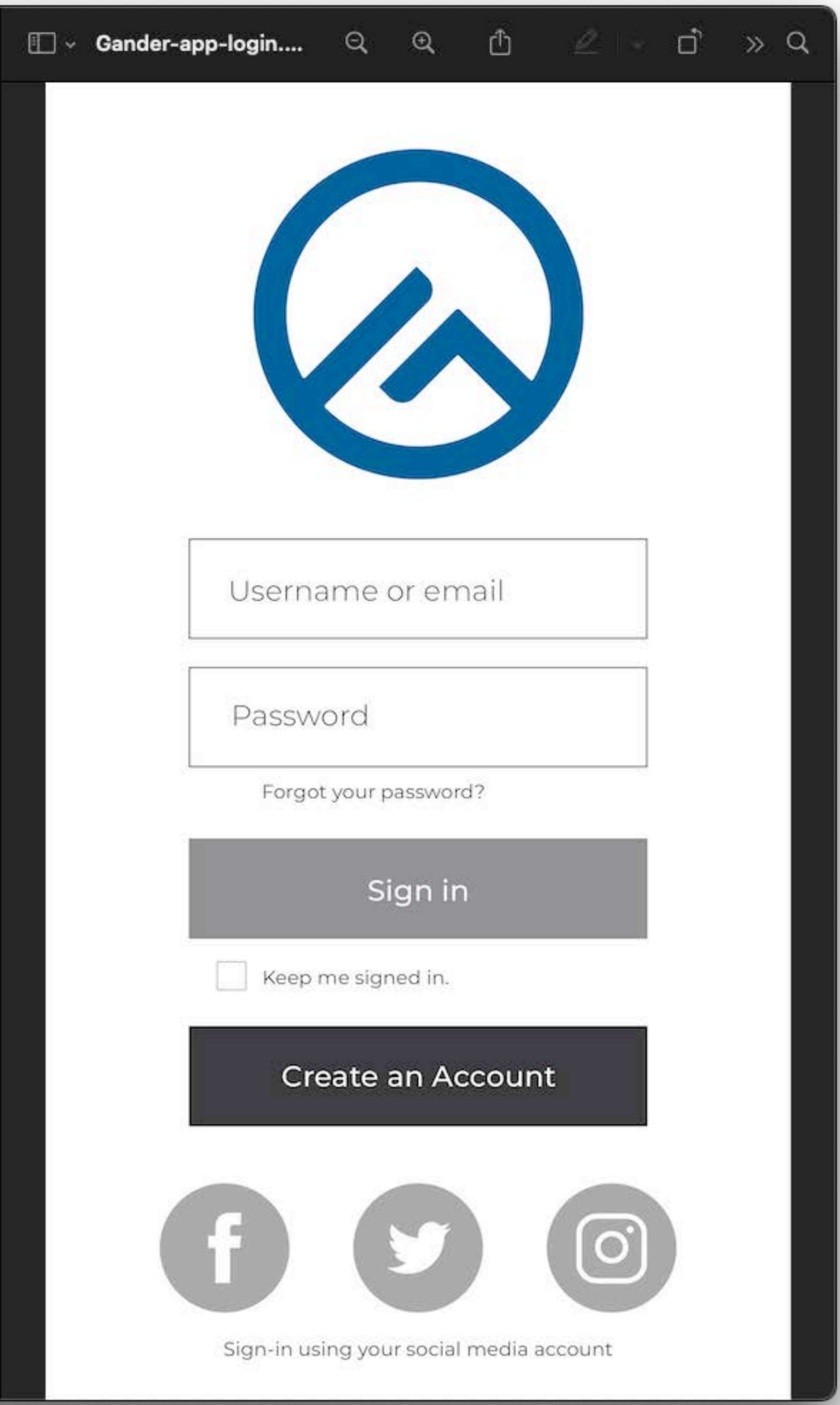




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Gander-app-login.jpg







