

# Health bulletin

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## Have you visited the Blue Cross Blue Shield MyBlue online portal?

This interactive portal includes tools to review claims, find a provider, print ID cards, and much more! See below for some of the things you can do with MyBlue:

### Claims & Benefits

- Review your coverage
- View claims status and detail
- Track deductibles
- Access member health statements

### Online Resources

- Find a provider
- Find a pharmacy
- Check prescription drug costs
- Print/order ID cards

### HealthyBlue

- BCBSAZ's health and wellness program
- My BluePrint health assessment
- Self-care guide
- Other health-related tools and resources

## Not registered with BCBSAZ?

You can register today at [www.azblue.com/member](http://www.azblue.com/member). You will need your member ID number from your ID card when registering.

## Just For You!

Did you know that Blue Cross Blue Shield has a dedicated Kairos Customer Service team and phone line?

This team was specifically trained in all things Kairos, and strives to assist you the first time you call. The number is listed on the back of your ID card. Or just call (844) 817-4116.

The BCBS team is a great resource in getting quick and accurate responses to your benefits questions. And Kairos member services is always here to help, too!



## Managing Holiday Stress

It's time for the holidays! This can be the best of seasons or the worst of seasons. It all depends on how you manage holiday stress. Stress increases your risk of illness, and even death. One study, published in the October 12, 1999 issue of the journal *Circulation*, suggested that holiday stress and overindulgence help explain the soaring rate of fatal heart attacks in December and January.

Here are some helpful tips for staying healthy and happy during the holidays:

1. Focus on doing what you really enjoy; don't try to do everything
2. Take time to relax
3. Change it up—try something new, easier, more enjoyable, and less stressful
4. Spread out the family visits
5. Be mindful of what you're celebrating

