

Healthline



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Building Healthy Habits:

GIVE YOURSELF THE GIFT OF ONE NEW HEALTHY HABIT

This season, give yourself the gift of one new healthy habit. Just one. This habit should help you live well, age well, or manage a long-term condition. It won't be easy, but it'll be worth it. Consider these 3 steps from the Centers for Disease Control and Prevention to build your habit:

- Make a plan. Ask yourself why you want to build this particular habit or make this change. Write down your 'why'. Picture your end goal and make it 'smart'. As an example, instead of saying 'I'll eat more vegetables', say 'I will eat crunchy vegetables for my afternoon snack and a salad before dinner for one month'.
 - S- Specific
 - M-Measurable
 - A- Achievable
 - R- Relevant
 - T- Time-bound
- Be accountable. Track your progress on a spreadsheet, app, diary, or notebook. Engage the support of others.
- Recognize your success. Treat yourself with a reward. If your plan doesn't seem to be working, celebrate the fact that you didn't give up. Then work to make your goal happen.

Your new habit is up to you. Here are some ideas from the CDC if you need inspiration:

- Eat more vegetables or fruits
- Cook more meals at home or take your own lunch to work/school
- Cut back on sugary/salty snacks
- Substitute whole grains for refined grains (brown rice instead of white rice)
- Add an exercise routine
- Add a new exercise or activity
- Drink more water and fewer sweet drinks
- Disease/condition self-monitoring

Enjoy the rewards that come from your success. Before long, you'll be making and achieving more health goals! For more information, go to <https://www.cdc.gov/diabetes/prevention-type2/building-a-healthy-habit>



Meet Our Newest Physicians

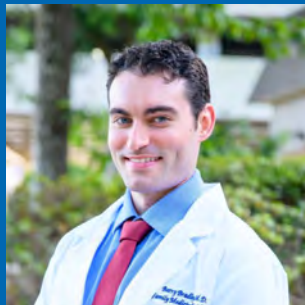
with the Physician Group of Capital Health Plan



Dr. Andrew Currieo, MD

Dr. Currieo is a Family Medicine and Sports Medicine physician at the Governor's Square Location. He was born in Honolulu, HI, but moved to Tallahassee at an early age when his father - who inspired his path into medicine - began working at Capital Health Plan.

Returning to his hometown, Dr. Currieo is proud to follow in his father's footsteps at CHP. He cares for patients across all ages and stages of life. With a love for preventative care and sports medicine, Dr. Currieo is passionate about education and helping patients stay healthy and active. He believes the most rewarding part of being a physician is building lasting relationships and supporting his patients in reaching their health goals.



Dr. Elias Moreno, DO

Dr. Moreno received his bachelor's degree from Abraham Baldwin Agricultural College, followed by his medical degree from Kansas City University – College of Osteopathic Medicine. He later joined the Physician Group of Capital Health Plan after completing his residency at TMH Family Medicine Residency Program. He is board-certified in Family Medicine.

Dr. Moreno deeply values the patient-physician relationship and is committed to practicing evidence-based medicine. He believes being a good listener is essential to fully understanding his patients and strives to be their best advocate.

For more information or to select one of these physicians as your primary care physician, please **call member services at (850) 383-3311**

CAPITAL HEALTH PLAN

Achieves Top Ratings

National Committee for Quality Assurance (NCQA) Recognition

Capital Health Plan has once again been recognized by NCQA. NCQA's ratings are based on member experience, medical care, and plan administration quality.

- IU65 Marketplace Plan: 5 out of 5
- Commercial Plan: 4.5 out of 5
- Medicare Plan: 4 out of 5

Centers for Medicare & Medicaid Services (CMS)

Medicare Star Ratings

Capital Health Plan proudly maintains a **4.5 out of 5 stars** from the CMS for its Medicare plans in 2026. This rating reflects performance across **40+ measures**, including **member satisfaction, preventive care, chronic condition management, and customer service**.

Why This Matters

These prestigious ratings highlight CHP's unwavering commitment to **quality care, outstanding customer service, and strong clinical outcomes**.



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UPCOMING DECEMBER-JANUARY Medicare Benefit Seminars

DECEMBER 2025

Silver Advantage (HMO), Advantage Plus (HMO), Giveback Advantage (HMO), & Preferred Advantage (HMO) Seminar

- December 10, 2025, 10:00 am
Metropolitan Health Center
1264 Metropolitan Blvd., Tallahassee

Retiree Advantage (HMO) Seminar

- December 17, 2025, 5:30 pm
Metropolitan Health Center
1264 Metropolitan Blvd., Tallahassee

JANUARY 2026

Silver Advantage (HMO), Advantage Plus (HMO), Giveback Advantage (HMO), & Preferred Advantage (HMO) Seminar

- January 14, 2026, 10:00 am
Metropolitan Health Center
1264 Metropolitan Blvd., Tallahassee

Retiree Advantage (HMO) Seminar

- January 28, 2026, 5:30 pm
Metropolitan Health Center
1264 Metropolitan Blvd., Tallahassee
-

Check our website at capitalhealth.com/calendar for more information.

