

MyBlueHealth

A Magazine for **Blue Cross Complete of Michigan** Members



Confidence comes with every card.®

SUMMER 2017 IN THIS ISSUE:

MiBlueCrossComplete.com



Practice
summer
safety



Let us take you out
to the ballgame.
See **page 13** to
sign up and win.

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We welcome your letters

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Our website is **MiBlueCrossComplete.com**.
 While website addresses for other organizations are provided in *My Blue Health* for reference, Blue Cross Complete does not control these sites or endorse their general content.
 The Healthy Michigan Plan is a health care program from the Michigan Department of Health and Human Services. Blue Cross Complete administers Healthy Michigan Plan benefits to eligible members.

This publication is provided to help you learn about your health condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

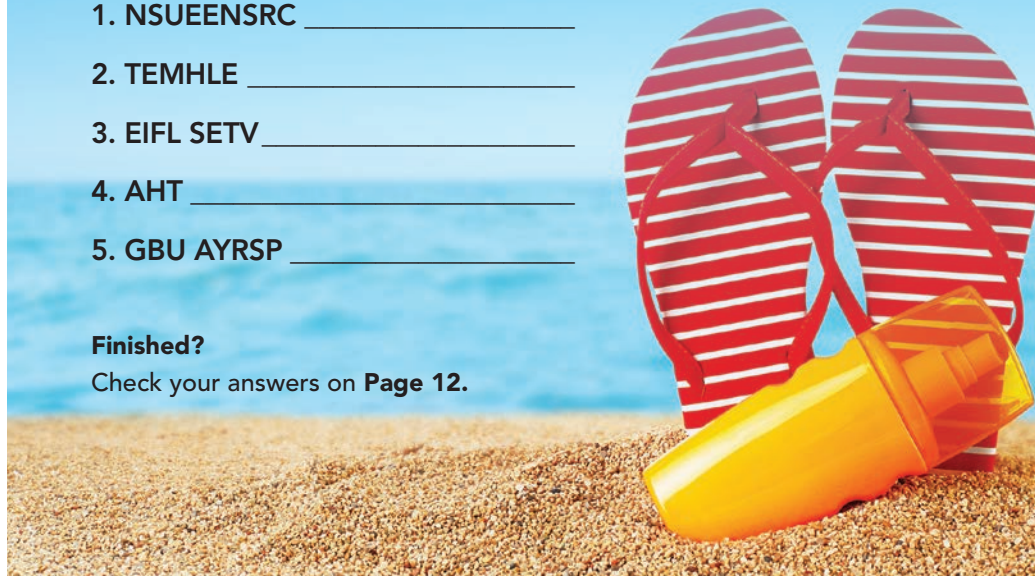
SUMMER WORD SCRAMBLE

Unscramble the words below:

1. NSUEENSRC _____
2. TEMHLE _____
3. EIFL SETV _____
4. AHT _____
5. GBU AYRSP _____

Finished?

Check your answers on **Page 12**.

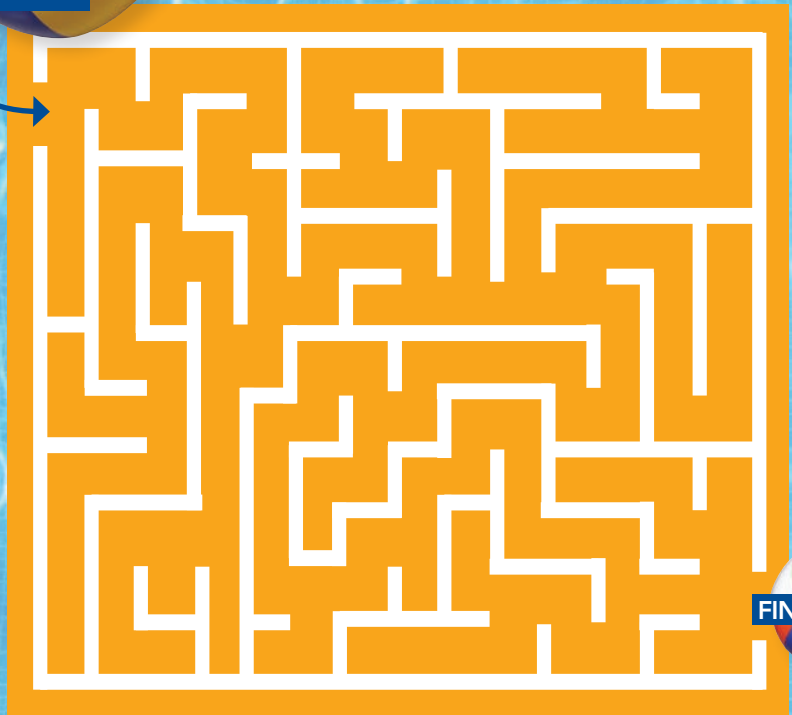


Kids corner: Summer fun!

