

my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

**Get Screened.
Get Gift Cards.**

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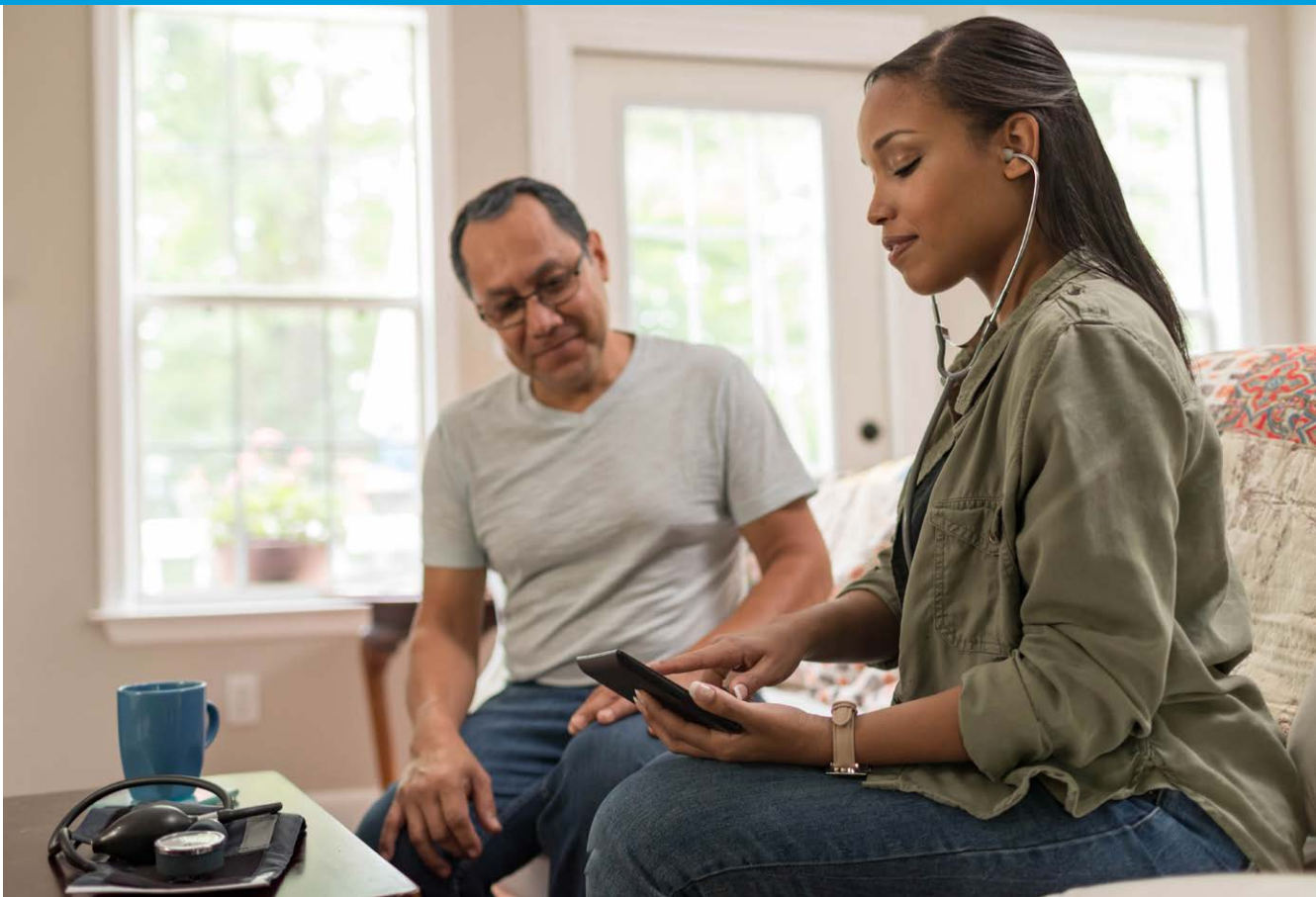
**Healthy Holiday
Recipe**

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**For you.
With you.**





Care Corner

Winter is on the way, and shorter days and colder weather are coming. Sometimes this season can make you feel a little sad. Lots of people experience the same feeling.

The good news is you can do a few things to help ease your winter blues. First, talk with your doctor. They might have some ideas. You can also take short walks in the sun every day or plan some time with friends or family.

