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Amid Peak Hurricane Season, Blue Cross Reminds Louisianians to Consider Their Health Needs

BATON ROUGE, La. – While hurricane season begins June 1 and lasts until Nov. 30, the [peak months for tropical weather](#) are August through October. And, the National Oceanic and Atmospheric Administration has forecast that [2022 will be an above-average year](#) for named storms to form.

Louisiana was hit by a record number of named storms in the past two years, including the devastating hurricanes Ida and Laura. Amid the peak of hurricane season 2022, Blue Cross and Blue Shield of Louisiana reminds everyone to consider your health needs before a storm strikes.

In the event of a hurricane or severe weather, Blue Cross will post information about services to help members at www.bcbsla.com. If a storm is forecast, check the site for the most recent updates.

To learn more about hurricane preparedness, visit bcbsla.com/Summer or watch Blue Cross' short, animated video [Get Health Ready for Hurricane Season](#) (:33) for tips. Visit the State of Louisiana's [Get a Game Plan](#) site for more information.

Hurricane Season Health Preparedness Tips

- **Keep your health care coverage information handy, including your ID card.** Know where your health plan information is at all times, and make sure to take it with you or make a copy if you leave home. Blue Cross customers can log into their member accounts to get a digital version of their ID cards. Many other health plans offer digital versions of ID cards, which is an easy way to keep this information with you.
- **Take precautions against COVID-19.** [COVID-19 cases are surging in Louisiana right now](#), and restrictions could be in place depending on how many cases are happening in a specific area. If you evacuate to another parish or state, rules may be different than in your home area. Keep in mind that shelters or transportation services for evacuation may enforce social distancing and face masks to limit the spread of the virus. Follow all local rules and public health guidelines.

- **Sign up for telehealth services so you can be treated online if you're away from home.** Ask your regular health care providers if they offer telehealth services. Blue Cross customers can have 24/7 online doctor visits with [BlueCare](#), the insurer's telehealth platform.

BlueCare works on any device with internet and a camera, like a smartphone, laptop, tablet or computer, and is a good option to treat routine, non-emergency medical conditions like pink eye, mild stomach viruses, bladder infections, rashes and more. BlueCare is available in all 50 states, and BlueCare providers can write prescriptions to treat many conditions via telehealth.

BlueCare is easy to use and costs less than ER or urgent care visits. What you pay for a BlueCare visit depends on your plan type and benefits. Before your visit begins, you'll see what it will cost. You will not be charged until your visit is finished. Create your BlueCare account at www.BlueCareLA.com or with the BlueCare (one word) mobile app for Apple and Android devices.

Prepare Prescription Drugs for Hurricane Season

Don't forget your medications when preparing for hurricane season.

- **PREPARE:** Have a current list of all the medications you take and how to take them saved on your phone or written down to keep in your wallet or another safe place to bring with you if you need to leave home.
- **PLAN:** Fill a 90-day supply when you pick up your prescriptions (if allowed) to be sure you don't run out of your medications during an emergency. Always keep at least a 7–10-day supply of your medications on hand. During hurricanes and other weather emergencies, Blue Cross and many other health insurers will waive refill limits. Check your health plan's website or call Customer Service to ask about your refill options.
- **PROTECT:** Review the storage requirements for your medications. Plan for those that need special storage, such as being kept refrigerated or needing a power source. Also consider this for any medical equipment you use regularly, like an electric wheelchair or oxygen canister. Talk to your pharmacist or doctor if you have questions or concerns about your ability to keep taking your medication or use your equipment during a weather emergency.

Visit the [Blue Cross YouTube channel](#) to see short videos on various health topics. Subscribe to know when new videos are added. You also can [connect with Blue Cross on social media](#) @BCBSLA for updates. Blue Cross posts regularly on Facebook, Twitter, LinkedIn, Instagram and TikTok.

About Blue Cross and Blue Shield of Louisiana

[Blue Cross and Blue Shield of Louisiana](#) is committed to our mission to improve the health and lives of Louisianians. Founded in New Orleans in 1934, we are a tax-paying nonprofit health insurer with offices in every major region to serve our customers. We have been recognized for the past four years as an honoree of The Civic 50, named by Points of Light as one of the 50 most community-minded companies in the United States.

Blue Cross and Blue Shield of Louisiana is an independent licensee of the [Blue Cross and Blue Shield Association](#). We are a private mutual company, owned by our policyholders, with an independent Louisiana Board of Directors and no shareholders. We invite all Louisianians to visit our website at www.bcbsla.com or talk to us on [social media](#) @BCBSLA.

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