

January 2025



### THE POWER OF PREVENTION

Prevention is about taking action to protect your health. Detecting health problems early may help prevent or slow the progression to a more complicated medical condition.

Preventative care includes staying current on relevant health screenings, practicing self-care, and visiting your healthcare provider regularly for check-ups. Routine care helps you maintain good health, save on medical expenses, and live longer.

#### 3 Main Categories of Prevention:

1. **Primary Prevention** is when you make healthy lifestyle choices that reduce your risk of illness like, eating healthy, exercising, or getting vaccinations.
2. **Secondary Prevention** is when you stay current with recommended screenings and testing to help identify health concerns in the earliest stages.
3. **Tertiary Prevention** is when you take proactive steps to manage an existing condition in order to slow its progression and avoid complications.

Detecting health issues before they become more advanced is a key element of prevention. If you recognize a change in your health, take immediate action and seek guidance from a medical professional.

### THE POWER OF PREVENTION

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### ARE YOU UP TO DATE ON YOUR PREVENTATIVE CARE?

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### BENEFIT SPOTLIGHT: COMPLETE YOUR HEALTH CHECK SURVEY

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### SPICED ROASTED BUTTERNUT SQUASH SOUP

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### RESOURCES TO KNOW

# ARE YOU UP TO DATE ON YOUR PREVENTATIVE CARE?

Making healthy choices can help you avoid many chronic diseases and can even lower your risk of severe illness from some infectious disease, such as the flu and COVID-19, but healthy behaviors are only part of the picture. Getting routine preventative care can help you stay well and catch problems early.

## Get Regular Medical and Dental Checkups

Regular checkups are separate from any other doctor's visit for sickness or injury. In addition to physical exams, these visits focus on preventative care, such as:

- Screening tests, which are medical tests to check for diseases early, when they may be easier to treat.
- Services, like vaccines, that improve your health by preventing diseases and other health problems.
- Dental cleanings.
- Education and counseling to help you make informed health decisions.

## Know Your Family Health History

Family health history is a record of the diseases and health conditions in your family. You and your family members share genes. If you have a family history of a chronic disease, like cancer, heart disease, or diabetes, you're more likely to get that disease yourself.

You can't change your genes, but you can change unhealthy behaviors that can cause chronic diseases - like smoking, poor nutrition, physical inactivity, or excessive drinking. If you have a family history of disease, you may have the most to gain from these lifestyle changes and from preventative practices, like regular checkups, vaccinations, and screening tests.

## Stay Up to Date on Cancer Screenings

Cancer screening means checking your body for cancer before you have symptoms. Getting screening tests regularly may help find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best.

[Learn more about CDC-recommended screening tests here.](#)

## Get Vaccinated

Vaccination is one of the safest and most convenient ways to protect your health. Vaccines offer protection in different ways, but they will help your body remember how to fight a specific infection in the future. It typically takes a few weeks after vaccination for the body to build up that protection.

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You're also at risk of different diseases as an adult.

Review the [adult immunization schedule here](#) for more information about recommended routine vaccinations.



# BENEFIT SPOTLIGHT: COMPLETE YOUR HEALTH CHECK SURVEY

A health check survey is a tool used to assess your overall health. It includes a questionnaire that collects information about your lifestyle, medical history, and current health status. The assessment may also include biometric screenings, such as blood pressure, cholesterol levels, and body mass index (BMI).

## The primary goals of a health check survey are to:

- Identify potential health risks
- Promote awareness
- Encourage preventative measures

