



BLUE MEDICARE  
**ADVANTAGE**

Kansas City

# ENGAGE

QUARTERLY MAGAZINE 2022 ISSUE 4

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As 2022 draws to a close, I'd like to extend my gratitude for the trust you place in Blue KC all year long.

In this final issue of the year, you'll read about how to finish the year strong and set yourself up for a healthy 2023. Learn why your oral health is important. And enjoy our member feature about an accomplished veteran who served in the Air Force and is now an active top-flight golfer.

We'll introduce you to our 2023 plans – with new, streamlined names and more benefits than ever -- including exclusive access to Spira Care, an advanced primary care experience.

We hope you'll take the time to review all that's new in 2023 and if you have any questions, our local Customer Service team is ready to assist.

Even better? Meet us in person at a Member Benefits Showcase – these events are back by popular demand. See the dates on the back cover.

From our Blue KC family to yours, we wish you peace, joy, and health this holiday season and beyond.

Lori Rund

Vice President of Government Programs,  
Blue Cross and Blue Shield of Kansas City

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## DON'T MISS OUT ON YOUR MEMBER REWARDS

There's still time left in 2022 to get rewarded for preventive actions that can help protect your health. You can earn up to \$50 this year by completing:

- **Flu Shot (\$25)**
- **Annual Wellness Visit (\$25)**
- **Breast Cancer Screening (\$25)**
- **Diabetic Eye Exam (\$25)**

Your rewards dollars will be loaded on your Blue Benefit Bucks card within 8-10 weeks after your appointment.

The rewards you earn in calendar year 2022 won't expire until March 31, 2023. **See page 7 for NEW Rewards activities coming in 2023!**



## PROTECT YOURSELF FROM THE FLU

Flu season is expected to peak between December and February. Are you ready? The best way to protect yourself, and others, from the influenza virus is to get a yearly flu shot. Flu shots are safe, effective, and FREE of charge with Blue Medicare Advantage Plans.



### WHERE TO GET VACCINATED?

Flu vaccines are offered in many locations, including primary care doctors and local pharmacies. Be sure to call in advance to confirm vaccine availability and see if an appointment is required.



### BENEFIT EXTRAS

And when you get a flu shot before the end of 2022, you may be able to earn \$25\* on your Blue Benefit Bucks (BBB) Prepaid Mastercard®!

\*One \$25 reward per healthy action per year. Maximum annual rewards of \$50 per year.

## TIME FOR A COVID-19 BOOSTER

After thorough review, the CDC recommends COVID-19 booster shots for those who completed their primary COVID-19 vaccinations. The new COVID-19 boosters target both the original coronavirus strain and the latest variants.

“The updated COVID-19 boosters are formulated to better protect against the most recently circulating COVID-19 variant. Boosters can help restore protection that has waned since previous vaccination and are designed to provide broader protection against newer variants,” Rochelle P. Walensky, MD, MPH, Director of the Centers for Disease Control and Prevention (CDC) explains.

Booster shots are FREE, safe, effective and the best way to keep you and our communities protected from the COVID-19 virus. Consult with your doctor on the best timing for you to get your COVID-19 booster.

### CAN I GET MY COVID-19 BOOSTER AND FLU SHOT AT THE SAME TIME?

**YES.** The CDC states that you can get the COVID-19 booster and flu shot at the same time. However, If you're not quite eligible for a COVID-19 booster, don't delay your flu shot just to time the two together.



## THE PETS OF BLUE MEDICARE ADVANTAGE

The tail wags. The purrs. The cuddles. The joy. If you live with a four-legged friend, then you know there's nothing like the unconditional love of a pet. But are you aware that the human-animal bond has health benefits, too?

According to the Centers for Disease Control and Prevention, having a pet can increase our opportunity to exercise, get outside, and socialize. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. And by providing companionship, pets can help us manage feelings of loneliness and depression.

Our members shared their favorite pet photos to show how their dogs are having a paw-sitive effect on their lives.

**Thanks for sharing your photos!**



**BUDDY**  
Kansas City, MO



**LILY**  
Kansas City, MO



**DYLAN**  
Kansas City, MO



**ELLIE**  
St. Joseph, MO



**ANNABELLE**  
Olathe, KS



**PERKE & SCHIPPER**  
Kansas City, MO

**Cat got your tongue?!** Calling all cats to stand up and be recognized! Send your cat photos, with name and city of residence to [ENGAGE@BlueKC.com](mailto:ENGAGE@BlueKC.com).

