



Blue Cross Connect

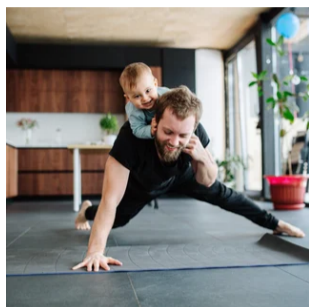
February 2026



This month, we're exploring the connection between **your gut and your overall health**. Plus:

- Important updates on [travel coverage](#)
- [Member tips](#) to help you get the most from your plan.

Your Gut Health Affects Your Entire Body

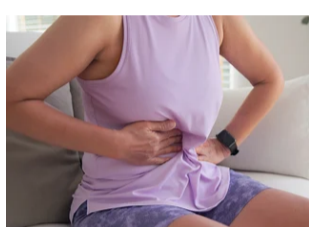


The connection between digestion and total wellness opens up incredible opportunities for feeling your best.

Discover the simple, effective strategies that can help you optimize your gut health and enhance your overall wellbeing.

[Read the full article](#)

Ready For Personalized Gut Health Insights?



Our Gut Health program, available through your Connected Care portal, connects you with registered dietitians.

Access professional-grade at-home testing to uncover the causes of digestive issues, low energy, and sleep problems.



To use the **Blue Cross mobile app**, click on Menu in the lower right corner > go to Connected Care > Health Assessments > Gut Health

[Learn more](#)

Beyond Emergencies: Cancel For Any Reason



NEW! Cancel For Any Reason travel coverage gives you ultimate flexibility—cancel up to 24 hours before departure and get covered up to 75% of your trip costs.

Your coverage includes:

- **Last-minute work demands** keeping you home
- **Weather concerns** making travel risky
- **Personal comfort** if you simply change your mind

[Contact your broker](#)

Proud to Support Your Health



Thank you for choosing Medavie Blue Cross. We're proud to be named Atlantic Canada's Best Health Insurance Provider for the sixth year in a row by Atlantic Business Magazine's Readers' Choice Awards—an honour we owe to **members like you**. Supporting your health and wellbeing remains at the heart of everything we do.

Medavie Blue Cross

Member Tip

Want to check how much of your benefits you've used?



Stay on top of your health spending with instant access to your benefit usage.

Check anytime by logging into the [Medavie Blue Cross mobile app](#) → Just tap **Menu** → select **Plan Usage** → choose a plan member and benefit to view your usage details.

Pro tip: Use this feature to plan ahead for medical appointments, prescriptions, or wellness services.

Questions about your coverage? [Send them to an expert.](#)

As a proud member of the Canadian Association of Blue Cross Plans, we're passionate about supporting the wellbeing of Canadians. Every day, we help connect people with care through benefit plans that are tailored to individual health and wellness needs.

Access your benefits on the go with the Blue Cross Mobile app:



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