

FEP FOR YOU



World Lung Cancer Day

August 1 is World Lung Cancer Day. This is a day to recognize those affected by lung cancer and emphasize the importance of early detection through lung cancer screenings and watching for symptoms.



Lung cancer symptoms include a persistent and worsening cough, coughing up blood, chest or back pain and difficulty swallowing.



The U.S. Preventive Services Task Force recommends adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years get screened regularly.¹



Lung cancer accounts for about **1 in 5** of all cancer deaths—more than colon, breast and prostate cancers combined.²

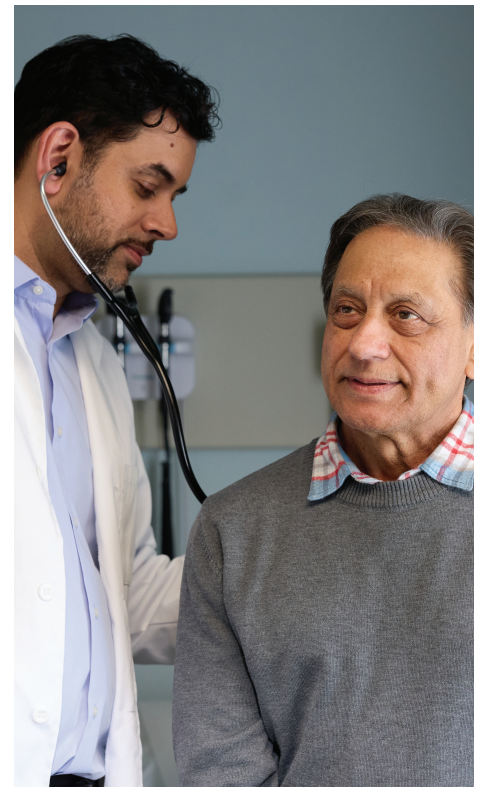
While smoking is the single greatest contributor to lung cancer, other factors, including environmental exposures and genetics, can increase the risk of developing lung cancer.

Preventive care with FEP

Remember, all Blue Cross and Blue Shield Federal Employee Program (FEP) members can access preventive care services—including cancer screenings—at **no cost** at a Preferred provider. Staying up to date on preventive care is one of the best things you can do for your health. Learn more at fepblue.org/preventivecare.

Dive into Daily Habits

Creating healthy habits can be hard to do on your own. That's why we offer **Daily Habits**. This program provides easy-to-navigate guidance, support and resources with one aim: to help you set and achieve your goals. With Daily Habits, you can manage goals, create a plan of care, track your progress and pursue healthy activities.



Find a doctor

With FEP, you don't have to look far to find the right care because our network includes over 2 million doctors and hospitals, plus over 55,000 retail pharmacies in the U.S. Plus, you never need a referral to see a specialist. Go to fepblue.org/provider to get started.

The need-to-knows on H2O

Whether or not it's hot outside, staying hydrated is a key part of being healthy. Water helps your body maintain its temperature, while also lubricating and cushioning your joints. Additionally, water helps your body process waste through urination, perspiration and bowel movements.

Here's when you need more water:



Working or being active in hot climates



Exercising



Running a fever, having diarrhea or vomiting³

Tips to drink more water: There are a few simple things you can do to encourage hydration. Take a reusable water bottle with you to work. When it's hot outside, try freezing water in freezer-safe bottles for ice-cold water all day. Choose water over sugary drinks and serve water during meals.³

Sudoku

Take a brain break to beat the heat with this month's sudoku puzzle.

	4	3	2
		2	

		3	2		
6				5	3
		5		1	2
		4			5
5			3	4	6
		6		2	

Flip to reveal answers:

4	1	2	3
3	2	1	4
1	4	3	2
2	3	4	1

1	2	5	6	3	4
6	4	3	1	2	5
5	3	6	4	1	2
2	1	4	5	6	3
3	5	1	2	4	6
4	6	2	3	5	1



fepblue app

The fepblue app gives you 24/7 access to helpful tools and resources related to your Service Benefit Plan coverage. In other words, the fepblue app has everything you need in one place. Learn more and download the app at fepblue.org/app.



Healthy resources just for you

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



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¹You must be the contract holder or spouse, 18 or older, on an FEP Blue Basic™ or FEP Blue Standard™ plan to earn these incentive rewards.

²[uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening)

³[cancer.org/cancer/types/lung-cancer/about/key-statistics.html](https://www.cancer.org/cancer/types/lung-cancer/about/key-statistics.html)

⁴[cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html](https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html)

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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). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal Employees Health Benefits Program brochures.

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