Find the right path through the maze to get the beach ball from one end of the pool to the other.



START



FINISH

Maze complete? Check your work on **Page 12**.



Practice summer safety

Summertime is a *fun* time for kids. There's no school, no homework and no limit on how much time kids can spend outdoors in the warm weather ... unless something unexpected happens:

- Like a **bee sting** ... *ouch!* Bug safety isn't something you might think about at first. Avoid putting bright colors, scented soaps, hair sprays and perfumes on your child. Brightly colored outfits and flower patterns can also attract unwanted insects. Use insect repellents containing DEET to prevent bites and stings. Ticks are prevalent in Michigan and can transmit Lyme disease, and mosquitoes can transmit West Nile and other viruses. The same repellents afford protection against these diseases.
- Like **breaking a leg after a bad fall** ... *oh no!* Playground safety is important. Equipment should be checked. Metal and rubber products can get hot in the summer sun. Don't allow children to run barefoot on the playground.

Trampoline jumping can be a lot of fun, but should always be supervised by an adult. Bicycle safety includes always remembering to wear a helmet in case you fall off your bike. To protect yourself from possible injury, it's also important to wear proper gear and helmets when riding skateboards and long boards. And consider going to a skateboard park. It's much safer than roads and sidewalks, which may have cracks, holes and rocks that can change one's direction in a second.

- Like an **injured hand** from a mower blade ... *yowie!* Children younger than 12 shouldn't use a power mower. Both children and adults should make certain they wear sturdy shoes while mowing. Don't pull the mower backward unless absolutely necessary. Most importantly, turn off the lawn mower, and make sure that the blade isn't moving before ever reaching underneath.
- Like a **severe burn** from a firecracker ... *kapow!* Fireworks can result in

**By Chief Medical Officer
Donald S. Beam, M.D.**

severe burns, blindness, scars and even death. Even sparklers can reach temperatures above 1,000 degrees and can burn anyone standing too close. Families can attend community firework displays to stay safer.

- And lastly, like a **swimming injury** ... *watch out!* Most importantly, don't swim in water that's taller than you if you don't know how to swim. It's not safe. Swim at a beach that's patrolled by lifeguards. Don't swim after a heavy meal, and drink plenty of fluids to avoid cramps. Don't goof around at the edges of the pool. It may be fun to throw someone in, but a serious injury can result. And don't forget to put on sunscreen to prevent sunburns.

So, kids and parents, have good health this summer, and be safe.

Cut your cancer risk

Your future health is at least partly in your hands — particularly when it comes to cancer. That's because what we do today can help defend us from cancer tomorrow. This includes what we eat, what we weigh and how regularly we get screened for cancer.

Screenings can save lives

One way to protect yourself is through screening tests. These tests can find cancers early, when they may be easier to treat. Some of the screenings recommended by the American Cancer Society include:

- Yearly mammograms for women ages 45 to 54 to screen for breast cancer, and every other year for women ages 55 and older. However, there's still some dispute over breast cancer screening guidelines. The U.S. Preventive Services Task Force recommends mammograms every other year for women ages 50 to 74. Talk with your doctor about your risk. He or she can help you decide when to begin screening and how often you should be screened.
- Regular screenings for cancer of the colon and rectum in men and women, beginning at age 50.
- Starting at age 50, men should discuss the benefits and limitations of prostate cancer screenings with their doctors. High-risk men should begin these discussions at age 45.

- Cervical cancer screenings for women ages 21 to 65 every three years, such as regular Pap tests.

Some people need more frequent or additional screenings. Ask your doctor what's right for you.

A healthy lifestyle also helps

Besides scheduling regular screenings, you can reduce your risk of developing cancer by sticking to a healthy routine. Here's what the ACS recommends:

- **Don't smoke.** The ACS says that 30 percent of cancer deaths are caused by tobacco use. Also, avoid secondhand smoke.
- **Eat a variety of foods, including fruits, veggies and whole grains.** Limit your intake of fatty and processed meats.
- **Make a habit of being active.** You should aim for at least 30 minutes of moderate exercise five or more days a week.
- **Limit the amount of alcohol you drink.**
- **Lose weight if you're overweight.**

Be smart about sun exposure

The ACS also recommends that people be mindful of the sun, which can cause skin cancer. Skin cancer is the most commonly diagnosed cancer in the United States, and it's on the rise. However, most cases of skin cancer can be prevented. Be sure to check your skin regularly, and report any changes or unusual moles to your doctor.