New Gadgets on the GO



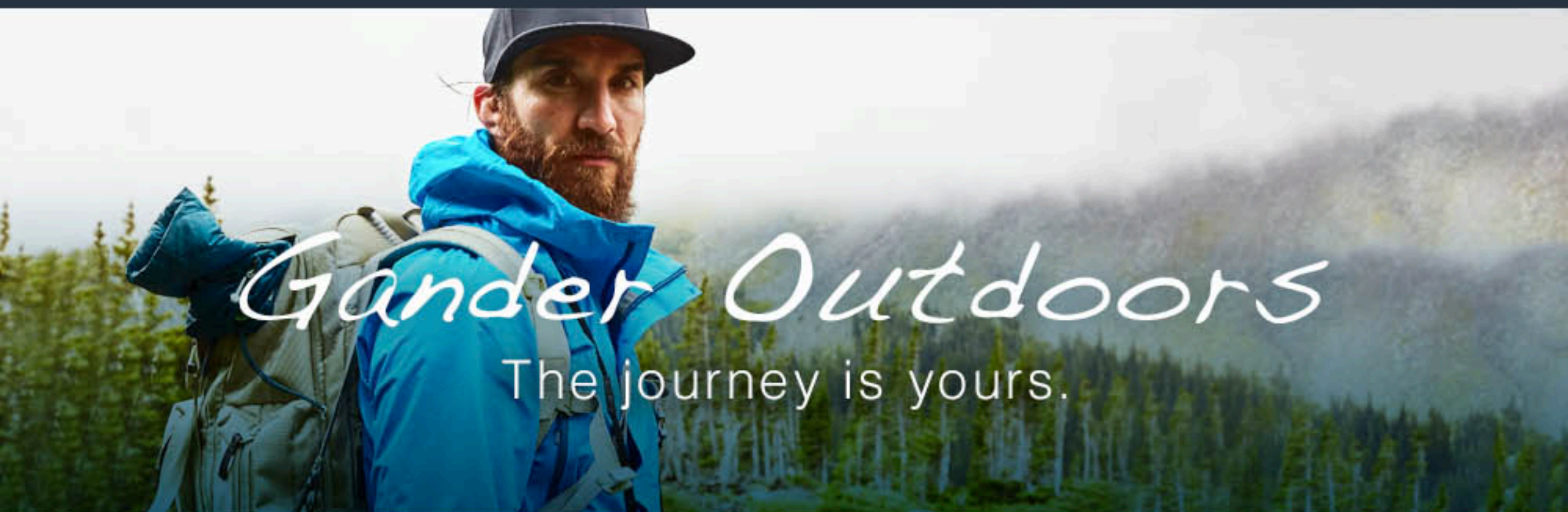
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[My GO Account](#)

