



Dedicated Support Newsletter

Did you know?

August is National Breast-Feeding Month

32% of FCSRMC's Female population is Childbearing Age (ages 20-44).

Breastfeeding can help protect moms and babies against some short- and long-term illnesses and diseases.

Babies who are breastfed have a lower risk of:

- Asthma
- Obesity
- Type 1 Diabetes
- Ear Infection
- Sudden infant death syndrome (SIDS)
- Jaw Malformations

Mothers who breastfeed their babies have a lower risk of:

- Breast cancer.
- Ovarian cancer.
- Type 2 diabetes.
- High blood pressure.
- Depression
- Post Partum Depression

September is National Childhood Obesity Awareness Month.

1.9% of FCSRMC's pediatric population are overweight or obese.

National Childhood Obesity Awareness Month is in September, and it is dedicated to educating children and their families on how to prevent childhood obesity.

Childhood obesity is associated with psychological disorders, low self-esteem, social problems and obesity as an adult [CDC].

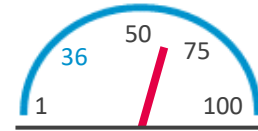
Eating healthy food matters to everyone, no matter what you weigh or how old you are. Making improvements to underlying family lifestyle will have a positive influence on a range of observable lifestyle outcomes for children, including childhood obesity. Interventions should be developed at family-level rather than focusing only on the child.

When it comes to food and physical activity, what you say and do around your children can have a lasting effect. Work together as a family to make healthy habits easy and fun.

FCSRMC Dedicated SAC and DM 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%.

- ❖ 166 unique members were identified for a care program
- ❖ 64% of members identified for a program engaged with a nurse, which is above the 36% Florida Blue Benchmark.

FCSRMC Dedicated Care Team Success Stories

- ❖ Minor child's parent grateful for Registered Nurse Case Manager (RNCM) outreach call, stating the education provided on proactive allergy management put their mind at ease. The parent was happy to know there is an additional person they can count on for health information.
- ❖ RNCM assisted member in managing very high blood sugar during acute illness after recent hospitalization. RNCM provided frequent phone calls and education which allowed member to manage Diabetes at home and avoided possible Emergency Room visit and/or inpatient stay. Member expressed gratitude for assistance.
- ❖ RNCM connected to member with new diagnosis of breast cancer and provided education and resources for her care journey, including in-network oncologists and which ones are part of the Blue Distinction Program. Member was connected with social worker for community and behavioral health resources including transportation and financial assistance.



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](https://www.floridablue.com) for additional information.