Issue 1, 2024

my BlueCarePlus

A Health & Wellness Newsletter From BlueCare Plus Tennessee

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BlueCarePlus Tennessee

For you. With you.

Could You Use Some Extra Support?

Are you feeling stressed? Overwhelmed? Exhausted? Have the shorter, darker days of winter got you feeling down?

The winter blues can happen to anyone. You're not alone. And you don't have to face these feelings on your own. Getting support when you need it can make all the difference.

With AbleTo, you can meet with a caring therapist or coach, by phone or video. They work with you on developing skills to help you feel better. And it's covered by your plan at no extra cost to you.

With AbleTo, you'll get:

- Mental health support that fits your schedule
- Tools and activities to help build coping skills
- Content that can help you cope with life's challenges
- 24/7 access to tools like meditations and mood trackers

AbleTo is an independent company that provides mental health products and/or services for BlueCare Plus Tennessee. Able
provide BlueCare Plus branded products and/or services. AbleTo is solely responsible for the product and/or services they pr

Panel Gives Members a Voice

When members talk about our plan, we listen. What we hear helps us get better at serving them. We learn more about their needs. And then we can work to help them meet their health goals.

Our Member Experience Panel is a big part of that effort. It seeks input from the public. It meets every quarter in areas across the state. People can also join in online.

Agendas cover a wide array of topics. Last year's topics touched on:

- Benefits
- Customer service
- Health care access

The panel talks about what we're doing well. And what we can do better.

Members, caregivers and area leaders can all serve on the panel.

Would you like to learn more?

Spots are limited. So give us a call soon at **1-800-332-5762**, TTY **711**.

Annual Wellness Visit

Did you know you can earn **$50 in rewards*** when you go to your provider for an Annual Wellness Visit?

GIFT CARD

This visit is a great way to help protect your health. It gives you the chance to talk to your Primary Care Provider (PCP) about your health needs.

Together, you can create a care plan and set up any health screenings you may need. We cover this visit at no extra cost to you.

Plus, you can earn a **$50 gift card.**

Ready to schedule your visit?

Would you like help setting up the visit with your PCP? Give us a call at 1-800-332-5762, TTY 711.

* Gift cards are available to eligible members as part of our BlueCare Plus Tennessee rewards and incentives program.