**We'll CAT-ch up next quarter!**



# THIS RETIRED AIRMAN IS STILL ON THE GO



MEL BOWKER PLAYING GOLF AT THE EXCELSIOR SPRINGS GOLF COURSE

**M**el Bowker has been all over the world. He's traveled as far north as Churchill, Canada. And as far south as the South Pole. Mel's been active, athletic, and on-the-ball his whole life.

Ten days out of high school, Mel joined the Air Force. After 11 weeks of basic training in Texas, the Illinois native was assigned to the Chanute Air Force Base in Rantoul, Illinois to train to be an aircraft instrument mechanic. He was then signed permanent party at Donaldson Air Force Base in Greenville, South Carolina to the Blackjack Squadron.

The first summer at Donaldson AFB, Mel joined the base's baseball team. "We traveled all over the southeast playing other Air Force bases and Army bases." But those weren't the only miles Mel logged.

Mel explains that his squadron was always going someplace temporarily, and he would eagerly volunteer to join. That meant frequent trips to northern Canada, parts of Germany, and hot days in Cyprus.

"But my favorite place was New Zealand ... I spent probably six months there," Mel shares. While in New Zealand, Mel's squadron delivered supplies to the South Pole. "I flew over the South Pole four or five times," he says with pride.

Mel's high-flying adventure included four weeks at McMurdo Sound in Antarctica. The sound is the southernmost navigable

body of water in the world – located just 180 miles from the South Pole. Mel shares, "They could actually land a plane there on an ice runway." Today, McMurdo Sound is a resupply route for cargo ships and for airplanes that land on floating ice airstrips.

Mel spent four years in the Air Force, serving until February 1959. He married in September of the same year, and in no time was back on the road – as a full-time truckdriver. He and his wife raised two girls in Illinois and ultimately Kansas City.

The couple divorced later in life, and in 2001 Mel remarried. Sadly, his second wife passed away just seven years later. "I've been by myself ever since, living up here in Excelsior Springs, playing golf every day," Mel says.

## ROLLING INTO RETIREMENT

With his trucking days in the rearview mirror, Mel now has time for a sport he's loved since his early twenties. "Golf keeps me alive, and I enjoy the people I play with," Mel shares.

Not even a knee and hip replacement can keep him away from the golf course. "I'm back out there trying to wear everything out again," Mel chuckles. Not only does he have a great sense of humor, Mel has a mean short game. "I'm a good putter," he adds.

When he's not golfing, Mel likes to read detective novels and spend quality time with his family. Luckily for Mel, his two daughters, five grandchildren, and three great grandchildren all live close by.

### SOME WORDS OF WISDOM

While Mel is 85, he doesn't act it. And he doesn't look it. So, what's his secret? "You just have to keep active. Don't sit in a chair and watch TV all day. You've got to keep going," he emphasizes.

When asked if he would like to see more of the world, Mel is quick to answer. "I've traveled enough. But if I was to go somewhere it'd be New Zealand." His face lights up at the prospect.

"It was a great place," Mel reflects. "When I was in the military, we didn't get paid very much, and our dollar was worth a lot more there. So, we could have a lot more fun than we could here."

Thank you for your service to our country, Mel. And thanks for being a Blue Medicare Advantage member! ■



LEFT PHOTO: MEL (LEFT) AT DONALDSON AFB GREENVILLE, SC, 1957.  
RIGHT PHOTO: C124 GLOBE MASTER, BLACKJACK SQUADRON, NEW ZEALAND, 1958.

## LET'S SALUTE OUR VETERANS

Every Veterans Day, we remember and honor the military veterans who have served and who are serving our country today. During this time of year, it is an opportunity for all of us to show our gratitude and support for veterans at home and abroad.

**A plan that honors veterans 365 days a year is our 2023 Blue KC Valor (PPO). This plan includes:**

- \$0 monthly premium
- \$0 medical deductibles
- \$0 primary care physician copay
- Low \$4,000 annual out-of-pocket maximum in- and out-of-network
- Advanced Primary Care (Spira Care Centers)
- \$500/year over-the-counter benefit
- \$1,000/year flex benefit allowance for dental, hearing, eyewear and transportation combined
- 40 hours/year for Daily Activity Support
- Personal Emergency Response System
- SilverSneakers® fitness membership

To learn why Blue KC Valor is the plan of choice for so many vets, visit [MedicareBlueKC.com/shop](https://www.MedicareBlueKC.com/shop).

