

## State of Michigan Retirees

# For Your Benefit

A variety of timely information related to your health care benefits and needs



## Blue Cross to manage durable medical equipment benefits

Beginning October 1, 2014, the following benefits will no longer be managed through the SUPPORT program, and will be handled by Blue Cross Blue Shield of Michigan:

- Durable medical equipment
- Medical supplies
- Prosthetic and orthotic services
- Mail order equipment

**Members with Medicare should continue to use their Medicare-approved supplier.**

When your doctor prescribes any of these items for you, be sure to go to a supplier that participates with Blue Cross Blue Shield to avoid out-of-pocket costs. To find a supplier in our network, use our provider search at [bcbsm.com/find-a-doctor](http://bcbsm.com/find-a-doctor) or call Customer Service.

If you already use durable medical equipment, prosthetics, orthotics, medical supplies or mail order equipment, check with your supplier to see if they participate with Blue Cross and Blue Shield plans. If not, the supplier can call us to find out how to join our network.

Questions about your durable medical equipment benefits? Call the BCBSM Customer Service Center at 1-800-843-4876 from 8 a.m. to 6 p.m., Monday through Friday, excluding holidays.

## On the go? You're good to go with the virtual ID card.

***Being registered on [bcbsm.com](http://bcbsm.com) has its benefits.***

Have you ever walked up to the receptionist's desk right before a doctor's appointment, and realize you're missing your insurance card? Not having your ID card on you when you need it can be a real pain – especially if you're visiting a new doctor for the first time, or when you're on your way to urgent care.

That's why our virtual ID card is such a great feature.

If you've registered your account on [bcbsm.com](http://bcbsm.com), you can whip out your mobile device to access your virtual ID card.

**Virtual ID, continued on page 3**

# Lower your cancer risk by changing what you eat

## Eating powerhouse foods can help

You may have heard certain fruits and vegetables referred to as a 'powerhouse.' But what does that term mean? And which foods are considered powerhouses?

Powerhouse fruits and vegetables are those most strongly linked to a lower risk of chronic illness. They're rich in vitamins B, C and K as well as folate, iron, niacin and riboflavin – nutrients that through phytochemicals seem to help protect cells from abnormalities and damaging components in food and the environment.

A recent study done by Jennifer Di Noia, Ph.D., associate professor at William Patterson University in Wayne, New Jersey, produced a list of powerhouse fruits and vegetables based on the concentration of the nutrients they contain.

Out of the 47 fruits and vegetables in the study, ten proved to be more powerful than the rest:

- |                           |                        |                           |
|---------------------------|------------------------|---------------------------|
| 1. <b>Watercress</b>      | 5. <b>Spinach</b>      | 8. <b>Parsley</b>         |
| 2. <b>Chinese cabbage</b> | 6. <b>Chicory</b>      | 9. <b>Romaine lettuce</b> |
| 3. <b>Chard</b>           | 7. <b>Leaf lettuce</b> | 10. <b>Collard greens</b> |
| 4. <b>Beet greens</b>     |                        |                           |

Although the six fruits and vegetables below are rich in nutrients, they did not have the nutrient density required to meet powerhouse criteria:

- |                     |                     |
|---------------------|---------------------|
| 1. <b>Blueberry</b> | 4. <b>Onion</b>     |
| 2. <b>Cranberry</b> | 5. <b>Raspberry</b> |
| 3. <b>Garlic</b>    | 6. <b>Tangerine</b> |

To check out the entire list, go to [cdc.gov/pcd/issues/2014/13\\_0390.htm](http://cdc.gov/pcd/issues/2014/13_0390.htm).

There are countless ways to incorporate more powerhouse elements and other nutrient-rich foods in to your diet. Check out the next page for a delicious recipe to get started.

**Virtual ID**, continued from page 1

Here's how to get to your virtual ID card:

- Using your smart phone, go to **bcbsm.com**.
- Tap the green *Member Login* button in the top right corner of the screen.
- Log in using your user name and password.
- Once your home page appears, tap on the ID card icon in the top left corner and your Virtual ID Card will appear.

Of course, nothing replaces having the real thing – so if you've lost your card, make sure to request additional ones. To do that, you can call Customer Service during regular business hours. Or, you can log into your account online at **bcbsm.com** and click on the *Get an ID card* link under *Account Settings* in the upper right side of the screen.



## Vegetarian Chili

Whether you're a full-time vegetarian or simply enjoy a meatless meal now and then, look for recipes that are full of flavor and low in fat.

Vegan meals avoid foods of animal origin including meat, poultry, fish, dairy products, and eggs — so they're cholesterol-free. While meatless recipes tend to be low in total fat, saturated fat and calories, this isn't always the case. Be sure to check nutrition details per serving.

### Ingredients

1 cup textured soy protein  
7/8 cup boiling water  
1 tablespoon olive oil  
1 large onion, chopped  
1 green bell pepper, chopped

2 cloves garlic, minced  
1 28-oz. can diced tomatoes  
1 19-oz. can black beans, rinsed and drained  
2 tablespoons chili powder  
1 tablespoon cumin

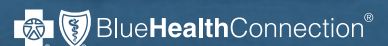


### Directions

Mix textured soy protein with boiling water. Heat oil in large pot. Sauté onion and green pepper until soft, about five minutes. Add garlic and cook briefly. Add tomatoes, beans, chili powder, cumin and soy protein. Stir. Bring to a boil.

Reduce heat and let simmer for about 30 to 45 minutes, until chili thickens.

You have access to this recipe and more inside



To start exploring, log in to your account at **bcbsm.com**, click on the **Health & Wellness** tab at the top of the screen, then click the **BlueHealthConnection** link.

### Nutrition facts

Makes four servings. Each serving contains 243 calories, 4 g fat, 0 mg cholesterol, 758 mg sodium, 40 g carbohydrates.

# For Your Benefit

State of Michigan Retirees

L04A — Newsletter return only  
Blue Cross Blue Shield of Michigan  
600 E. Lafayette Blvd.  
Detroit, Michigan 48226-2998

PRESORTED STD  
US POSTAGE  
**PAID**  
BLUE CROSS  
BLUE SHIELD  
OF MICHIGAN



## How to reach us

For benefit information or claim inquiries, call or write the BCBSM Customer Service Center.

### To call

1-800-843-4876

Our customer service representatives are available from 8 a.m. to 6 p.m. Monday through Friday, excluding holidays.

### To write

Please send all correspondence to:  
State of Michigan Customer Service Center  
Blue Cross Blue Shield of Michigan  
232 S. Capitol Avenue L04A  
Lansing, MI 48933-1504

**For Your Benefit** is published by Blue Cross Blue Shield of Michigan. It is meant to complement the advice of health care professionals and is not intended to take the place of professional medical care.

■ **Editor:** Kristina Williams-Lee, State of Michigan Communications

■ **Graphic Designer:** Colleen McIver, Communications Design Services

R031836