## COMPLETE YOUR HEALTH CHECK SURVEY TODAY:

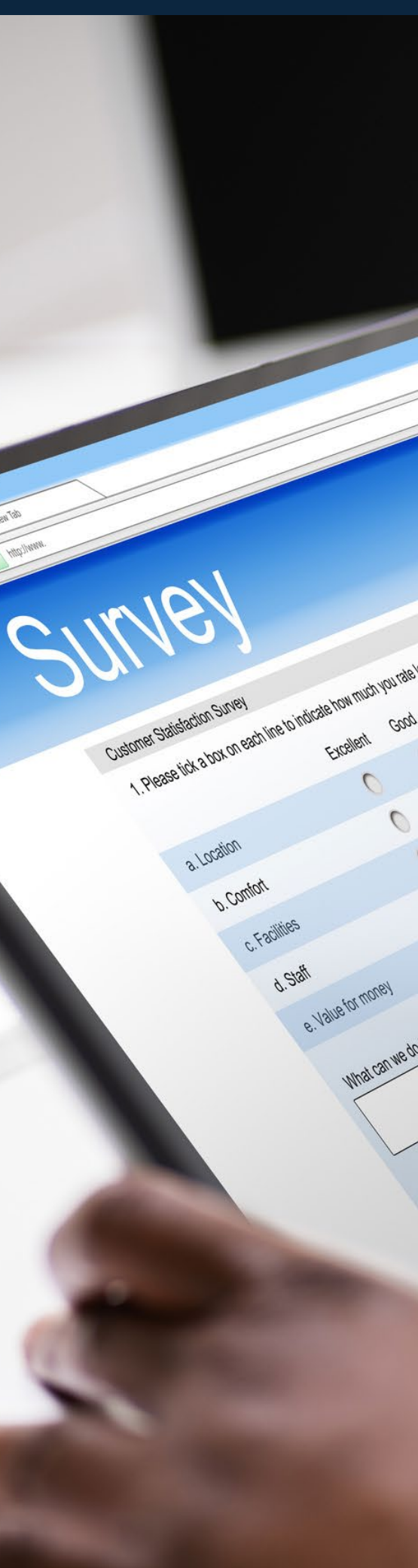
### Already Registered for Blue Connect?

- Log in to [BlueConnectNC.com](http://BlueConnectNC.com)
- Select **Wellness** from left hand navigation
- Connect to the Rally Wellness Portal
- Click **Ready to Start Health Survey?**
- Click **Continue**
- Answer the questions
- Review and print your results

### Not Registered for Blue Connect?

- Make sure you have your BCBSNC member ID card available. You will need this information to complete the registration process.
- Go to [BlueConnectNC.com](http://BlueConnectNC.com)
- Click on **Register Now**
- Be sure you enter the member ID exactly as it appears on the ID card.
  - If the member ID includes letters, there will be between 1 and 4 letters. There will always be between 8 and 11 numbers.
- Enter your date of birth in **MM/DD/YYYY** format
- When entering your home zip code, remember this must be the same zip code that BCBSNC has in their records.
- Select **Wellness** from left hand navigation
- Connect to the Rally Wellness Portal
- Click **Ready to Start Health Survey?**
- Click **Continue**
- Answer the questions
- Review and print your results

If you need assistance, call technical support at **1-888-705-7050**.



**BlueCross BlueShield  
of North Carolina**



# SPICED ROASTED BUTTERNUT SQUASH SOUP

Cook Time 60 Minutes | Servings 4-6

## INGREDIENTS:

- 1 large butternut squash, halved vertically and seeded
- 1 tablespoon + 1 teaspoon olive oil, divided
- Salt and pepper
- 1 yellow onion, diced
- 1/4 teaspoon pumpkin pie spice
- 3/4 teaspoon cardamom
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- Up to 3 cups vegetable broth
- 2/3 cup canned coconut milk
- Optional garnish: pepitas



## INSTRUCTIONS:

- Preheat oven to 400 degrees. Line baking sheet with parchment paper.
- Brush squash with 1 teaspoon olive oil and sprinkle with salt and pepper. Turn squash cut side down and bake until tender, about 45-55 minutes.
- Meanwhile, heat 1 tablespoon olive oil in a medium pot over medium heat. Add onion and cook until translucent, about 5-7 minutes. Transfer to high-speed blender if using it.
- Once butternut squash is cooled, scoop out flesh and transfer to high-speed blender (or pot on stovetop if you have one).
- Add pumpkin pie spice, cardamom, salt, white pepper, and up to 3 cups vegetable broth.
- Set high-speed blender to soup setting or let blend at highest speed for 6 minutes. If using stove top, bring to a boil and remove from heat. Use an immersion blender to puree until smooth and creamy.
- Stir or blend in coconut milk. Season with additional salt, to taste.
- Garnish with pepitas and a drizzle of coconut milk.



## NUTRITION FACTS

Calories 200  
Total Fat 10g  
Sodium 588mg  
Carbohydrate 26g  
Dietary Fiber 5g  
Protein 5g

Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	<a href="https://www.bluecrossnc.com/">https://www.bluecrossnc.com/</a>
Blue Connect	BlueCross BlueShield of NC	<a href="#">Blue Connect</a>
My Pregnancy Program	BlueCross BlueShield of NC	Download the <i>My Pregnancy through Blue Cross NC</i> app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	<a href="#">Find a therapist   Headway</a>

HAVE SOMETHING YOU  
WANT TO SHARE?  
LET US KNOW!