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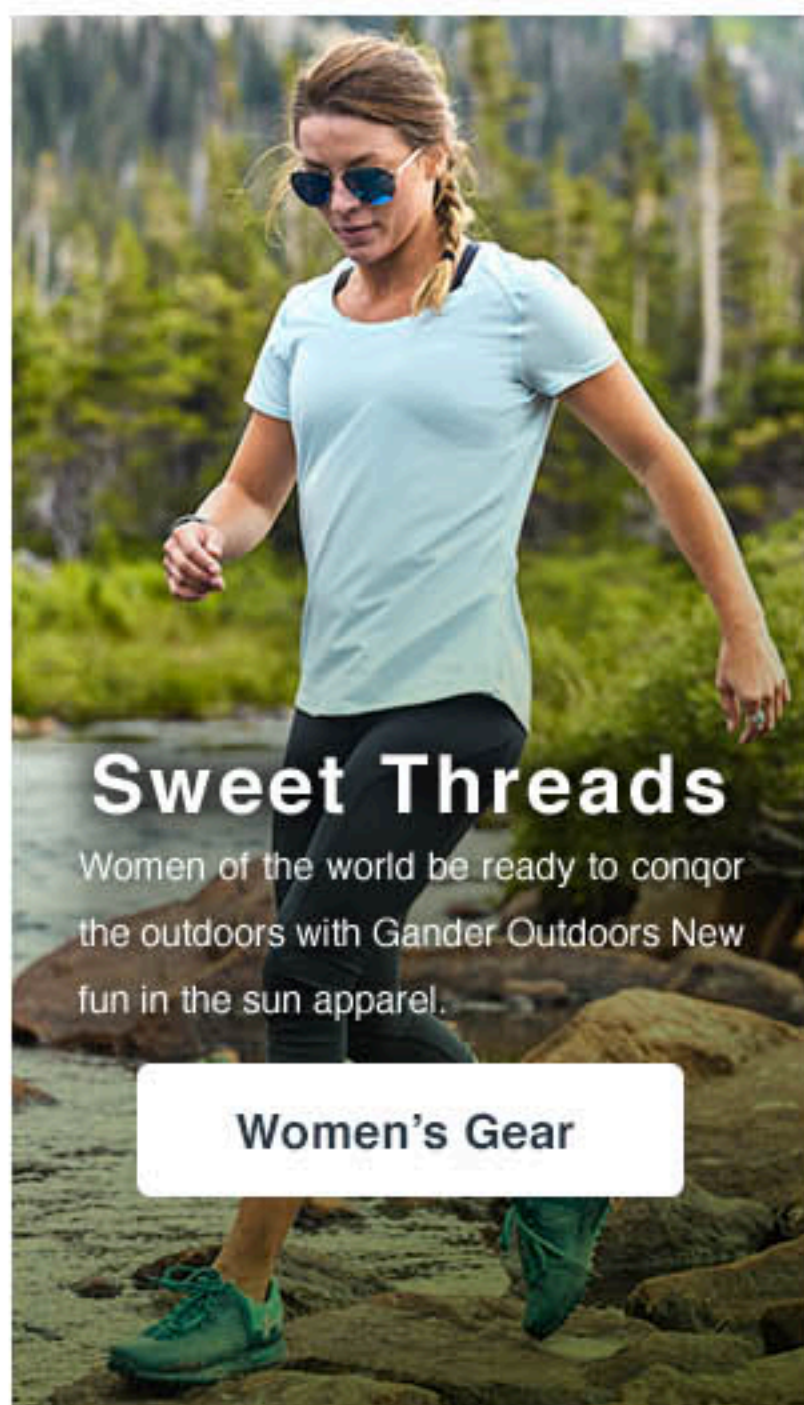
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# Gander Outdoors

The journey is yours.




**Sweet Threads**  
Women of the world be ready to conquer the outdoors with Gander Outdoors New fun in the sun apparel.

[Women's Gear](#)

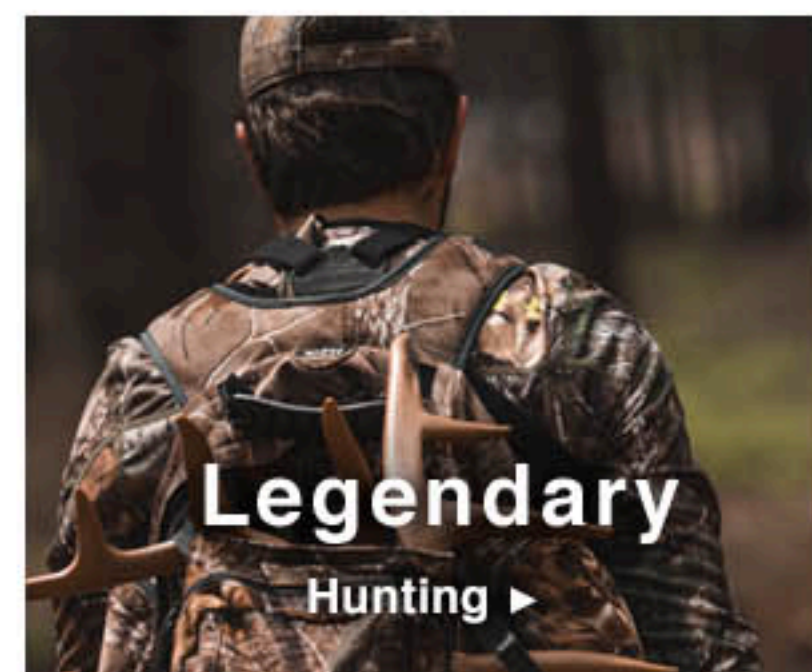


**Gear-up Man**  
The gear you need to succeed in the wild & keep the adventure going.

[Men's Gear](#)



**Outdoor Life**  
Camping ▶



**Legendary**  
Hunting ▶

Your Hometown Outfitters.

Gander Outdoors wants the products you love.

We are your hometown outfitter. Tell us what you need and what products you want to fill our shelves.