We're right here. Call us if you need help with winter blues. We're here for you.

**FIST
BUMP!**



**Let us know
how we can
help you.
We're in this
together.**

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ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم 1-800-332-5762 (TTY: 711).

Get Screened. Get Gift Cards.



Getting your health screenings every year is important to help you stay well. That's why we remind you a lot throughout the year to get them.

To make it easier, we're hosting events where you can get screened right there. You'll also get gift cards on the spot for getting your screenings.

Just ask Outreach Specialist Ali Davenport. She helped a member schedule an overdue wellness exam and breast cancer screening. During the exam, they found a lump. Her doctor confirmed it was breast cancer.

Luckily, this member is now getting treatment and is hopeful for a full recovery. Both Ali and the member now know the importance of screenings more than ever.

"I was relieved to get this member on a path to getting this health issue treated," Ali said. "This was a reminder to us both just how important it is to get to the doctor every year and take advantage of these screenings."

We'll call you when there's an event in your area.





Are You Checking Your Mail?

Get any mail from TennCare lately? We want to make sure you don't throw it out. It might be an important form you need to send in to keep your BlueCare Plus benefits. We can help you fill it out or answer your questions. Just give us a call.

Healthy Eating Word Scramble

Did you know you can find fruits and vegetables in season during winter and use them to make delicious holiday recipes? Unscramble the healthy options from the puzzle, and look out for them at the grocery store.

1

RGARIUEPTF

Hint: This fruit is a heart-healthy addition to any breakfast.



2

WITERN HQASSU

Hint: Vegetables in this family include pumpkin, acorn and butternut.



3

CRROAT

Hint: This brightly colored root vegetable may help improve your eye sight.



4

TWEES TAOOPT

Hint: This root vegetable can be baked, roasted or made into oven fries.



5

EPMAAENRTGO

Hint: This red fruit has lots of seeds, vitamin C and antioxidants.



6

EECRYL

Hint: The long stalks of this vegetable are full of nutrients and fiber.