To lower your skin cancer risk, protect yourself from harmful ultraviolet rays by:

- Wearing protective clothing, such as long sleeves, pants, a hat and sunglasses
- Covering up any exposed skin with sunscreen that has a sun protection factor, or SPF, of 30 or higher
- Reapplying sunscreen every two hours — or more often if you're in and out of water
- Staying in the shade when the sun is hottest, typically between 10 a.m. and 4 p.m.
- Avoiding tanning beds





BREATHE EASY: Protect yourself with a flu shot

The flu and pneumonia can cause serious problems in people with chronic obstructive pulmonary disease and lung disease. Getting vaccinated against these diseases can help you breathe easier this flu season.

The flu is a respiratory infection caused by any of several influenza viruses. The sudden fever, aches, fatigue and cough caused by the flu can knock you off your feet for several days. One possible complication is pneumonia, an inflammation of the lungs, which may be caused by the flu virus or by getting a bacterial infection when your defenses are down. Pneumonia can be serious and even deadly.

Vaccines are your best protection against these diseases. You should get the flu vaccine every year. **The best time to get a flu shot is before October.**

The pneumococcal vaccine helps protect against bacterial pneumonia and is usually given only once.

Talk with your provider to make sure your vaccinations are up-to-date. When it comes to the flu and pneumonia, an ounce of prevention is worth a pound of cure.

In addition to getting vaccinated, follow these simple hygiene practices to help prevent the flu:

- Wash your hands frequently with soap and water
- Cover your nose and mouth if you sneeze or cough
- Touch your eyes, nose and mouth as little as possible

And teach your children to do so, too.

Moms-to-be: Roll up your sleeves

Baby on the way? Because of their fragile immune systems, babies are at high risk of getting sick from the flu. And flu vaccines aren't approved for children younger than age 6 months.



But a mom getting a flu shot while pregnant can offer her newborn protection later. The Centers for Disease Control and Prevention recommends everyone ages 6 months and older get a flu vaccine every year. Your whole family should get immunized to help protect your baby.

Once your new arrival enters the world, you can still take measures to protect your baby while he or she is too young for a flu shot:

- Keep your baby away from crowds and people who are sick.
- Wash your hands and your baby's toys often with soap and water.
- Breast-feed, if you can. This will give your baby even more of your antibodies against the flu.



Get treatment for ADHD

If your child has attention deficit hyperactivity disorder, he or she isn't alone. Help is out there. Your child's doctor may prescribe medicine and behavioral health

therapy. Both the medicine and behavioral therapy may help with behavior changes.

Children who get a prescription for ADHD medicine should see their doctor for a follow-up visit within 30 days. Your child may need

a second and third follow-up visit to make sure the medicine is working.

With treatment, ADHD can be managed well. If your child has been diagnosed with ADHD, it's important that he or she gets the right treatment.

Follow these guidelines to keep your kids healthy

Regular well-child visits and scheduled immunizations for childhood diseases can help keep your child on track. Talk with your child's doctor about what schedule is right for him or her.

Vaccines protect communities

Getting vaccinated can protect both your child and other members of the community from contagious diseases. This concept is called herd immunity (or community immunity). If most of a community is immunized, it's harder for a contagious disease to spread. When herd immunity is reached, this helps protect people who can't be vaccinated, like those too young or too sick for shots. Help keep Michigan kids safe and healthy by making sure your child is immunized.

Visit **IVaccinate.org** to learn more about protecting children in Michigan from vaccine-preventable diseases.

IVACCINATE.ORG

We've got your child covered

Seeing a doctor regularly helps make sure your kids grow up healthy and stay healthy. Wellness visits, shots and lead testing are all part of your benefits. Your child can see a Blue Cross Complete pediatrician without a referral. Your child can do this even if his or her pediatrician isn't his or her primary care doctor.

