



Save on Prescriptions

Understand your prescription drug cost level - Level 1 Preventative & lower cost Generic, Level 2 Generic, Level 3 Generic & Preferred Brand. Health insurance plan options include a mail order drug program. The mail order program provides cost savings if you fill a 90-day supply of your maintenance medicines through this Florida Blue program.

In-Network pharmacy choices include: Publix, Wal-Mart and Walgreens is In-Network for BlueCare & BlueOptions Plans. CVS and Target may be “Out of Network” pharmacies for some plans. But there’s no need to worry; to make sure your medications are covered, move your CVS and Target prescriptions to another in-network pharmacy.

Simply call 888-840-3052 and let Florida Blue help you!

GoodRx can help you compare cost for your prescriptions at local pharmacies; go to www.goodrx.com to search or to download the app. In addition, several pharmacies now offer discounted prescription programs - some lower than your co-pay. **They include:** Walgreens, Publix, Wal-Mart, and Winn-Dixie. For a list of medications included in the programs, please visit the pharmacy’s website.



They have new programs from time to time so check with them regularly!

Retail Pharmacy for up to a 30-day supply
Fill prescriptions for non-specialty generic and Brand Name drugs at your local participating retail pharmacy, including national chains, such as Walgreens and Walmart.

Retail Extended Pharmacy for up to a 90-day supply
For maintenance medication, certain retail pharmacies like Walgreens are designated as an “extended” pharmacy and can provide up to a 90-day supply of medication.

Annual Wellness Visit

Your Annual Wellness Visit and seeing your doctor every year is one of the best things you can do to take care of your health. Your *Annual Wellness Visit* is not like seeing your doctor when you're sick. It's your time with your doctor to make a plan for your health and discuss any preventive screenings you need this year. Together, you'll make a plan for your health in the coming year. It's a great idea to write down questions or concerns you may have leading up to the visit.

Here are some of the things you talk about with your doctor during your Annual Wellness Visit:

- Do I need vaccines (such as flu, pneumonia, shingles, COVID, or RSV?)
- Do I need a colon cancer screening this year?
- What is my blood pressure?
- Am I due for a breast cancer screening?
- Do I need any diabetes screenings or to have my blood sugar checked?

Call your primary care doctor today to schedule your **Annual Wellness Visit**. You can also find an in-network provider by logging in to your [online member account](#). Once you're logged in, click Find a Doctor Near Me.



Spring Break Travel - U.S. National Parks

Spring break offers the perfect opportunity to explore the beauty and serenity of America's national parks. Here are some reasons why to make a U.S. national park your family's destination this year:

1. **Perfect Weather** - Spring brings mild temperatures and blooming landscapes, making it ideal for hiking, sightseeing, and photography. Parks like the Great Smoky Mountains or Yosemite showcase vibrant wildflowers and lush greenery.
2. **Smaller Crowds** - Many parks see fewer visitors in early spring compared to summer, providing a more peaceful and immersive experience. It's the perfect time to enjoy sites like the Grand Canyon without the peak-season crowds.
3. **Unique Wildlife Encounters** - Spring marks the awakening of wildlife after winter. From bison calves in Yellowstone to bird migrations in the Everglades National Park, there's no shortage of incredible encounters.
4. **With free-entry days and budget-friendly camping options**, national parks make for an affordable spring break getaway for the family. Many parks also offer ranger-led programs to enrich your visit.

Take a break from the ordinary and make this spring break unforgettable by exploring the wonders of America's national parks. Adventure is waiting!

Check out a map and listing of U.S. national parks [HERE!](#)



February is Black History Month



Carter G. Woodson (1875-1950) was an influential African American historian, author, and educator, widely regarded as the "Father of Black History." He was one of the first scholars to study and document the contributions of African Americans to history and culture.

In 1926, Woodson founded Negro History Week, which later evolved into Black History Month. He also established the Association for the Study of [African American Life and History \(ASALH\)](#) and wrote numerous books.

Woodson's work laid the foundation for the recognition and celebration of African American achievements in U.S. History.

Read more about Carter G. Woodson's life and achievements [here](#).

Important *February* Dates

February	Black History Month
February 2nd	Groundhog Day
February 4th	World Cancer Day Rosa Parks Day
February 9th	Super Bowl Sunday
February 14th	Valentine's Day
February 17th	Presidents Day Random Acts of Kindness Day

HR is Here to Help

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W4 - Make a Change W2 - Request a Copy	ADP - www.workforcenow.apd.com



Have Questions?

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