

FEP FOR YOU

Spring 2025



Your mind matters: understanding mental health

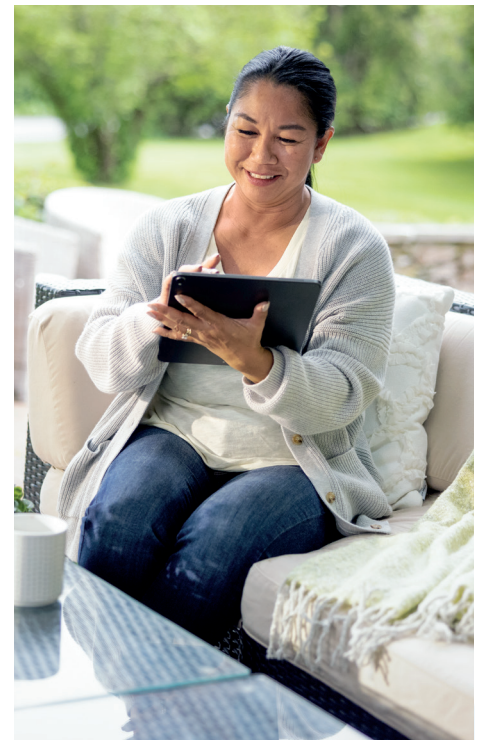
Mental health is a key part of your overall well-being. How we feel mentally affects our thoughts, actions, and communication with others. We can face various mental health obstacles throughout our lives, especially during challenging times at work or at home. Good mental health allows both your mind and body to flourish and improves your ability to manage stress. However, it is important to address any mental health challenges you may be having. One in five people in the U.S. experience mental illness each year. Here are some common mental health conditions:

- **Anxiety:** consistent, overwhelming periods of worrying and fear
- **Depression:** constant sadness and lack of interest in life
- **Addiction:** an unhealthy obsession with a substance, such as drugs, alcohol or food

If you're struggling, remember that you are not alone. More than ever, conversations about mental health are being discussed openly, and it's important to get help when you need it. Here are some ways you can get help:

- Try talking with a mental health professional, such as a psychologist or counselor, to check in with yourself and develop coping mechanisms.
- Work on self-help tips, like developing a recovery plan, practicing relaxation techniques and joining a peer group for support.
- Go to fepblue.org/mentalhealth to access mental health resources like virtual support through Teladoc Health®.

If you or someone you know needs help right now, please call: **988** Suicide & Crisis Lifeline. Call, text or chat **988** from anywhere in the U.S. 24/7. Or call **1-800-273-TALK (8255)**.



Telehealth Services

Your mental well-being is our priority. That's why we partner with Teladoc Health® to make it easy to access the care you need, when you need it. Virtually meet with a licensed mental health specialist from wherever you feel most comfortable for stress-free, cost-efficient support.

Learn more at fepblue.org/telehealth.

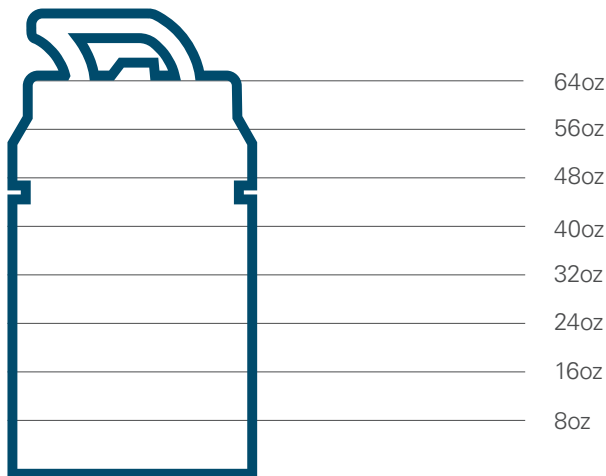
Be kind to your kidneys

March 13 is World Kidney Day, making it the perfect time to brush up on your kidney health knowledge! These bean-shaped organs are more important than you think, performing various tasks such as:

- Filtering waste from your blood and producing urine
- Balancing fluids in your body
- Releasing hormones that regulate blood pressure
- Controlling the production of red blood cells, which carry and deliver oxygen throughout the body

Daily water tracker

Staying hydrated is a great way to support your kidney health. Color in the water bottle to keep track of how much water you're drinking throughout the day!



Diabetes Management Program

Managing your diabetes can help your kidneys stay in tip-top shape. With the Diabetes Management Program by Livongo®, you can get an advanced blood glucose meter, unlimited strips and lancets, plus personalized coaching for no out-of-pocket cost.

Visit fepblue.org/livongo to learn more.



Healthy resources just for you

Stay updated on all things health and wellness—including delicious, healthy recipes. Visit fepblue.org/news to read more.



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Sources:

<https://www.webmd.com/anxiety-panic/anxiety-disorders>

<https://www.webmd.com/depression/what-is-depression>

<https://www.healthline.com/health/post-traumatic-stress-disorder%23symptoms>

<https://www.fepblue.org/manage-your-health/managing-specific-conditions/behavioral-health>

<https://www.fepblue.org/news/2024/03/01/03/17/Kidney-health-101>

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Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.

The Diabetes Management Program by Livongo is available to all FEP Blue Standard® and FEP Blue Basic® members who've had at least one medical or pharmacy claim in 2024 or 2025 with a diagnosis of type 1 or type 2 diabetes.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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