For boys and girls	Age	How often	Completed? (✓)
Well-child exam Parental education: nutrition, development, injury and poison prevention, sudden infant death syndrome, coping skills, tobacco use screening, secondhand smoke, height, weight and body mass index	0 – 24 months 2 – 18 years	11 visits Every year	<input type="checkbox"/> <input type="checkbox"/>
Neonatal and hearing screening	Birth (after 24 hours)	Once at birth	<input type="checkbox"/>
Cholesterol screening	2+ years	Ask your doctor	<input type="checkbox"/>
Blood lead testing	12 and 24 months	Twice	<input type="checkbox"/>
Vision screening	2 – 6 years 7 – 12 years 13 – 21 years	Before starting school Every 2 years Every 3 years	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Preconception and pregnancy prevention and counseling	12+ years or earlier if sexually active	Every year	<input type="checkbox"/>
Chlamydia screening	Females 16 – 24 years Males 16 – 18 years	Every year if sexually active	<input type="checkbox"/> <input type="checkbox"/>
For girls	Age	How often	Completed? (✓)
Cervical cancer Pap test	13 – 21 years	Every 3 years if sexually active	<input type="checkbox"/>
Sexually transmitted infection screening, including HIV screening	13 – 21 years	Every year if sexually active	<input type="checkbox"/>



Immunizations for boys and girls	Age	How often	Completed? (✓)
HPV (human papillomavirus)	9 – 14 years	2 doses, at least 6 months apart	<input type="checkbox"/>
	Females 15 – 26	3 doses	<input type="checkbox"/>
	Males 15 – 21	3 doses	<input type="checkbox"/>
Diphtheria, tetanus and acellular pertussis vaccine, or DTaP	2, 4 and 6 months	1st, 2nd, 3rd dose	<input type="checkbox"/>
	15 – 18 months	4th dose	<input type="checkbox"/>
	4 – 6 years	5th dose	<input type="checkbox"/>
Rotavirus	2 – 6 months	Complete series	<input type="checkbox"/>
Tetanus, diphtheria and acellular pertussis booster, or Tdap	11 – 12 years	1 dose	<input type="checkbox"/>
Hepatitis A	12 months	1st dose	<input type="checkbox"/>
	18 – 24 months	2nd dose	<input type="checkbox"/>
Hepatitis B	Birth	1st dose	<input type="checkbox"/>
	1 – 2 months	2nd dose	<input type="checkbox"/>
	6 – 18 months	3rd dose	<input type="checkbox"/>
IPV – polio	2 months	1st dose	<input type="checkbox"/>
	4 months	2nd dose	<input type="checkbox"/>
	6 – 18 months	3rd dose	<input type="checkbox"/>
	4 – 6 years	4th dose	<input type="checkbox"/>
HIB – Haemophilus	2 – 15 months	Complete series	<input type="checkbox"/>
Flu	6 months – 8 years	2 doses first year, then every year	<input type="checkbox"/>
	9 – 21 years	Every year	<input type="checkbox"/>
Measles, mumps and rubella, or MMR	12 – 15 months	1st dose	<input type="checkbox"/>
	4 – 6 years	2nd dose	<input type="checkbox"/>
Varicella (chickenpox)	12 – 15 months	1st dose	<input type="checkbox"/>
	4 – 6 years	2nd dose	<input type="checkbox"/>
Meningococcal	11 – 12 years	1 dose	<input type="checkbox"/>
	16 – 18 years	Booster	<input type="checkbox"/>
Pneumococcal conjugate – pneumonia	2 months	1st dose	<input type="checkbox"/>
	4 months	2nd dose	<input type="checkbox"/>
	6 months	3rd dose	<input type="checkbox"/>
	12 – 15 months	4th dose	<input type="checkbox"/>

Take advantage of care coordination



Your doctors can take care of you better when they're all on the same page. That's called coordinated care. It's important for your behavioral health specialist and your doctor to work together. Sign a release of information form from your doctor.

That way, he or she can work with your behavioral health specialist. When they work together, you get the best care.

If you're not happy with your behavioral health services, call Customer Service at **1-800-228-8554**. You can call 24 hours a day, seven days a week. TTY users should call **1-888-987-5832**.

Get checked for diabetes

If you have schizophrenia or bipolar disorder and take medicine for it, you need to be checked for diabetes. Why? People with mental illnesses are more likely to get diabetes, according to the Centers for Disease Control and Prevention. And antipsychotic medicines can increase that risk even more. Some patients gain weight while taking these medicines. And being obese means you're more likely to develop diabetes.

You should get checked every year for diabetes. A blood sugar test can pick up early signs of the disease.



WOMEN, INFANTS AND CHILDREN NUTRITION SERVICES ARE AVAILABLE

You can get the help you need to stay healthy. The Special Supplemental Nutrition Program for women, infants and children can help with food needs. The program serves low-income women, infants and children up to age 5. It provides healthy food and teaches families about nutrition. The program also helps moms with breast-feeding. And participants can get referrals to health and other services. For more information or to find an agency near you, call **211**. For more information about healthy eating, visit **eatright.org**.

