



**In this issue...**

- Upcoming Events
- Healthy Habits for Summer Life
- Community Partner Spotlight
- Back to School Prep
- How to Renew your coverage

**Greetings!**

Welcome to the Highmark Blue Cross Blue Shield 2026 third quarter Newsletter. Your source for important health updates, helpful resources, and tips to support your well-being all year long!

**Upcoming Events**

**July 11th**

Fresh Produce and Wellness Fridays / Family Resource Center / 1423 Fillmore Ave, Buffalo, NY 14211 / 12-1p

**July 25<sup>th</sup> & Sept 26<sup>th</sup>**

Community Baby Shower / Frank Merriweather Library / 1324 Jefferson Ave, Buffalo, NY 14208 / 12-2p

**July 28<sup>th</sup>**

National Night Out Kick-Off / City Hall / 65 Niagara St, Buffalo, NY 14202 / 4-6p

**Aug 1<sup>st</sup>**

Community Baby Shower / Packard Court Community Center / 4300 Pine Ave, Niagara Falls, NY 14301 / 12-2p

**Aug 6<sup>th</sup>**

Family Fun Day & Backpack Giveaway / Salvation Army / 704 Central Ave, Dunkirk, NY 14048 / 10a-1p

**Sept 18<sup>th</sup>**

Fresh Produce and Wellness Fridays / St. Martin Village / 564 Dodge St, Buffalo, NY 14208 / 12-1p



# Stay Healthy and Safe this Summer

Summer is a great time to enjoy the outdoors, but it's important to stay safe and healthy.

## Safety Tips



- Watch children closely around pools, lakes, and beaches.
- Make sure kids wear helmets when biking, skating, or riding scooters.
- Use car seats, booster seats, and seat belts correctly.
- Never leave children or pets alone in a parked car.
- Schedule school, sports, camp, and annual checkups early.

## Manage Allergies, Asthma, and Bug Bites



- Check pollen and air quality alerts.
- Take allergy and asthma medications as directed.
- Use insect repellent and wear long sleeves in wooded or grassy areas.
- Check yourself, children, and pets for ticks after spending time outdoors.
- Call your doctor if you have trouble breathing, severe swelling, or symptoms after a tick bite.

## Do Not Forget Your Medications



- Refill prescriptions before you run out.
- Use a pill box or phone reminder.
- Store medications in a cool, dry place.
- Bring enough medicine when traveling.

### Contact us

Phone | 1-866-231-0847 (TTY 711)

[www.bcbswny.com/stateplans](http://www.bcbswny.com/stateplans)

# Community Partner Spotlight



## CenteringPregnancy®

Highmark Blue Cross Blue Shield works with Kaleida Health's CenteringPregnancy program to help more expecting parents in cities and suburbs get the prenatal care and support they need.

### A note from our President, Alicia Kenyon

"At Highmark Blue Cross Blue Shield, we believe every family deserves a healthy start. That's why we are proud to support Kaleida Health's CenteringPregnancy program, which helps bring parents together, connects them with trusted healthcare providers, and gives them the tools they need for a healthy pregnancy.

We are excited to see the progress Kaleida Health has made in turning this program into a reality for families across Western New York. Universal Primary Care in Olean completed its first CenteringPregnancy group at the end of April, and new groups are planned to begin at Kensington OBGYN and Niagara Street OBGYN in September 2026. As these groups continue to launch every 12 weeks, more parents will have the opportunity to take part in this unique program.

Programs like CenteringPregnancy are making a difference for families. Studies have shown that the model can help reduce preterm births and low-birthweight babies while increasing breastfeeding rates, leading to healthier outcomes for both parents and infants.

Pregnancy can be exciting, but it can also feel overwhelming. CenteringPregnancy helps parents know they are not alone. It creates a welcoming space where families can learn from healthcare professionals, ask questions, share experiences, and build relationships with others who are going through the same journey.

By supporting programs like CenteringPregnancy, Highmark is investing in stronger families and healthier communities. When parents have access to the care, education, and support they need, babies have a better start, families are more confident, and communities become healthier for everyone. We are proud to partner with Kaleida Health to help make a lasting difference for families throughout our region."



Scan the QR code to learn more about the Centering experience.

Talk to your care team today to learn more.

- No additional costs
- Easy to enroll

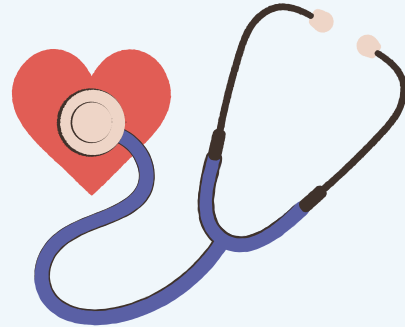
# Start the School Year Strong: Wellness Tips for Families

Getting ready for a new school year is the perfect time to focus on your family's health. Here are some important steps to help your children stay healthy and ready to learn.

## Schedule Annual Wellness Visits

Annual wellness visits are one of the best ways to keep your child healthy. During these visits, your child's doctor can:

- Check growth and development
- Screen for potential health concerns
- Provide age-appropriate health guidance
- Update vaccinations
- Complete required school health forms



Schedule your child's visit before school starts to avoid the back-to-school rush.

## Stay Up to Date on Immunizations

Vaccines protect your child and their classmates from serious diseases. Most schools require proof of immunization before the first day. Key vaccines for school-age children include:

- DTaP/Tdap (diphtheria, tetanus, and pertussis)
- MMR (measles, mumps, and rubella)
- Varicella (chickenpox)
- Meningococcal vaccines
- HPV vaccine
- Annual influenza (flu) vaccine



Talk to your child's doctor about which vaccines are needed for their age group.

**DID YOU KNOW?** Children who attend regular wellness visits are more likely to stay on track with developmental milestones and perform better in school.

# Ready. Set. Renew.

Be sure to renew early so you can stay covered. It's as easy as...

**1**

## Ready.

Get your documents ready.  
This video will tell you  
what you need.

**2**

## Set.

Make sure your application  
is all set. See helpful tips in  
the video.

**3**

## Renew.

Submit your application to  
NY State of Health online or  
on the phone at **855-355-5777**  
(TTY 800-662-1220)  
or call us at **844-885-1004**  
(TTY 711).



Scan the QR code  
to watch our quick  
how-to video.



Highmark Blue Cross Blue Shield follows Federal civil rights laws. We don't exclude people or treat them differently because of their race, color, national origin, sex, gender identity, age, or disability.

Highmark Blue Cross Blue Shield cumple con las leyes federales de derechos civiles. No excluye a las personas ni las trata de manera diferente por su raza, color, nacionalidad, edad, discapacidad o sexo.

**ATTENTION:** Language assistance services are available to you free of charge.  
Call 866-231-0847 (TTY 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866-231-0847 (TTY 711).

**注意:** 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 866-231-0847 (TTY 711)。

Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

[bcbswny.com/stateplans](https://bcbswny.com/stateplans)