

# Healthline



# Table of Contents

2

Cancer Prevention

3

Savvy Senior Events/Center for Healthy Aging

4

Upcoming In-Person Seminars

5

CHPConnect: Your All-In-One Health App

6

Diabetes Awareness

7

Connect to Care

8

Smile United

9

Urgent Care

10

Walk With a Doc Calendar

11

Senior Games Recap

# CANCER PREVENTION



Approximately 39.3% of people in the United States will be diagnosed with cancer during their lives.

According to the National Institute of Health (NIH) National Cancer Institute, cancer happens when the orderly process of old cells dying and being replaced by new cells breaks down. Abnormal or damaged cells can grow and multiply, forming tumors that either stay where they are (benign) or invade other areas (malignant).

The Centers for Disease Control and Prevention (CDC) has outlined ways to find cancers early, when they are most treatable, and to help prevent cancer from happening in the first place.

Find cancer early through screening. Ask your doctor about routine screening for:

- **Breast Cancer**
- **Colon Cancer**
- **Cervical Cancer**
- **Lung Cancer**

In addition to routine screening, consider these risk factors and things you can do:

## **Family History**

Learn your family's history and share it with your doctor.

## **Alcohol**

Lower your risk of cancer by drinking less alcohol or not drinking it at all.

## **HPV (Human Papillomavirus Infection)**

Children should get an HPV vaccine at age 11 or 12. The HPV and PAP tests can help find cervical cancer early.

## **Being overweight or having obesity can increase your risk of 13 types of cancer**

Talk with your doctor about eating healthy and physical activity.

## **Tobacco**

Tobacco's 70+ chemicals can damage DNA and cause cancer almost anywhere in the body. Almost 9 out of 10 cases of lung cancer are caused by tobacco.

## **Ultraviolet (UV) rays from the sun or tanning bed are linked to skin cancer**

Have fun outdoors while protecting yourself with shade, clothing, a hat, sunglasses, and plenty of sunscreen.

## **Hepatitis C can increase the risk for liver cancer**

The CDC recommends that most adults be tested for Hepatitis C.

Talk with your doctor about your personal risk factors for cancer and recommended screening tests. Work on a plan to be as healthy as possible.

For more information, go to [cdc.gov/cancer/prevention/healthy-choices](https://www.cdc.gov/cancer/prevention/healthy-choices)

*Brought you to by the Nancy Van Vesseem, M.D., Center for Healthy Aging*

## The 4Ms of Age-Friendly Health Care

Capital Health Plan's Nancy Van Vesseem, M.D., Center for Healthy Aging focuses on the 4Ms of Age-Friendly Health Care: **What Matters, Medication, Mentation, and Mobility**. These principles guide personalized care, ensuring older adults maintain independence and quality of life.

Care begins with understanding what matters most to each patient — staying active, cherishing time with family, or living independently. Medication management ensures prescriptions are safe and effective, avoiding harmful side effects like dizziness or confusion. Mentation, or brain health, is supported through screenings for conditions such as depression and dementia to help seniors stay sharp and engaged. Finally, mobility assessments address strength, balance, and fall risks, promoting safe, confident movement.

To learn more about the 4Ms, join us at an upcoming lecture at the **Center for Healthy Aging**:

JUNE 27, 2025

Medication Management

SEPTEMBER 26, 2025

Mobility

### SAVVY SENIOR PRESENTATIONS

- **May 2, 2025, 12:00 pm**  
*Mental Health Awareness*  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee
- **May 16, 2025, 12:00 pm**  
*Mental Health Awareness*  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee
- **June 6, 2025, 12:00 pm**  
*Yoga/Chair Conditioning by Amanda Cannon*  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee
- **June 20, 2025, 12:00 pm**  
*Yoga/Chair Conditioning by Amanda Cannon*  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee

## Save The Date: AEP Open House at the Center for Healthy Aging

**Mark your calendar!** Capital Health Plan will host its second-ever Annual Enrollment Period (AEP) Open House on Wednesday, October 15, 2025, at the Nancy Van Vesseem, M.D., Center for Healthy Aging. Stop by to learn more about your Medicare options and the services available to support your health and wellness.

