



See What Capital Blue Can Do for You

FREE programs and resources for Capital BlueCross customers

Our Capital Blue stores are so much more than a place to buy health insurance. Capital Blue offers a truly unique experience with a variety of health and wellness resources to help you find your healthy place!

- In-person answers to your health plan questions
- Fitness classes for all ages and ability levels, including yoga and Zumba®
- Wellness events like weight-loss workshops and healthy cooking demonstrations
- Healthy food and beverages at our in-store cafés
- Advice on ways to save money on health care services and prescriptions
- On-site care guides for health assessments and health screenings
- Kids Zone with interactive activities that encourage healthy habits
- Free Wi-Fi, community art wall, meeting areas, and much more!

Care Guide Consultations

As an added complimentary service for Capital BlueCross customers, licensed Capital Blue care guides are available to offer confidential health and wellness consultations and services including:

- Development of a personal wellness plan
- Finding a doctor or facility
- Biometric health screenings
- Consultation to plan for a medical procedure
- Healthy eating and nutrition advice
- Comparing costs, and estimating expenses

Find your healthy place. Start here.



Visit [CapitalBlueStore.com](https://www.CapitalBlueStore.com) for a full listing of health and wellness classes and events. Our blog also offers a variety of health and wellness tips, healthy recipes, and more!



Hampden Marketplace
4500 Marketplace Way, Enola, PA
Monday–Saturday, 10 a.m.–8 p.m.

The Promenade Shops at Saucon Valley
2845 Center Valley Parkway, Center Valley, PA
Monday–Saturday, 10 a.m.–7 p.m.



855.505.BLUE (2583) | [CapitalBlueStore.com](https://www.CapitalBlueStore.com)

The information provided is meant for a general audience. Capital BlueCross and its affiliated companies believe these health and wellness resources provide useful information but do not assume any liability associated with their use.

Capital Blue is brought to you by Capital BlueCross, an Independent Licensee of the BlueCross BlueShield Association, serving 21 counties in central Pennsylvania and the Lehigh Valley.