News for our Healthy Michigan Plan members



HEALTHY KIDS DENTAL PROGRAM EXPANDS



Did you know your child may have dental coverage? The Healthy Kids Dental program provides benefits to members up to age 20. Enrollment is automatic. Those enrolled will get a permanent Delta Dental identification card that has a Medicaid ID number. The program gives access to participating Delta Dental dentists. There's no copay for services in the program. Call Customer Service at 1-800-228-8554 if you have questions.

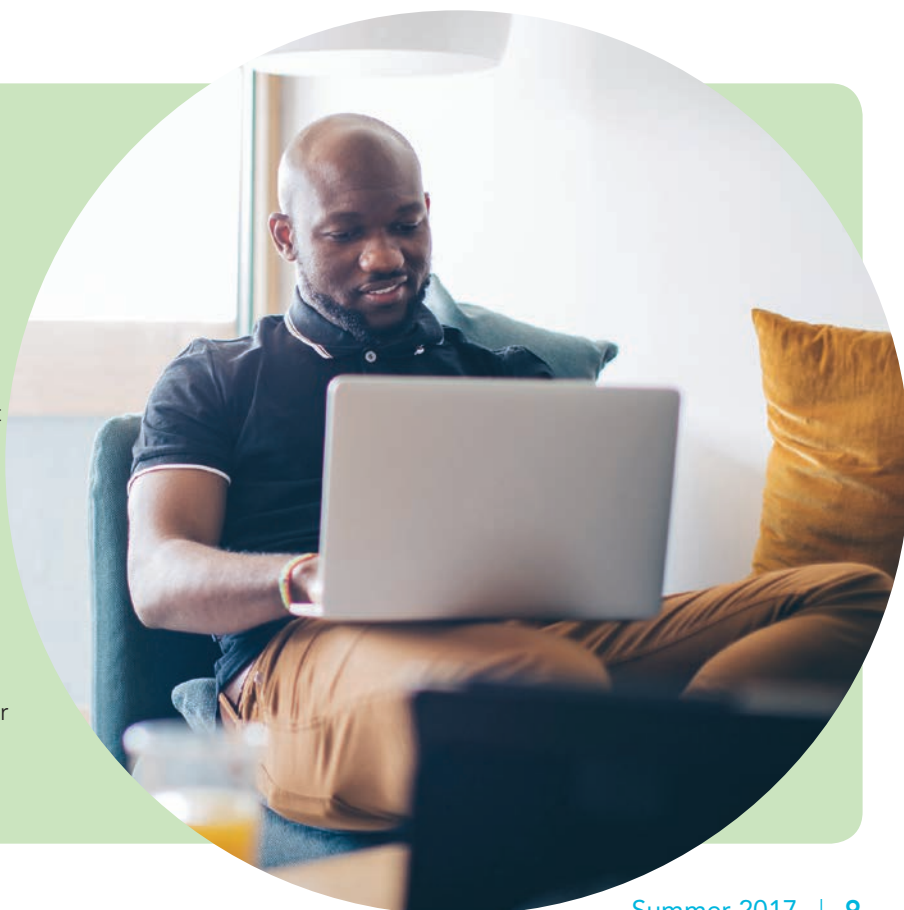
Look online for drug changes

The current drug list is available on our website. We'll update the drug list at least every three months. You can search the document online or print it out. Another document will show past and pending changes to the drug list.

To find the changes:

- Go to **MiBlueCrossComplete.com**
- Select the Pharmacy tab at the top
- Choose *Preferred Drug List (PDF)*

You can also find this information in the member handbook by visiting our website.



Blue Cross Complete of Michigan baby shower: **A family affair**

Blue Cross Complete of Michigan held its third annual Baby Shower and Health Fair. The event took place on March 31, 2017, at the Northwest Activities Center in Detroit. Each year, the event attracts more than 250 guests. This year was no exception. More than 300 people were in attendance.

The baby shower gave families information on:

- Prenatal care
- Healthy eating
- Breast-feeding
- Car seat safety

Many guests won raffle items and door prizes. And everyone went home with a special gift.

"The baby shower is a great resource for new and expectant parents. It helps them learn how to take care of themselves and their new babies," said Dena Nagarah, Blue Cross Complete community outreach manager. "It's great to have 300 people all talking about important topics like safety and wellness. And everyone shares their experiences."

Lavonica, a Blue Cross Complete member, came to the baby shower with her grandson. She shared these thoughts about the event: "There is a lot of information. The dental screenings are a plus, and the event was well organized."