# BLUE MEDICARE ADVANTAGE PLANS 2023 PREVIEW



Looking ahead to 2023, Blue Cross and Blue Shield of Kansas City (Blue KC) is bringing you more than ever before. More benefits. More ways to connect. More rewards options. And we've even renamed our plans to make them succinct and easier to remember. Here's a closer look at the positive changes we're implementing in the new year.

## New Plan Names

**THERE ARE SIX PLANS IN THE BLUE MEDICARE ADVANTAGE FAMILY. IN 2023, EACH ONE WILL GET A STREAMLINED NEW NAME.**

2022	2023
Blue Medicare Advantage Spira Care (HMO)	Blue KC Spira Care (HMO)
Blue Secure (HMO)	Blue KC Secure (HMO)
Blue Medicare Advantage Essential (PPO)	Blue KC Essential (PPO)
Blue Medicare Advantage Flex (No Part D) (PPO)	Blue KC Valor (PPO)
Simply Blue (PPO)	Blue KC Simply Blue (PPO)
Simply Blue Advantage (PPO)	Blue KC Giveback (PPO)

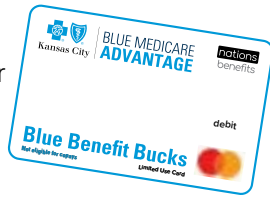
## GET ANSWERS TO YOUR PLAN QUESTIONS

Have questions about our Blue Medicare Advantage plans? We're here to help. Contact your local Customer Service team member at **(866) 508-7140 (TTY:711)**.

*Benefits vary plan. Please consult your Evidence of Coverage for your plan benefits.*

## Increased Flexibility in Blue Benefits Bucks (BBB)

You asked for more flexibility from your Blue Benefit Bucks (BBB), a Benefits Mastercard® Prepaid Card<sup>1</sup>, and we listened:



- New and improved member portal at [BlueKC.Nationsbenefits.com](https://BlueKC.Nationsbenefits.com)
- New **MyBenefits Portal** app makes it easier to check product eligibility
- PIN-less transaction at point of purchase

You will receive a new BBB card in a plain envelope in mid-December. This new, white, BBB card will replace your 2022 silver card. Be sure to activate your new card when you receive it. Your 2023 benefits will be loaded to this new card. **NOTE:** Any unused Member Rewards balance from 2022 will transfer to your new card on January 1, 2023 and continue to be available through March 31, 2023.

**Our new Blue Benefits Bucks video is a benefits-changer. Watch now.**



Scan the QR code with your smartphone camera.

## Improved Design for Member ID Card

Your Blue Medicare Advantage member ID Card has a new look. Keep a look out for your new card – we're mailing them in early December.

- Bigger, bolder, easier-to-read Member ID and Customer Service number
- Plan year added so you know your card is up-to-date
- Name of your Primary Care Provider (PCP) has been added to help your providers coordinate your care



## More Coverage, Options and Freedom in Dental Benefit

Some Blue Medicare Advantage plans offer preventive and comprehensive dental coverage. In 2023, we will be increasing the benefit allowance for our HMO plans. We're also giving you more flexibility to use your dental benefits as you wish.

- HMO Plans feature a new \$2,000 benefit (up from \$1,000 in 2022) for preventive and comprehensive services
- All 2023 plans with a dental benefit have more flexibility and no service limitations on preventive and comprehensive services
- Blue KC Valor (PPO) and Blue KC Simply Blue (PPO) offer an optional "buy-up" option (\$25/month) to provide up to \$2,000 coverage for dental services

**Our sparkly new Dental videos are turning heads. Watch now.**



Scan the QR code with your smartphone camera.