Coming Soon: Electronic EOBs for Commercial Members 18+

Beginning sometime in 2026, Capital Health Plan will default all commercial HMO members ages 18 and older to receive their Explanation of Benefits (EOBs) electronically. Electronic EOBs offer faster access to your benefit details, reduce paper clutter, and help protect your personal information with secure digital delivery. They're also better for the environment —cutting down on paper waste and mailing resources. Members who still prefer paper EOBs will have the option to opt out of electronic delivery.

CHPConnect: Your All-In-One Health App

In the whirlwind of everyday life, managing your health should feel like a breeze anywhere you are. CHPConnect, the official mobile app of Capital Health Plan (CHP), has quick and easy access to all your health information at your fingertips. Here are key features that make CHPConnect a must-have for all CHP members:

Find a Provider or Facility With Ease

Do you need to locate a doctor, specialist, or healthcare facility in your network? The “Find a Provider” feature lets you quickly search for and pinpoint the healthcare professionals or services you need anywhere. CHP ensures that finding care is always convenient.

View Recent Medical and Pharmacy Claims

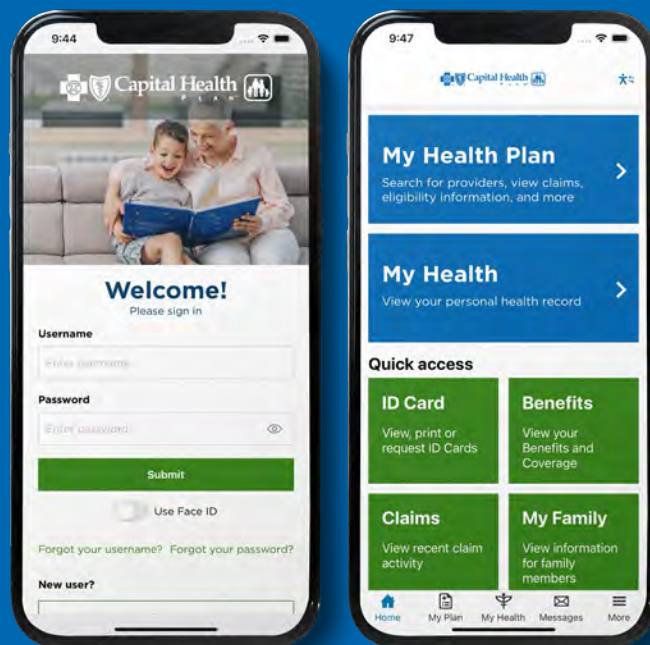
Are you wondering about your claims? CHPConnect offers a list of your most recent medical and pharmacy claims. The app helps you keep track of your healthcare expenses and ensures you always know the status of your claims.

Access Your Card Anytime

Understanding your health plan is critical to making informed decisions. The app allows you to review your plan’s benefits, including up-to-date information on deductibles, out-of-pocket costs, and a detailed benefit summary. This feature guarantees that you’re always aware of what is covered under your plan.

Stay Informed About Deductibles and Out-of-Pocket Costs

No more guessing! CHPConnect updates you on how much you’ve spent toward your deductible and out-of-pocket maximums. This real-time access helps you manage your healthcare budget and plan for upcoming expenses.



Download on the
App Store



GET IT ON
Google Play



Getting started with CHPConnect is simple. Use your existing CHP credentials to register in the app. Once you’ve registered, you’ll receive an access code via mail or by calling Member Services at 850-383-3311.

CHP Members can download the app from Apple’s App Store and Google Play. Search for “CHPConnect” or scan the QR code found on CHP’s website to get started. If you need more information about the app, visit capitalhealth.com/mobile-app.

With its user-friendly features, CHPConnect makes managing your health simple and accessible. From finding providers to reviewing your benefits, this app ensures you have the tools to stay on top of your healthcare. Register today and take advantage of the CHPConnect app.

CONNECT TO CARE

what to know BEFORE you go



PRIMARY CARE PHYSICIAN (PCP) - \$

Visit our provider directory
to find a PCP near you.

Preventive care
Management of chronic conditions
Bloodwork and diagnostic tests
Prescription management
Referrals to specialists, when needed
Vaccinations and routine shots



**Lower
copay**



**Same-day
appointments**



**Telehealth
appointments**



AMWELL TELEHEALTH - \$
Amwell.com

**Lowest
copay**

**Quick
response**

**Available
24/7**

Allergies or coughing

Cold, flu, or fever

Earache

Minor infections, including UTI

Upper respiratory symptoms

**Schedule
Appointment
Now**



CHP URGENT CARE - \$\$
850.383.3382

**Lower
copay**

**Shorter
wait time**

**Extended
hours**

Allergies or coughing

Cold, flu, or fever

Minor infections, including UTI

Strains, sprains, or breaks

Nausea, vomiting, or diarrhea

Minor burns, abrasions, or cuts



EMERGENCY ROOM - \$\$\$\$

If you have a life threatening illness
or injury, call 911 right away

**Higher
cost share**

**Longer
wait time**

**Open
24/7**

Major trauma

Stroke

Chest pain

Severe abdominal pain

Severe shortness of breath

To find a PCP, visit CapitalHealth.com/provider



Capital Health
P L A NSM
An Independent Licensee of the Blue Cross and Blue Shield Association