**Send suggestions to:** [productlove@ganderoutdoors.com](mailto:productlove@ganderoutdoors.com)

Have new product ideas?

Do you have a product idea or invention that you want to take to the next level? Maybe we can help.

**Send ideas to:** [productideas@ganderoutdoors.com](mailto:productideas@ganderoutdoors.com)







New Gadgets on the GO



Your Outdoors

GO Guide

Help



MyGO sign in



cart

MyGO



Email

Passcode

Sign in

Keep me signed in.

New to Gander Outdoors?

Create your MyGO account

GO beyond the trees.

Hook Line & Sinker

GO Hunt in gear that's tough.

## Your Outdoor Outfitters

Gander Outdoors wants the products you love.

We are your hometown outfitter. Tell us what you need and what products you want to fill our shelves.

Send suggestions to: [productlove@ganderoutdoors.com](mailto:productlove@ganderoutdoors.com)

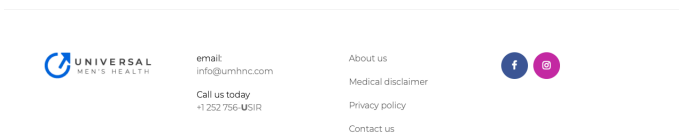
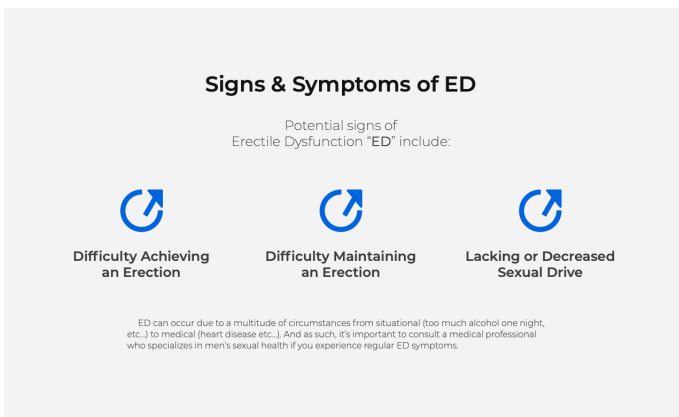
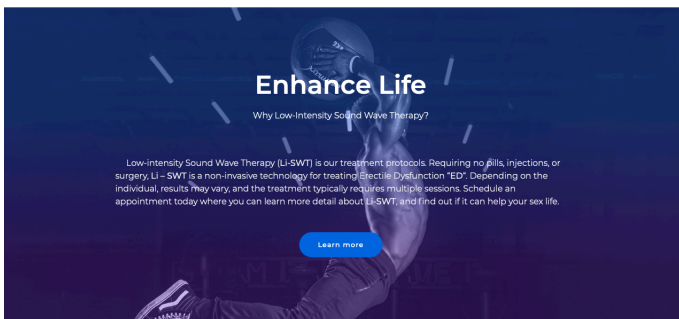
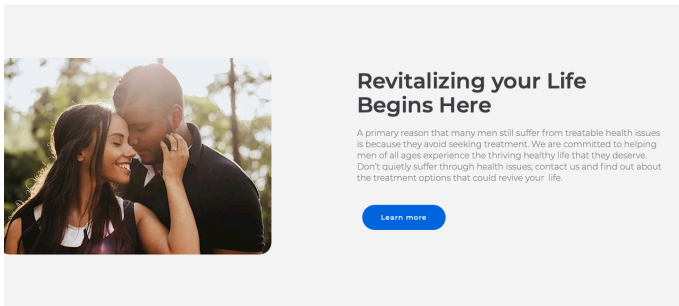
Have new product ideas?

Do you have a product idea or invention that you want to take to the next level? Maybe we can help.