## New Healthy Actions for Member Rewards

Based on your feedback, we've added new healthy actions for 2023. You can earn up to \$50 per year when you participate in preventive health activities. With each eligible healthy action, a monetary allowance will be added to your Blue Benefit Bucks card 8-10 weeks after your completed activity. Earn rewards by taking advantage of a combination of these activities:

- Annual Physical (\$20)
- Breast Cancer Screening (\$20)
- 10 or more SilverSneakers in-person gym visits per month (\$10)
- Flu Shot (\$10)
- COVID-19 Booster (\$10)



<sup>1</sup> The Benefits Mastercard® Prepaid Card is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. Card can be used for eligible expenses wherever Mastercard is accepted. This is a benefits card that can only be used at certain Mastercard merchants participating in this program and will be authorized for qualified purchases as set forth in your Cardholder Agreement. Valid only in the U.S. No cash access. Certain of these materials may be available in additional languages upon request. This is not a gift card or gift certificate. You have received this card as a gratuity without the payment of any monetary value or consideration. NationsBenefits is not a product or service of The Bancorp Bank, N.A. or Mastercard. The Bancorp Bank, N.A., is issuer of the card only and not responsible for the other products, information, or recommendations provided on this site. Please visit [BlueKC.NationsBenefits.com](https://BlueKC.NationsBenefits.com) for more information. ©2022 NationsBenefits, LLC. All rights reserved. NationsBenefits is a registered trademark of NationsBenefits, LLC. Other marks are the property of their respective owners.

# FINISH THE YEAR STRONG AND START 2023 EVEN STRONGER



**W**hy wait until January to set goals and create healthy habits? After all, a strong finish to this year can help you jump start the new year with confidence. Since December is a month of gift giving, it's a wonderful time to gift yourself with a happier, healthier lifestyle.

Start working on your goals today and, by January 1, you'll be steps ahead in achieving them. Plus, you'll likely feel stronger and more energized throughout the holidays. It's a win-win and SilverSneakers® – your fitness benefit from Blue Medicare Advantage at no additional cost – can help you get there.

## Tips to finish the year strong:

- Exercise – Participate in a SilverSneakers workout class or workshop, in-person or online. Working out can help increase muscle and bone strength, improve stability and balance, and reduce stress and anxiety.<sup>1</sup>
- Organize – Keep what you need and sell or give away what you don't; maybe even re-gift items and save money on holiday spending! This can also help make your surroundings safer by removing obstacles in your path that might be fall risks.<sup>2</sup>
- Prioritize – You! It's not selfish to take care of yourself – especially during the busy holiday season – and adding these good habits to the tips listed above can help:
  - Drink plenty of water to stay hydrated and help digestive processes<sup>3</sup>
  - Turn off electronic screens an hour before bedtime for better sleep<sup>4</sup>
  - Read books, magazines or newspapers to stay sharper and slow cognitive decline<sup>5</sup>

## GET STARTED (SilverSneakers.com/StartHere)

SilverSneakers is more than a fitness program – it's a way of life. You're sure to find something to fit your level, from SilverSneakers Classic, with seated options, to high-intensity Total Body Strength. With SilverSneakers, you get access to:

- memberships to thousands of fitness locations<sup>6</sup> (visit as many as you like)

- group exercise classes<sup>7</sup> designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- SilverSneakers On-Demand online workout videos for at-home workouts, available 24/7
- SilverSneakers LIVE full-length classes and workshops (exercise with others, but from the comfort of home)
- SilverSneakers GO mobile app with workout programs, location finder and more ■

Always talk with your doctor before starting an exercise program.

<sup>1</sup> Langhammer B, Bergland A, Rydwick E. The Importance of Physical Activity Exercise among Older People. *Biomed Res Int.* 2018 Dec 5;2018:7856823. doi: 10.1155/2018/7856823. PMID: 30627571; PMCID: PMC6304477.

<sup>2</sup> Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

<sup>3</sup> Popkin BM, D'Anci KE, Rosenberg IH. Water, hydration, and health. *Nutr Rev.* 2010 Aug;68(8):439-58. doi: 10.1111/j.1753-4887.2010.00304.x. PMID: 20646222; PMCID: PMC2908954.

<sup>4</sup> Gradisar M; Wolfson AR; Harvey AG; Hale L; Rosenberg R; Czeisler CA. The sleep and technology use of Americans: findings from the National Sleep Foundation's 2011 Sleep in America Poll. *J Clin Sleep Med* 2013;9(12):1291-1299.

<sup>5</sup> Hughes TF, Chang CC, Vander Bilt J, Ganguli M. Engagement in reading and hobbies and risk of incident dementia: the MoVIES project. *Am J Alzheimers Dis Other Dement.* 2010 Aug;25(5):432-8. doi: 10.1177/1533317510368399. PMID: 20660517; PMCID: PMC2911991.

