

my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

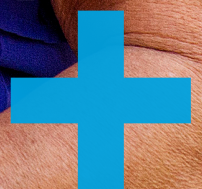
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**For you.
With you.**





Care Corner

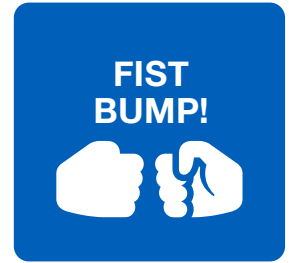
Mom's Meals

After you've been in the hospital or a skilled nursing facility, you may not feel like cooking or worrying about your meals. That's where we can help. Your plan includes 14 meals you can get delivered to your home after an inpatient stay.

Mom's Meals provides refrigerated meals you can just heat up and eat. And they have meals for different dietary restrictions and foods you like. Options include:

- Heart-friendly
- Low-sodium
- Gluten-free
- Vegetarian

Having easy meals helps you get the nutrients you need to heal and avoid hurting yourself while cooking.



If you're in the hospital or a skilled nursing facility, be sure to call us when you're heading home.



My BlueCare Plus: A Health + Wellness Newsletter is published as a service for BlueCross BlueShield of Tennessee's BlueCare PlusSM members. This newsletter is not meant to take the place of your health care provider's advice. BlueCare Plus Tennessee does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-332-5762, TTY 711.

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم، TTY 711, 1-800-332-5762. BlueCare Plus Tennessee, an Independent Licensee of the Blue Cross Blue Shield Association

Flu Shot Myth Busters

Have you heard these myths about the flu? Check out these answers to learn more about how to protect yourself this flu season.

“I’ve heard the flu shot isn’t safe.”

Fact: Flu shots have a good safety record. They’re studied extensively and have been given to millions of people.

“The flu shot will give me the flu.”

Fact: The flu shot can’t give you the flu because it’s made from an inactivated version of the virus.

“I have a chronic illness, so I don’t want to risk getting sicker from a flu shot.”

Fact: The flu shot won’t make you sick. In fact, if you have a chronic illness like diabetes, COPD or heart disease, you have a higher risk of complications if you get the flu. So, it’s best to get a flu shot to protect yourself.

“I’m protected from the flu because I’m healthy.”

Fact: You can still get the flu, even if you’re healthy. The flu shot is the best way to protect yourself and those around you from getting sick.

“Flu shots don’t work anyway.”

Fact: The CDC studies the flu shot every year to see how effective it is. They’ve seen the flu shot reduces your risk of getting the flu by 40 to 60%.

Remember, getting a flu shot is extra important this season because of COVID-19. If you haven’t gotten yours yet, it’s not too late. Just give us a call, and we can help you find a place to get a flu shot soon.



Sources: <https://www.cdc.gov/flu/prevent/general.htm>, <https://www.cdc.gov/flu/highrisk/index.htm>, <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>

Getting Rewarded in 2021

Did you know you can get gift cards for getting certain preventive screenings as a BlueCare Plus member? Here are a few:



Everyone

- \$25** - gift card for a health needs assessment¹
- \$50** - for an annual wellness visit

Men and women age 50-75*

- \$50** colonoscopy (every 10 years) or flexible sigmoidoscopy (every 5 years)
OR
- \$15** in-home kit, FIT DNA or CT colonography (annually)

**Up to \$50 for colorectal screenings*

Women age 50-74

- \$25** - breast cancer screening (every 2 years)
- \$25** - bone density screening for women age 67-85 who suffer a fracture

People with diabetes*

- \$25** - HbA1c blood sugar screening
- \$15** - retinal eye exam at provider other than ophthalmologist
- \$50** - retinal eye exam at ophthalmologist or optometrist
- \$10** - kidney function screening

**Up to \$85 for diabetic related screenings*

Not everyone needs all these screenings. Call us to find out what screenings you're eligible to get an incentive for.

¹New 2021 gift card amount



From Hopeless to Healthy

Tracey, a member resources coordinator, got a call from a BlueCare Plus member down on his luck. He was homeless and in and out of hospitals because he couldn't control his blood sugar. Tracey helped the member find an apartment. After that, she helped him find a diabetes education class where he could learn more about his health. Tracey even attended the class with the member after he told her he has a reading disability. By getting stable housing and learning more about managing diabetes, he's now living healthy and avoided hospital and ER visits for six months.

"I continue to check on him," Tracey said.
"He's doing great."



**For you.
With you.**

We're more than just health insurance. We're here to support you on your health journey. And if we can't help, we can help find someone in your community who can.

Be Kind in Your Mind

Have you ever thought to yourself, “I’m such a failure” or “I always mess things up.” If you have, you’re not alone. Lots of people struggle with negative thoughts. But, you can work on your thoughts and even change them.

Next time you notice a negative thought, think of something nice to say to yourself. You could think, “I’m a good friend” or “I’m funny.” Try this exercise with sticky notes or colored paper:

- Notice your negative thought. Write it on one side of your paper.
- Think of what you would say to a friend who just said your negative thought.
- Write what you’d say to your friend on the other side of your paper.
- Hang up your paper with the nice thought showing.

If you're still struggling with negative thoughts, it's OK to ask for help. Give us a call, and we can talk about how your benefits can help.

Source: Mental Health America: Stopping Stupid Thoughts

Free advice from a registered nurse

Call the Nurseline when:

- You want to ask general health questions.
- You want to talk about non-emergency symptoms when your doctor’s office is closed.

Nurseline and NurseChat are here for you 24 hours a day, seven days a week at **1-888-747-8951**



COVID-19 Vaccine: What you need to know

COVID-19 vaccines are being given across Tennessee. Health departments are giving vaccines based on job, age and some chronic conditions like diabetes, COPD, chronic renal disease and high blood pressure, so you may be eligible.

Go to bcb.st/vaccine and click on your county to see if you can make an appointment online.

Getting the vaccine

You won't have any out-of-pocket costs for the vaccine. You'll need two doses of the vaccines that are available now. Health experts say while some people are having side effects, it's important to remember that's your body responding to the vaccine. The vaccine can't give you COVID-19.



Where to get information:

- Your local health department
- Tennessee Dept. of Health:
 - » covid19.tn.gov
 - » 1-877-857-2945
- BlueCross BlueShield of Tennessee:
 - » bcbstupdates.com/vaccine

Keep Your Contact Info Updated

If you move or get a new phone number, it's important to let us know. You can update your info:



Online by logging in to bluecareplus.bcbst.com



By phone at [1-800-332-5762](tel:1-800-332-5762),
TTY [711](tel:711)





1 Cameron Hill Circle, Chattanooga, TN 37402

PRSRT STD
US POSTAGE
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BLUE SHIELD
OF TENNESSEE



Questions?

Please call us.

1-800-332-5762, TTY 711



bluecareplus.bcbst.com

From **Oct. 1 to March 31**, you can call us seven 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.

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Check On Your Health

It's a new year. That means it's time to schedule an annual wellness visit.

An annual wellness visit lets your doctor get to know you and your health needs. It also helps you spot health issues early, when they can be easier to treat.

Need help scheduling your appointment or getting a ride? Just give us a call.