Capital Health Plan Advantage Plus (HMO), Preferred Advantage (HMO) and Retiree Advantage (HMO) are HMO plans with a Medicare contract. Enrollment in Capital Health Plan Advantage Plus, Preferred Advantage and Retiree Advantage depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. The formulary, pharmacy network and/or provider network may change at any time. You will receive notice when necessary. You must continue to pay your Medicare Part B premium. Capital Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

CAPITAL HEALTH PLAN URGENT CARE

Although it is often best to seek care with your primary care doctor, when you cannot wait, urgent care is a great option for your non-life-threatening medical needs that require same-day attention.

Capital Health Plan members have several options for urgent care needs, including the CHP Urgent Care Center, located at:

Metropolitan Health Center

1264 Metropolitan Blvd.
Tallahassee, Florida 32312

Monday - Friday | 11:00a.m. - 10:00p.m.

Weekends | 9:00a.m. - 8:00p.m.

Holiday hours may vary

Our urgent care is unique because our clinical staff have collectively over 50 years of urgent care medicine experience and serve only CHP members. Our office has access to laboratory services and onsite imaging. We are excited to offer online scheduling for most conditions, accessed through our website.

You can now book appointments online by visiting capitalhealth.com/urgentcare

Go to the CHP Urgent Care webpage and click the link that looks as the one shown below:

SCHEDULE SAME-DAY APPOINTMENT >

Telehealth is also available for appropriate conditions. Call Capital Health Plan Urgent Care at 850-383-3382 to schedule a virtual visit.

Other Urgent Care Options Include:

TMH Main Urgent Care Center

850-431-7816

1541 Medical Drive, Tallahassee, Florida 32308

Monday - Sunday | 9:00a.m. - 9:00p.m.

TMH Southwood Urgent Care Center

850-431-3868

3900 Esplanade Way, Tallahassee, Florida 32311

Monday - Thursday | 9:00a.m. - 9:00p.m.

TMH Crawfordville Walk-In

850-926-7105

15 Council Moore Road, Crawfordville, FL 32327

Monday - Thursday | 8:00a.m. - 8:00p.m.

Friday | 8:00a.m. - 5:00p.m.

Saturday | 9:00a.m. - 5:00p.m.

TMH Quincy Walk-In

850-875-3600

178 Lasalle Lefall Drive, Quincy, Florida 32351

Monday - Thursday | 9:00a.m. - 8:00p.m.

Friday - Saturday | 9:00a.m. - 5:00p.m.

Sunday | Closed

Doctor's Memorial Hospital dba DMH Express Care

850-584-0649

333 N Byron Butler Parkway, Perry, FL 32347

Sunday - Saturday | 10:00a.m. - 8:00p.m.

****For a full list of available locations, please visit our website: www.capitalhealth.com**

Women's Health:

IMPROVE YOUR HEALTH AS A WOMAN

Healthy People 2030 is a National Objective by the U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion to improve the health of all people by 2030.

Improve your health as a woman by working on one or more of these Healthy People 2030 objectives:

- Increase the proportion of females who get screened for breast cancer. The US Preventative Task Force now recommends that women get screened at least every other year starting at age 40 until they are 75. Talk with your doctor about your needs.
- Increase the proportion of females who get screened for cervical cancer. Talk with your doctor about your needs for pap and HPV testing.
- Increase the proportion of women who receive early and adequate prenatal care. Do you think you might be pregnant or are you considering pregnancy? See your doctor.
- Increase the proportion of women of childbearing age who get enough folic acid. Folic Acid is a B vitamin that can help protect a growing baby's brain and spinal cord in the early stages. Ask your doctor if you need Folic Acid.

In addition to these and other Federal objectives, the U.S. Centers for Disease Control and Prevention's Office of Women's Health (OWH) promotes health for women and girls through research, policies, programs, and strategies.

Go to <https://cdc.gov/womens-health/features/> to find information such as "Age is a Number: Health Tips for Women Over 50." Here are a few tips for women over 50 from OWH:

- Be physically active to benefit heart and bones, control weight, and improve your mood.
- Eat healthy food to help counter symptoms of perimenopause. Get key nutrients such as Vitamins D, C, and B, protein, and calcium.
- Get quality sleep by establishing a routine and avoiding naps.
- Be social. Active engagement with friends and family influences health and wellbeing.
- Limit alcohol and don't smoke. Alcohol can increase the risk of depression and smoking can lower bone density.

Arm yourself with correct information and work with your doctor to be the strongest, healthiest woman you can be, no matter your age or stage!

For more information about Healthy People 2030, go to <https://odphp.health.gov/healthypeople>





Capital Health Plan
P.O. Box 15349
Tallahassee, FL 32317-5349



HEALTH OR WELLNESS OR
PREVENTION INFORMATION