<sup>6</sup> Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

<sup>7</sup> Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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# NEW IN 2023

## BLUE MEDICARE ADVANTAGE PLANS GIVE YOU ACCESS TO SPIRA CARE CENTERS

**A**wesome news for the coming year! In 2023, all Blue Medicare Advantage plans\* will have access to Spira Care Centers. This gives you more primary care power than ever before.

How's the sound of a healthcare experience that's built around you? That's simple and easy to navigate? That puts your care first? Spira Care is advanced primary care, and it delivers a better healthcare experience.

At Spira Care, you'll have access to a plethora of primary care services under one roof. That means you have access to routine preventive care, sick care, chronic medical condition management, behavioral health consultations, digital x-rays at most locations, labs, immunizations, and more.

In other words, there's no need to worry, stress, or run here or there to take care of yourself.

### **SPIRA CARE TEAMS ARE IN YOUR CORNER**

Spira Care is team-based care where you'll have access to a Care Team of doctors, physician assistants,

nurse practitioners, behavioral health consultants, and more. We treat the whole you, take time to listen, and work with you to help you reach your health goals. We're by your side every step of the way.

### **MEET SPIRA CARE PROVIDERS**

Get up close and personal with our Care Team. Check out our new videos.



**Scan the QR code with your smartphone camera.**

### **YOU DESERVE CARE GUIDES**

At Spira Care, you also have access to Care Guides to help coordinate care, answer questions, and explain benefits. Pretty amazing, huh? These experienced pros leverage their nursing and benefit experience to resolve care dilemmas and answer questions about benefits, cost, and care management. ■

*\*Some exclusions for Employer Group Plans.*

### **A Spira Care Center is just around the corner**

Get exclusive access to Spira Care at a host of convenient locations across the Kansas City metro.

#### **SPIRA CARE CROSSROADS**

1916 Grand Boulevard  
Kansas City, MO 64108

#### **SPIRA CARE INDEPENDENCE**

*(opening December 2022)*  
3717 S Whitney Avenue  
Independence, MO 64055

#### **SPIRA CARE LEE'S SUMMIT**

760 NW Blue Parkway  
Lee's Summit, MO 64086

#### **SPIRA CARE LIBERTY**

8350 N Church Road  
Kansas City, MO 64158

#### **SPIRA CARE OLATHE**

15710 W 135th Street, Suite 200  
Olathe, KS 66062

#### **SPIRA CARE OVERLAND PARK**

7341 W 133rd Street  
Overland Park, KS 66213

#### **SPIRA CARE SHAWNEE**

10824 Shawnee Mission Parkway  
Shawnee, KS 66203

#### **SPIRA CARE TIFFANY SPRINGS**

8765 N Ambassador Drive  
Kansas City, MO 64154

#### **SPIRA CARE WYANDOTTE**

9800 Troup Avenue  
Kansas City, KS 66111

## **QUESTIONS ABOUT SPIRA CARE?**

Call Spira Care at (877) 774-7265 (TTY:711) or take a virtual tour at [SpiraCare.com/TOUR](https://www.SpiraCare.com/TOUR).

# YOUR ORAL HEALTH MATTERS



**O**ur teeth play an important role in our lives. They help us eat, speak clearly, and smile. Your teeth give your face its shape and help you look your best.

Studies have shown that the health of our teeth affects our diet, overall health, and sense of well-being.

When our mouths are healthy, we can look great – and feel great – at any age.

As we grow older, our oral health becomes even more important. Your mouth changes as you age. The nerves in your teeth can become smaller, making your teeth less sensitive to cavities and other problems. That means if you don't see your dentist regularly, these problems can go undiagnosed until it's too late.

There are many benefits to getting regular dental check-ups and cleanings. They can help prevent toothaches, tooth decay, and tooth loss. They can help preserve your natural teeth and keep any implants, crowns, and dentures in tip-top shape.

Remember, with proper care, your teeth can last a lifetime.