Highlights of the baby shower included:

- Consultations by Blue Cross Complete Bright Start® team members

- Infant safe sleep demonstrations
- Member appointment help
- Dental cleanings courtesy of Dental Choice Mobile and the Travelling Tooth Station
- Lead screenings
- Consultations by the Black Mothers Breastfeeding Association, the St. John Infant Mortality Coalition, Children's Hospital of Michigan, the Maternal Infant Health Program providers, Matrix Human Services and Head Start
- An interactive Kid Zone with hosted arts and crafts, story time, face painting and a movie

Blue Cross Complete's Chef Paul was also there. He treated guests to healthy cooking demonstrations and food samples.

"Our baby shower connects Wayne County moms-to-be with the care and knowledge they need. This way, they have the best chance for a healthy pregnancy and birth," said Heidi Chan, Blue Cross Complete market president. "Our Baby Shower and Health Fair has the same goal as all our community outreach programs. They ensure our members get the right care at the right time and in the right place."

Below: Lavonica and her grandson enjoyed a full day of activities at the Blue Cross Complete Baby Shower and Health Fair.



Chef Paul demonstrates healthy cooking to attendees.

Healthy Michigan Plan copays have small increase

Beginning April 1, 2017, there was a small increase to some copays for Healthy Michigan Plan beneficiaries. Refer to the chart below for your copay amounts. Your doctor's office can tell you which copay amount will appear on your MI Health statements.

If your income is more than 100 percent of the federal poverty level, there will be a \$1 to \$2 increase for office visits. This includes dental and vision office visits. Pharmacy copays for preferred medicines and emergency room visits will also have a small increase. Inpatient hospital stays will increase from \$50 to \$100 per visit.

Your copay amounts are sent to you through your MI Health account. Every three months, you'll get a MI Health bill. You'll be directly notified of these increases through the Michigan Department of Health and Human Services.

There are no copays for:

- Family-planning products and services
- Any pregnancy-related products or services
- Services related to preventive care
- Services related to chronic conditions, such as diabetes and heart disease
- Services received at a Federally Qualified Health Center

COVERED SERVICES	COPAY* Income less than or equal to 100% FPL	COPAY* Income more than 100% FPL
Physician office visit (including freestanding urgent care centers)	\$2	\$4
Pharmacy	\$1 preferred \$3 nonpreferred	\$4 preferred \$8 nonpreferred
Vision care visits	\$2	\$2
Dental care visits	\$3	\$4
Hearing aids	\$3 per aid	\$3 per aid
Chiropractic visits	\$1	\$3
Podiatry visits	\$2	\$4
Emergency room visits for non-emergencies (no copay for emergency services)	\$3	\$8
Outpatient hospital visits	\$1	\$4
Inpatient hospital visits (doesn't apply to emergency admissions)	\$50	\$100

*Copay amounts subject to change

Find community resources

Did you know you can find lists of community resources on our website? They're organized by county. These resources include:

- Domestic violence prevention and treatment
- Food and housing assistance
- Health department

- Housing assistance
- Mental health and substance abuse prevention

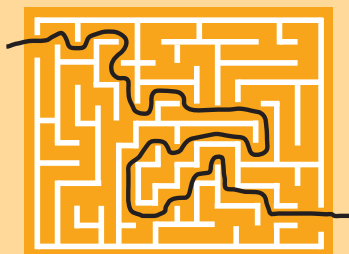
Find these resources at **MiBlueCrossComplete.com**. Click the *Resources* drop-down menu, then click *Community Health Resources*.





Puzzle answers from page 2:

1. SUNSCREEN
2. HELMET
3. LIFE VEST
4. HAT
5. BUG SPRAY



Access to appointments

Blue Cross Complete doctors provide appointments for medical services. They follow these guidelines:

APPOINTMENT TYPE	STANDARD
Urgent care (appointments for conditions that aren't life-threatening) For example: <ul style="list-style-type: none"> • Fever higher than 101 degrees Fahrenheit over 24 hours • Persistent vomiting • Mild, persistent diarrhea • New skin rash 	Within 48 hours of member's request
Preventive care (primary and specialty care) For example: <ul style="list-style-type: none"> • Annual wellness visits • Immunizations • Other preventive care appointments 	Within 30 business days
Routine care (conditions that aren't life-threatening but keep recurring) For example: <ul style="list-style-type: none"> • Rashes • Joint or muscle pain 	Within 10 business days
Emergency care For example: <ul style="list-style-type: none"> • Heart attack • Stroke • Open fractures • Appendicitis • Severe allergic reaction that makes it difficult to breathe 	Immediately or go to ER
Non-life-threatening emergency (behavioral health only)	Within six hours or go to ER
Wait time in office	30 minutes or less



Let us take you
out to the ballgame.
SIGN UP AND WIN.

