

FCRSPA Newsletter Feb 2024

Health/Insurance – Colette Baker

CareFirst Blue Rewards

Blue Rewards offers you incentives for taking steps to get and stay healthy. Retirees and their spouses enrolled in the CareFirst medical plan can each earn up to \$100 for completing one, or all, of the following activities before **September 30, 2024**:

- Complete the RealAge assessment and consent to receive well-being emails – earn \$25.
- Join a specialized program that meets your health and well-being needs – earn \$25.
- Complete a health screening or a preventive exam – earn \$50!

Once you complete one or more of these activities, you will receive a CareFirst Blue Rewards Visa Debit Card in the mail. You can use the debit card toward annual deductibles or other out-of-pocket costs like copays or coinsurance related to eligible expenses under your CareFirst health plan. Make sure you always save your receipts as proof of your expenses. You have until December 31, 2024, to use your rewards.

To get started, go to carefirst.com/wellbeing to log in or sign up for your account. Once logged in, select Rewards.

CloseKnit – Virtual Care

Effective January 1, 2024, CareFirst members can now access telehealth needs through CloseKnit. Providers will use their professional judgement to determine if a telemedicine visit is appropriate or if an in-person visit is required. CloseKnit offers:

- 24/7/365 primary care anywhere in the U.S.
- Urgent care visits
- A Care Team who can answer benefits, billing, and health-related questions
- Counseling with licensed mental health therapists

To get started, go to carefirst.com/wellbeing to log in or sign up for your account. Once logged in, select Register for CloseKnit today.