## ORAL HEALTH TIPS FOR OLDER ADULTS

How can you keep your mouth healthy? **Follow these tips.**

- Brush twice a day with a toothbrush with soft bristles – once after breakfast and once before bedtime. An electric toothbrush can make brushing easier.
- Clean between your teeth once a day with floss or another flossing tool.
- If you wear full or partial dentures, clean them every day. Take your dentures out of your mouth for at least four hours every day. It's best to remove them at night.
- Drink tap water. Since most contains fluoride, it helps prevent tooth decay no matter how old you are.
- Quit smoking. Besides putting you at greater risk for lung and other cancers, smoking increases problems with gum disease, tooth decay, and tooth loss.
- Visit your dentist regularly for a complete dental check-up and cleaning.

### WHAT ARE THE RISKS OF POOR ORAL HEALTH?

The National Council on Aging reports that older adults with poor oral health are at increased risk for aspiration pneumonia, poorly controlled diabetes, endocarditis, and inadequate nutrition.

Sources: American Dental Association, National Council on Aging, Centers for Disease Control and Prevention

Learn more about aging and dental health at [MouthHealthy.org](https://www.mouthhealthy.org), a website brought to you by the American Dental Association. ■

# HEALTHY (YUMMY) GRANOLA

There's a lot to love about this granola recipe. It's easy to make, healthy, and delicious. And, you can control the amount of sugar and the quality of ingredients while also changing things up by adding the flavors you enjoy.

- 2-3 tablespoons real maple syrup or honey
- 2 tablespoons virgin coconut oil (melted)
- ½ teaspoon vanilla (or almond for a nutty flavor) extract
- ¼ teaspoon of fine sea salt
- 2 cups whole rolled oats
- ½ cup raw nuts, chopped (almonds, pecans, cashews, or walnuts)
- ½ cup raw pumpkin or sunflower seeds
- ½ cup unsweetened dried fruit (such as dried cranberries, raisins, or currants)

1. Preheat the oven to 300 F
2. Combine the coconut oil, maple syrup (or honey), vanilla (or almond) extract, and salt in the bottom of a large bowl and give it a quick stir.
3. Add the rest of the dry ingredients, (if you'd like, use your clean hands to mix well) and toss to coat. It will be sticky and a bit messy.
4. Spread the mixture in a thin layer on a rimmed baking sheet or sheet pan lined with parchment paper and bake for 11-13 minutes until very lightly toasted. Keep an eye out, you may need to keep in the oven a few extra minutes to lightly toast, depending on your oven temperature.
5. Cool 10-15 minutes before serving or storing. Granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.



**TIP:** Fill a mason jar, add a ribbon, and you have a perfect holiday or hostess gift!

*Bon Appétit!*

## NOW THAT'S A PUZZLE

	7		8					
4			3	2				8
	1		5	4			7	
	3					1	8	
				1		5	9	
		1		8	5		3	
8		9	1				2	5
		5	2	9	8			
		3					4	9

**Sudoku is a logic-based puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9.**

6	4	8	9	5	7	3	2	1
1	9	3	8	6	2	5	4	7
5	2	7	4	3	1	9	6	8
7	3	2	5	8	4	1	6	9
4	9	5	3	1	6	7	8	2
6	8	1	2	7	9	4	3	5
2	7	6	9	4	5	8	1	3
8	1	9	7	3	2	6	5	4
3	5	4	1	6	8	2	7	9



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**1 (866) 508-7140** (TTY:711)

For accommodations of persons with special needs at meetings call **1 (844) 239-4038**, TTY 711

Medicare Advantage Compliance and Fraud,  
Waste & Abuse Hotline (anonymous 3rd Party  
Vendor): **1 (844) 227-1790**

**[MyBlueKCMA.com](http://MyBlueKCMA.com)**

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HEALTH AND WELLNESS OR PREVENTION INFORMATION.

Y0126\_23-384\_C

## WELCOME BACK TO MEMBER BENEFIT SHOWCASES

The **Member Benefit Showcase** events were such a hit in 2022 that we'll be back next year to offer these in-person events! You'll have the opportunity to meet with Blue KC and vendor partners to learn how to take full advantage of your plan benefits. We will answer your questions about Blue Benefit Bucks, dental, hearing and all your plan has to offer. **Save the date!**

**SAVE THE DATE**  
REGISTRATION INFO COMING TO  
YOUR MAILBOX IN JANUARY 2023

***Tuesday, February 28***  
***Overland Park Convention Center***

***Wednesday, March 1***  
***Stoney Creek Hotel - Independence, MO***

***Thursday, March 2***  
***Stoney Creek Hotel - St. Joseph, MO***