Send ideas to: [productideas@ganderoutdoors.com](mailto:productideas@ganderoutdoors.com)







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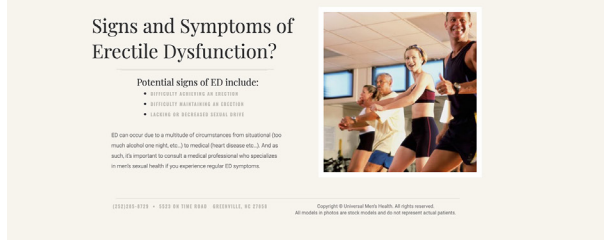
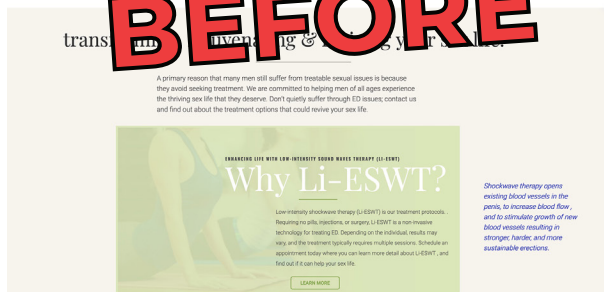
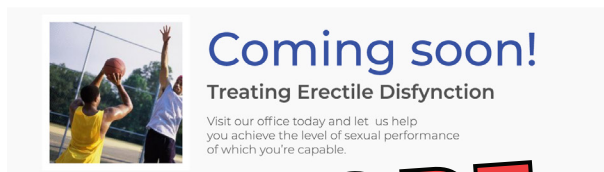
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### FONTS

## Montserrat

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Disclaimer







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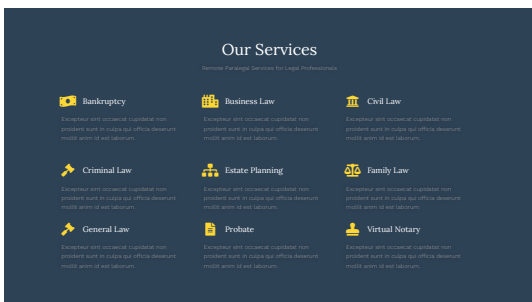
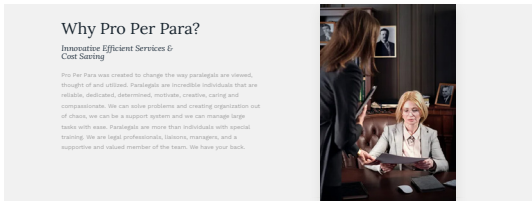
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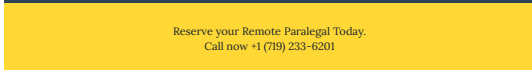
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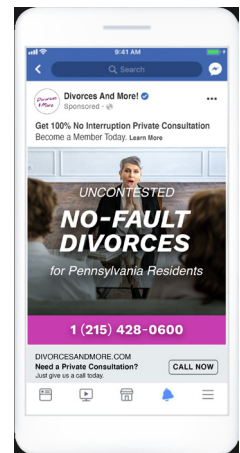
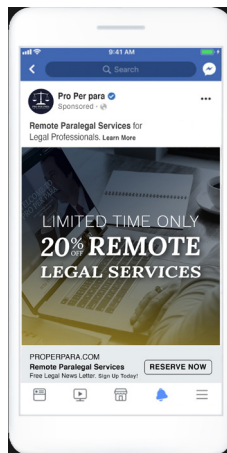
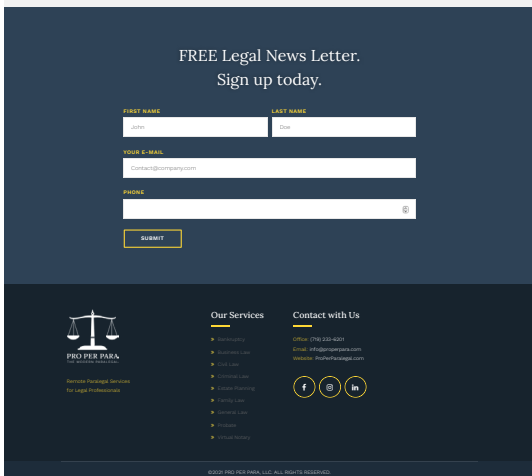
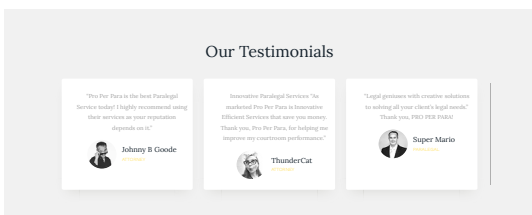
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Inside your RV essentials

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