Upcoming March – May

# Events

## MEDICARE BENEFIT SEMINARS

---

### **Silver Advantage (HMO), Advantage Plus (HMO), & Preferred Advantage (HMO)**

- **May 14, 2025, 10:00 am**  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee
- **June 11, 2025, 10:00 am**  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee
- **July 8, 2025, 10:00 am**  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee

## NEW MEMBER ORIENTATION

---

- **April 25, 2025, 10:00 am**  
Governor's Square Health Center  
1491 Governor's Square Blvd.,  
Tallahassee

## RETIREE ADVANTAGE (HMO) SEMINAR

---

- **April 30, 2025, 5:30 pm**  
Metropolitan Health Center  
1264 Metropolitan Blvd.,  
Tallahassee
- **May 28, 2025, 5:30 pm**  
Metropolitan Health Center  
1264 Metropolitan Blvd.,  
Tallahassee
- **June 25, 2025, 5:30 pm**  
Metropolitan Health Center  
1264 Metropolitan Blvd.,  
Tallahassee

## MEDICARE MADE EASY

---

- **May 12, 2025, 12:00 pm**  
Metropolitan Health Center  
1264 Metropolitan Blvd., Tallahassee

Check our website at  
[capitalhealth.com/calendar](https://capitalhealth.com/calendar)  
for more information.

# 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

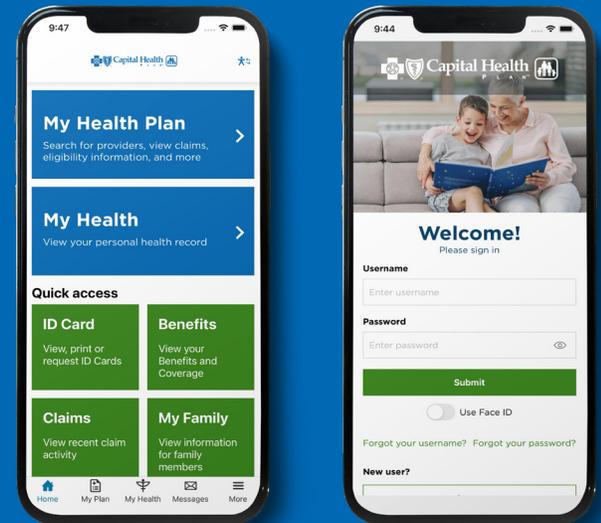
Are you wondering about your claims? CHPConnect offers a list of your most recent medical and pharmacy claims. The app helps you keep track of your healthcare expenses and ensures you always know the status of your claims.

## 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.



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](https://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.

# Diabetes Awareness

## Did You Know?

- 38.4 million Americans have diabetes. That's 11.6% of the population.
- Another 97.6 million have prediabetes.
- About half the women who experience gestational diabetes go on to develop diabetes.

Diabetes occurs when blood sugar (glucose), the body's main source of energy, is too high. Your body can make glucose, or it can come from the food you eat.

Glucose uses insulin to get into the cells to nourish them. Insulin is a hormone made in the pancreas. If you have diabetes, your body doesn't have enough insulin (type 1) or doesn't use insulin properly (type 2) so that glucose tends to stay in your blood and doesn't reach the cells. One way to know if your blood glucose is higher than normal is with an A1C test ordered by your doctor.

Hemoglobin A1C tests the amount of glucose that is attached to your red blood cells. It is recorded as a percentage.

- **Normal is typically below 5.7%**
- **Prediabetes is typically 5.7% to 6.4%**
- **Diabetes is typically 6.5% or higher**

Over time, having diabetes can damage your blood vessels, heart, kidneys, feet, and eyes.