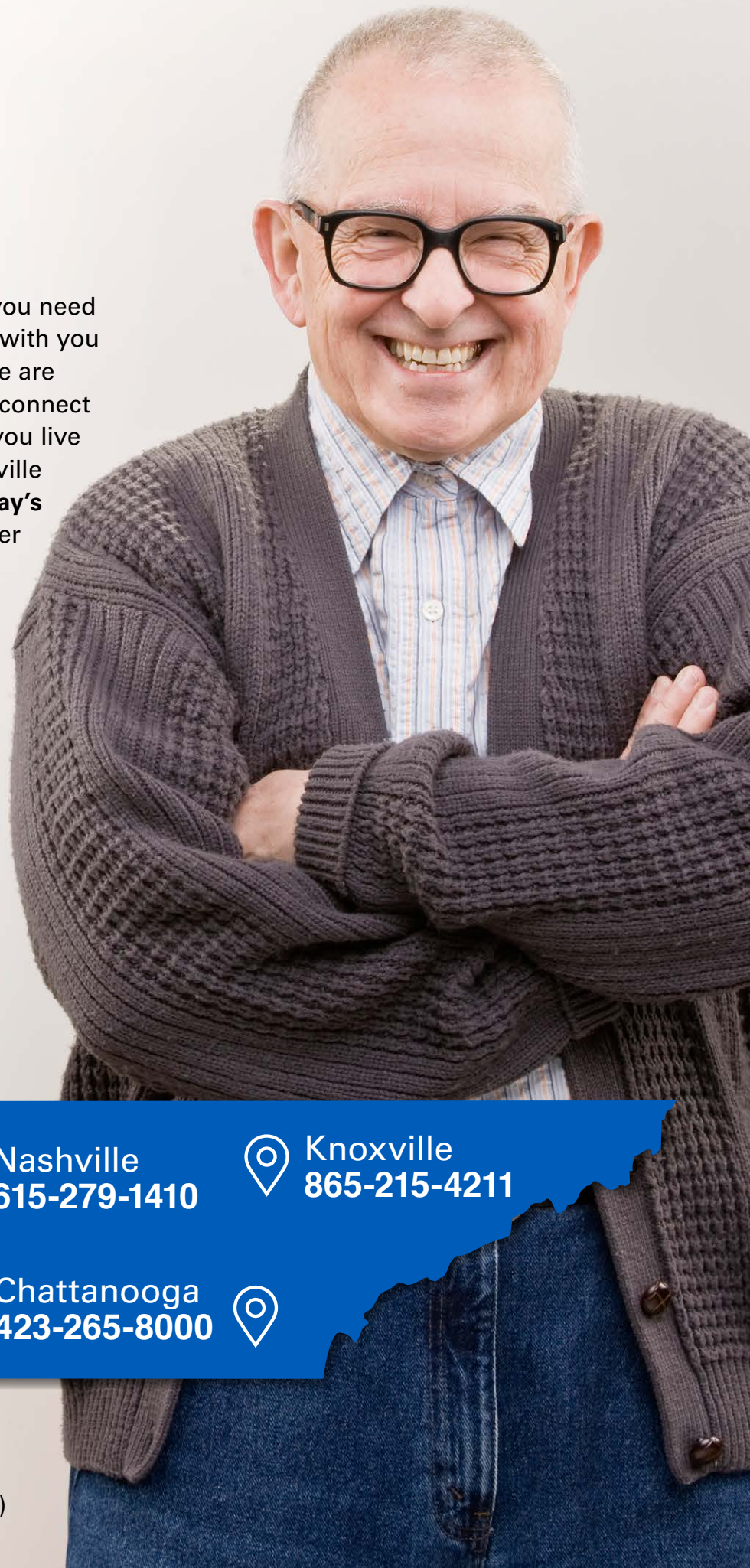


ANSWER KEY: GRAPEFRUIT, WINTER SQUASH, CARROT, SWEET POTATO, POMEGRANATE, CELERY

Help in Your Community

Sometimes life can get tough and you need a hand up. We're always right here with you through it all. If you need help, there are places in your community that can connect you with what you need. Whether you live near Memphis, Chattanooga, Knoxville or Nashville, you can call **United Way's 2-1-1** for support. Calling this number is the first step in being connected to groups that can assist you.

Does your mobile phone provider not let you dial a three digit number? See below for numbers of United Ways closest to you:



Tennessee's United Way Phone Numbers



Nashville
615-279-1410



Knoxville
865-215-4211



Memphis
901-415-2790

Chattanooga
423-265-8000



One Pot Turkey and Black Bean Chili

Reena Panjwani, BlueCross Registered Dietitian Case Manager, shares a recipe perfect for fall that uses healthy, low-cost and easy-to-find ingredients.

Serves 6

*Recipe adapted from
www.budgetbytes.com*



Ingredients

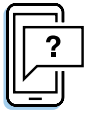
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 pound ground turkey
- 2 15 ounce cans black beans
- 1 15 ounce can diced tomatoes
- 3 ounces tomato paste
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon oregano
- ¼ teaspoon salt (or to taste)

Instructions

1. Add the onion and garlic to a large pot with 1 Tbsp olive oil and cook over medium-low heat just until softened (2–3 minutes).
2. Add the ground turkey to the pot and continue to sauté until the turkey is cooked through (5–7 minutes). Break the turkey up into small crumbles with your spoon as it cooks.
3. Add the two cans of beans (undrained), the diced tomatoes (undrained), tomato paste, chili powder, cumin, paprika, and oregano. Stir everything to combine.
4. Let the chili simmer for about 10+ minutes to let the flavors blend and help the liquid thicken slightly. Taste the chili and add salt as needed. Serve with your favorite chili toppings.



1 Cameron Hill Circle Chattanooga, TN 37402



Questions?

Please call us.

1-800-332-5762 (TTY: 711)



bluecareplus.bcbst.com

From **Oct. 1 to March 31**, you can call us 7 days a week from 8 a.m. to 9 p.m. ET. From **April 1 to Sept. 30**, you can call us Monday through Friday from 8 a.m. to 9 p.m. ET. If you call outside of these hours or on a holiday – just leave a message on our automated phone system, and we will call you back the next business day.

PRSR STD
US POSTAGE
PAID
BLUE CROSS
BLUE SHIELD
OF TENNESSEE



So long, 2019!

Watch your mailbox for info about your BlueCare Plus benefits in 2020.

Here's to a healthy new year!