Want a chance to win Detroit Tigers™ tickets? Register for the member portal between **July 18 and Aug. 15**. You'll be entered in a contest to win four tickets and four snack packs for a Tigers game. You can learn more about your health and have a chance to go to a game. It's a win-win.

Just visit **MiBlueCrossComplete.com** and click *Register Now*. If your name is drawn, you'll receive a letter from Blue Cross Complete letting you know that you've won. The drawing is open to Blue Cross Complete of Michigan members.

Tickets aren't available for assignment, transfer, resale, conversion to cash or cash redemption. Substitution of any item isn't permitted. Tickets are solely for personal use.

Track your health care online

At **MiBlueCrossComplete.com**, you can read your member handbook to learn more about:

- Your benefits and health coverage
- Copays and any charges you may be responsible for (not all members have copays)
- Submitting a claim or reimbursement request for covered services
- Getting help with translations and other language services
- Using in- and out-of-network doctors and getting care
- Getting care when you're outside of the state
- Getting emergency and after-hours care
- Submitting a complaint or appeal
- Prescription drug coverage, including restrictions
- How we add new services to your benefit

You can also learn about:

- Our privacy policy
- Your rights and responsibilities
- How to identify, prevent and report fraud, waste or abuse

We can also send you a member handbook. To ask for one, call Customer Service at **1-800-228-8554** 24 hours a day, seven days a week.

Online drug search

Our online drug search includes all the medicines we cover. The drug search lists our guidelines for these drugs, such as:

- If there are quantity limits
- If you need prior authorization
- If the medicine is a generic or brand drug

We can also send you this information. Call Pharmacy Customer Service at **1-888-288-3231**. You can call 8:30 a.m. to 6 p.m., Monday through Friday.



Discrimination is against the law

Blue Cross Complete of Michigan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross Complete of Michigan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross Complete of Michigan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross Complete of Michigan 24 hours a day, 7 days a week, at **1-800-228-8554**. TTY users can call **1-888-987-5832**.

If you believe that Blue Cross Complete of Michigan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789, North Charleston, SC 29423
1-800-228-8554 (TDD/TTY 1-888-987-5832)
- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at: hhs.gov/ocr/office/file/index.html.

Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-800-228-8554** (TTY: **1-888-987-5832**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-228-8554** (TTY: **1-888-987-5832**).

Arabic: ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-228-8554** (TTY: **1-888-987-5832**).

Chinese Mandarin: 注意：如果您说中文普通话/国语，我们可为您提供免费语言援助服务。请致电：**1-800-228-8554** (TTY: **1-888-987-5832**)。

Chinese Cantonese: 注意：如果您使用粵語，您可以免費獲得語言援助服務。請致電 **1-800-228-8554** (TTY: **1-888-987-5832**)。

Syriac: ܡܠܚܘܙܬܐ: ܐܝܢܐ ܚܝܬܐ ܬܚܕܬܐ ܠܠܓܐ ܥܪܝܬܐ, ܐܝܢ ܕܡܨܠܬܐ ܠܠܓܐ ܬܘܬܐܪ ܠܟ ܒܡܨܠܐ. ܐܬܠܥܝܠ ܒܪܥܡ **1-800-228-8554** (TTY: **1-888-987-5832**).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-228-8554** (TTY: **1-888-987-5832**).

Albanian: VINI RE: Nëse flisni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në **1-800-228-8554** (TTY: **1-888-987-5832**).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-228-8554** (TTY: **1-888-987-5832**) 번으로 전화해 주십시오.

Bengali: লক্ষ্য করুন: যদি আপনি বাংলায় কথা বলেন, তাহলে নিঃখরচায় ভাষা সহায়তা পেতে পারেন। **1-800-228-8554** (TTY: **1-888-987-5832**) নম্বরে ফোন করুন।

Polish: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-228-8554** (TTY: **1-888-987-5832**).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-228-8554** (TTY: **1-888-987-5832**).

Italian: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-228-8554** (TTY: **1-888-987-5832**).

Japanese: 注意事項：日本語を話される場合、無料の通訳サービスをご利用いただけます。**1-800-228-8554** (TTY: **1-888-987-5832**) まで、お電話にてご連絡ください。

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-228-8554** (TTY: **1-888-987-5832**).

