



Dedicated Support Newsletter

Did You Know?

There Is No Health Without Mental Health

Our mental health plays a big role in overall health. Having a positive state of mental well-being can be a boost to physical health, while poor mental health can hurt our physical health over time.

Mental Health Can Impact Physical Health

People who live with depression are 40% more likely to develop conditions like Heart Disease or Diabetes.

You're Not Alone

1 in 5 adults in the U.S. experience mental illness each year. That's 53 million people.

13.9% of FCSRMC members have Depression*

75% of those with Depression are Employees, 15% Dependents, & 10% are Spouses.

Know the Warning Signs

Get help if you or a loved one are feeling any of these symptoms:

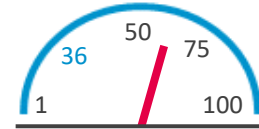
- Feeling unusually confused, forgetful, worried, or scared
- Yelling or fighting
- Severe mood swings that cause relationship problems
- Intrusive thoughts
- Hearing voices or believing things that are not true
- Thinking about harming yourself or others
- Unable to take care of responsibilities
- Avoiding people and usual activities
- Having low or no energy
- Feeling numb
- Eating or sleeping too much or too little
- Having unexplained aches and pains
- Smoking, drinking, or using drugs more than usual

Find more information and tips and ideas to help improve your mental well-being at foridablue.com/mentalwellbeing.

FCSRMC Dedicated Care Team Support

If you're facing a complex health problem or a chronic condition, it can be hard to manage all you need to do. Your dedicated Florida Blue Care Team will work hand in hand with you and your doctors to keep you on the path to achieve your health goals. Between consultations with your doctor, your nurse care manager will track your progress and stay in touch with you. You can also connect digitally with your nurse care manager through a secure mobile app called BlueForMe. Call your Florida Blue Care Team for more information.

Nursing Support in Action



Florida Blue Benchmark: 36%.

- 316 unique members were identified for a care program
- 62% of members identified for a program engaged with a nurse, which is above the 36% Florida Blue Benchmark.

FCSRMC Dedicated Care Team Success Stories

- Member reported having difficulty with obtaining a Dexcom blood glucose monitor. The member reached out to the Registered Nurse Case Manager (RNCM). With the RNCMs advocacy and determination, the member received Dexcom approval and has already been seeing improvement in control of her Diabetes. From the member, "She really went out of her way and was able to make my dreams of getting a Dexcom possible. She is just one of the sweetest, down to earth people I have ever talked to and has been nothing but helpful and awesome".
- Member connected to RNCM related to condition management and in interaction they reported having difficulty finding a therapist that takes insurance who specializes in Post-Traumatic Stress Disorder (PTSD). RNCM was able to assist with a referral to Lucet and tools for finding an in-network therapist who specialized in trauma therapy. Member later reported he was very happy with the therapist he was able to choose.

Contact Information



Monday through Friday from 8 a.m. to 6 p.m. at 888-476-2227.



If you're a mom-to-be, let the Healthy Addition® Prenatal Program be your go-to resource. Call [800-955-7635](tel:800-955-7635) (option 6) to learn more.



Visit FloridaBlue.com for additional information.

*Depression prevalence data is generated from claims paid 1/1/23-10/31/23.

Nursing support engagement and success stories generated from care episodes initiated: 1/1/2023– 12/31/2023.