According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), you can lower your risk

for type 2 diabetes. Work with your doctor to make a game plan to:

- **Manage your weight.**
- **Follow a healthy eating plan such as a Mediterranean style diet.**
- **Move your body. Try to get at least 30 minutes of moderate exercise every day.**
- **Know your numbers, track your progress, and make changes when necessary.**

If you have diabetes, work closely with your health care team to be as healthy as possible. That might include:

- **Choosing healthy foods and drinks.**
- **Understanding how to use prescribed medications.**
- **Being physically active as you are able.**
- **Quitting smoking.**
- **Reducing stress. Keep a journal, practice relaxation, or reach out for help if you need it.**
- **Getting 7-9 hours of sleep every night.**
- **Knowing your numbers and making adjustments.**

Be diabetes aware. It might make a difference in your life or the life of someone you love. For more information, go to [niddk.nih.gov/health-information/diabetes](https://niddk.nih.gov/health-information/diabetes)

# 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



Same-day appointments



Telehealth appointments



## AMWELL TELEHEALTH

Amwell.com

\$ 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

\$\$ 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.

\$\$\$\$ Longer wait time Open 24/7

- Major trauma
- Stroke
- Chest pain
- Severe abdominal pain
- Severe shortness of breath

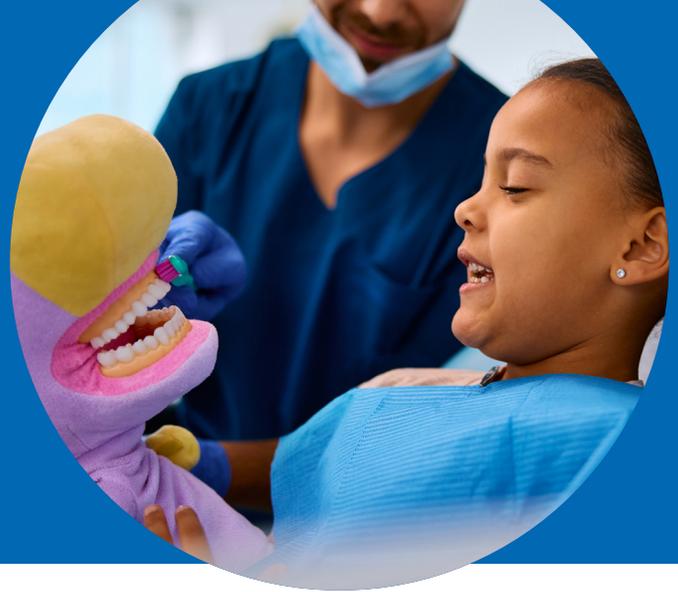
To find a PCP, visit [CapitalHealth.com/provider](https://www.CapitalHealth.com/provider)



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.

SMILE UNITED

## Capital Health Plan Sponsors United Way Initiative to Support Healthy Smiles for Local Families



Capital Health Plan is proud to announce it is sponsoring United Way of the Big Bend's [Smile United](#) initiative to increase access to essential dental care for kindergarten, second, and sixth grade students. This partnership reflects CHP's ongoing dedication to supporting community wellness initiatives that help create a healthier future for our region.

Smile United addresses critical gaps in dental health by providing preventive screenings, treatments, and dental education for children in need. Through its support of the initiative, CHP is helping to remove financial barriers to quality dental care, enabling more families to access the resources they need for healthy smiles.

"We're pleased to be working in partnership with United Way of the Big Bend to make a difference across the entire Big Bend community," said Sabin Bass, President & CEO of Capital Health Plan. "By supporting Smile United, we're extending our commitment to health equity, ensuring that essential dental care is available to more families."

Research shows that good oral health plays a vital role in a child's self-confidence and academic success. Addressing dental issues early not only improves physical health but also helps children feel more confident in social and classroom settings, supporting their cognitive and emotional development.

This collaboration between CHP and United Way of the Big Bend will expand preventive dental care, improve health outcomes, and raise awareness of the importance of oral hygiene. Through its sponsorship of Smile United, CHP is working to empower families to prioritize their oral health and, by extension, their overall wellness.