Serbo-Croatian: PAŽNJA: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-800-228-8554** (TTY: **1-888-987-5832**).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-228-8554** (TTY: **1-888-987-5832**).

Summer events calendar

Benefits

YMCA FITNESS IN THE PARK

These classes take place Saturday mornings, once a month. Each class will feature a different training focus. Classes are open to adults ages 18 and older. Blue Cross Complete members can attend for **free** by signing up ahead of time. Call **248-663-7372**.

Where: Ypsilanti, MI (various locations)

When: Saturday, July 15 to Saturday, Sept. 16, 10 to 11 a.m.

STAY FIT FOR HEALTH 3K/5K/FUN RUN

This health and wellness event is for seniors, teens, adults and youths. It's sponsored by the Detroit Parks & Recreation Department. Sign-up is required. Call **313-224-1100**.

Where: Rouge Park —

21415 Plymouth Road, Detroit, MI 48228

When: Saturday, July 22, 8 a.m. to 4 p.m.

FLINT COMMUNITY DAY

The third annual Flint Community Day will provide fun and information on health and fitness. At the same time, it will help build a community. The day is packed with family-friendly activities to promote unity, health and wellness, and impart life skills.

Where: Flint Development Center —
4121 Martin Luther King Ave.,
Flint, MI 48505

When: Saturday, July 29, 1 to 6 p.m.

MCKINNEY FOUNDATION HEALTH EXPO

The Celebrating a Healthier Detroit Expo will host special invited speakers,

seminars and exhibits. The event will target health issues that are important to our community. These include preventive care, behavioral health, stress management, obesity and diet-based diseases.

Where: Miliken State Park —

1900 Atwater St., Detroit, MI 48207

When: Wednesday, Aug. 9,
11 a.m. to 4 p.m.

SUMMERFEST — CITY OF WARREN AND LIBERTY FAMILY OUTREACH

This is a **free** event. Community volunteers give free haircuts, family portraits and manicures. They also paint faces, repair bicycles, serve food and more. Doctors and other health professionals give health and wellness instruction. They also give sports physicals for children going back to school. At day's end, more than 1,000 school backpacks and grocery boxes will be given to families.

Where: Shaw Park —

22101 Warner Ave., Warren, MI 48091

When: Saturday, Aug. 12, 9 a.m. to 6 p.m.

HURLEY 2ND ANNUAL COMMUNITY BABY SHOWER

This second annual open-house-style event is for new and expecting moms and families. Guests will learn how to bring a child into a safe and healthy home.

Where: Flint Farmers Market —

300 E. 1st St., Flint, MI 48502

When: Tuesday, Aug. 22, 2 to 6 p.m.

WAYNE COUNTY FAMILY FUN FEST

This is a **free** event. Enjoy a day of health screenings, as well as games and

activities for all ages. Children can receive free sports physicals, too.

Where: Wayne County

Department of Health, Veterans &
Community Wellness —

33030 Van Born Road, Wayne, MI 48184

When: Thursday, Aug. 24,
10 a.m. to 3 p.m.

YPSILANTI HERITAGE FESTIVAL

This is a three-day annual event. The **free** community festival will feature arts and crafts, live music, family activities and entertainment and so much more.

Where: Riverside Park —

2 E. Cross St., Ypsilanti, MI 48198

When: Friday, Aug. 25 to Sunday, Aug. 27

We want to hear from you!

Your opinion counts. At *My Blue Health*, we think there's no better way to inspire our readers than by having other members share their real stories. Is there a benefit that has helped you and your family be healthier? What motivates you to live a healthier life? Send us your story by writing to *My Blue Health* at the editor's address on **Page 2**. You can also contact us online at **MiBlueCrossComplete.com**.



Suite 210
100 Galleria Officentre
Southfield, MI 48034

Let us take you out to the ballgame. **SIGN UP AND WIN.**

Want a chance to win Detroit Tigers™ tickets? Register for the member portal between **July 18 and Aug. 15**. You'll be entered in a contest to win four tickets and four snack packs for a Tigers game. You can learn more about your health and have a chance to go to a game. It's a win-win. Just visit **MiBlueCrossComplete.com** and click **Register Now**. If your name is drawn, you'll receive a letter from Blue Cross Complete letting you know that you've won. The drawing is open to Blue Cross Complete of Michigan members.

Tickets aren't available for assignment, transfer, resale, conversion to cash or cash redemption. Substitution of any item isn't permitted. Tickets are solely for personal use.



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Assurance is a private,
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