"We are deeply grateful for Capital Health Plan's partnership," said Berneice Cox, President & CEO of United Way of the Big Bend. "Together, we're making strides to ensure that everyone in our community has access to good oral health."

Capital Health Plan is dedicated to supporting initiatives like Smile United to enhance the health and well-being of Big Bend families. Together with United Way Big Bend, the organization is building a community where everyone has the opportunity to access the care and support they need to lead healthier, happier lives.

For more information about United Way of the Big Bend, visit [uwbb.org](http://uwbb.org).

# 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](https://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.

# WALK WITH A DOC



## 2025 CALENDAR

<b>11</b> <b>JAN</b>	<b>WEIGHT LOSS</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee	<b>12</b> <b>JULY</b>	<b>HYDRATION</b> 🕒 9:00 AM - 10:00 AM 📍 Premier Fitness, Tallahassee
<b>8</b> <b>FEB</b>	<b>HEART HEALTH</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee	<b>9</b> <b>AUG</b>	<b>EYE HEALTH</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee
<b>1</b> <b>MAR</b>	<b>COLON SCREENING</b> 🕒 9:00 AM - 10:00 AM 📍 JR Alford Greenway, Tallahassee	<b>13</b> <b>SEPT</b>	<b>NATURE</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee
<b>12</b> <b>APR</b>	<b>FUNCTIONAL FITNESS</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee	<b>11</b> <b>OCT</b>	<b>CANCER PREVENTION</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee
<b>10</b> <b>MAY</b>	<b>STROKE PREVENTION</b> 🕒 9:00 AM - 10:00 AM 📍 forest Meadows, Tallahassee	<b>8</b> <b>NOV</b>	<b>LIFESTYLE MEDICATIONS</b> 🕒 9:00 AM - 10:00 AM 📍 Lafayette Heritage Trail, Tallahassee
<b>14</b> <b>JUNE</b>	<b>BENEFITS OF WALKING</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee	<b>13</b> <b>DEC</b>	<b>HOLIDAY GRIEF</b> 🕒 9:00 AM - 10:00 AM 📍 Cascades Park, Tallahassee

If you do wish to pre-register,

**SCAN THIS QR CODE**



### ABOUT WALK WITH A DOC

Walk with a Doc is a national program designed to inspire communities to engage in regular physical activity while connecting with medical professionals. Each walk provides a unique opportunity for participants to meet with health care providers in an informal setting. During the walk, doctors share valuable insights on a variety of health topics, offering practical tips and answering questions.



# Capital Health Plan Sponsors the 16th Annual Capital City Senior Games

---

Capital Health Plan was proud to sponsor the 16th annual Capital City Senior Games, which brought together athletes aged 50 and older for a celebration of fitness, competition, and community. From February 26 to March 18, participants showcased their skills in a variety of Olympic-style events, including archery, bowling, cycling, golf, pickleball, swimming, tennis, and track & field. The games provided an opportunity for seniors to stay active, challenge themselves, and connect with fellow athletes, all while fostering a spirit of camaraderie and friendly competition.

More than just a local event, the Capital City Senior Games serves as a regional qualifier for the [Florida Senior Games State Championships](#), which will be held in December in Pasco County. Top finishers in each sport earned the opportunity to advance to the state-level competition, where they will represent Tallahassee and compete against Florida's best senior athletes. The state championships highlight the dedication, perseverance, and passion that define senior athletics.

Whether competing for medals, achieving personal milestones, or simply enjoying the experience, every participant played a role in making this year's games a success. Their enthusiasm and commitment to active living continue to inspire others in the community.

For final results and details on next year's local event, visit [Talgov.com/SeniorGames](https://Talgov.com/SeniorGames).





An Independent Licensee of the Blue Cross and Blue Shield Association

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



HEALTH OR WELLNESS OR  
PREVENTION INFORMATION



An Independent Licensee of the Blue Cross and Blue Shield Association