

# my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

## You're Not Alone

page 2

## Exercise Anytime, Anywhere

page 4

For you.  
With you.





## Care Corner

### Have you had an Annual Wellness Visit yet this year?

It's an easy way to stay on top of your health by letting your doctor get to know you and check for any health problems. Plus, you can earn a \$50 gift card once a year through our rewards program for having an Annual Wellness Visit. Need help getting to your appointment? Remember, we're right here to help with that, too. Call us at **1-800-332-5762**, TTY **711**.

**FIST  
BUMP!**



**Just call us  
and we can  
help you  
schedule your  
appointment.**

My BlueCare Plus: A Health + Wellness Newsletter is published as a service for BlueCross BlueShield of Tennessee's BlueCare Plus<sup>SM</sup> members. This newsletter is not meant to take the place of your health care provider's advice. The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein. American Specialty Health Fitness Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH), is an independent company that provides the Silver&Fit<sup>®</sup> Healthy Aging and Exercise program for BlueCross BlueShield of Tennessee (BCBST). ASH Fitness does not provide BCBST branded products and services. ASH Fitness is solely responsible for the services they provide. All programs and services are not available in all areas. Silver&Fit and the Silver&Fit logo are federally registered trademarks of ASH and used with permission herein. The people in this piece are not Silver&Fit members. Other names or logos may be trademarks of their respective owners. BlueCare Plus Tennessee, an Independent Licensee of the Blue Cross Blue Shield Association. BlueCare Plus Tennessee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. 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 1-800-332-5762، TTY 711.

# Got Durable Medical Equipment?

We can help you get some equipment covered if you have an order from your doctor.



## Durable medical equipment includes things like:

- Walkers
- Wheelchairs
- Crutches
- Powered mattress systems
- IV infusion pumps
- Speech generating devices
- Oxygen equipment
- Nebulizers
- Hospital beds
- Diabetic supplies (including test strips)

**If your doctor approves and the equipment is covered, we can help. If you're having trouble getting a doctor's order or have questions, just give us a call.**

## Save money on over-the-counter items and equipment:

Remember, you can spend up to \$300 per quarter on items from the Over-The-Counter catalog. Some canes, bathroom safety and support items are included. Log in at [bluecareplus.bcbst.com](https://bluecareplus.bcbst.com) or call us at **1-800-400-6864**, TTY **711**, to get started.





# You're Not Alone.

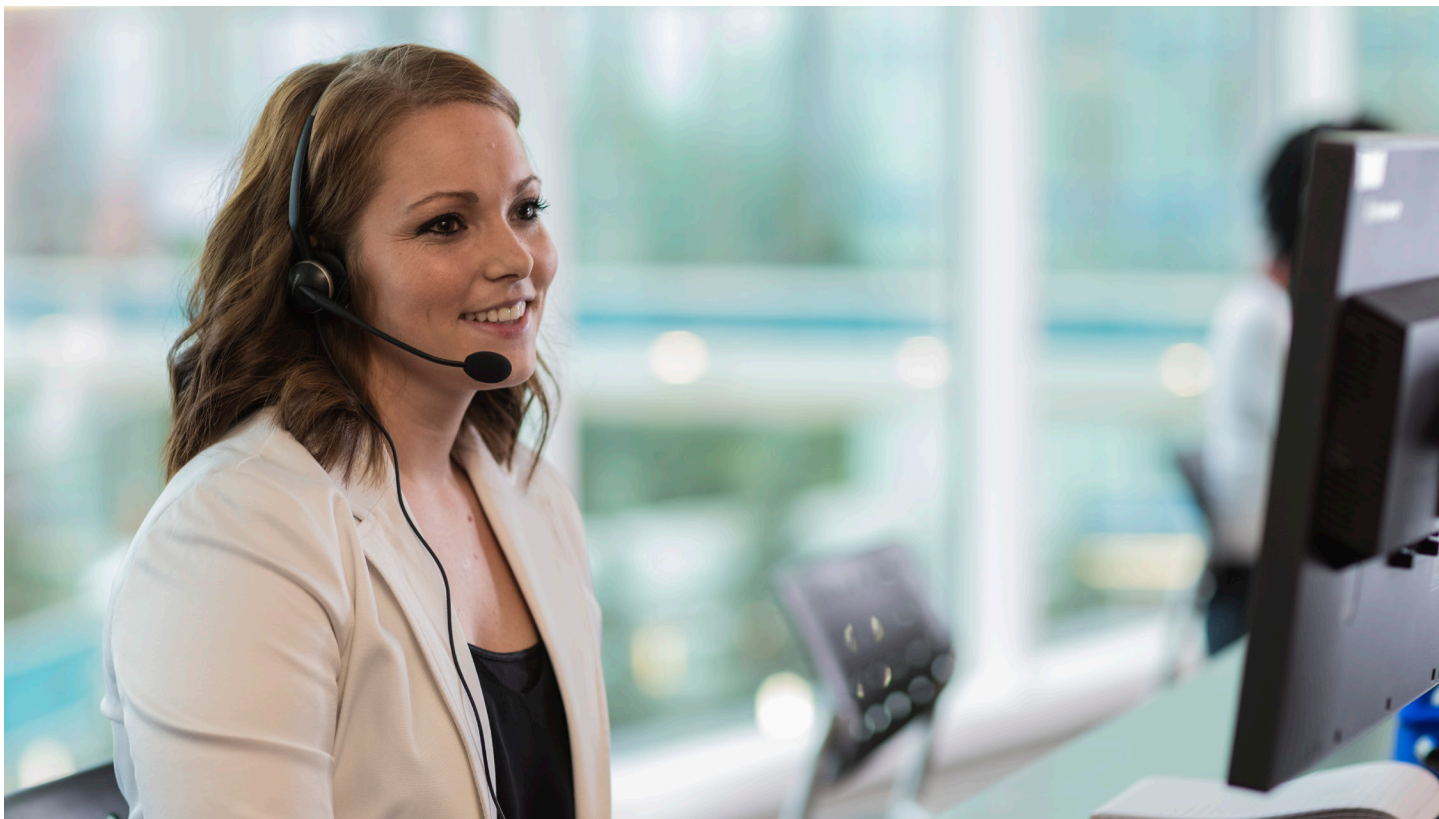
**Let's be honest — social distancing can be tough. It's important to keep your distance from others to not spread COVID-19, but everybody needs connection.**

Here's the good news: you can still connect with other people, even if it looks a little different. Check out these tips.

- **Try video** — It's a great way to feel more connected than just a phone call or text. Even if you didn't like video chat before, give it another try.
- **Schedule a chat** — Set a time each week where you'll chat with a friend or family member. It'll give you something to look forward to and help you connect with someone.
- **Do familiar things** — If you took a walk every morning, stick with it (safely, of course). If you used to watch a TV show every evening, keep doing it. Keeping some of your habits will make you feel more connected.
- **Lend a hand** — Giving back to your community can make you feel connected to something. Find a way to give back virtually in your community.

---

**Note:** *Equipment, supplies, internet connection or other items needed to try video connections are not covered under your plan, and you are responsible for obtaining and maintaining these items.*



## If you or someone you know is struggling and needs to talk, get help here:

- Call the Disaster Distress Helpline at **1-800-985-5990**, or text **TalkWithUs** to **66746**.
- Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**, or text **NAMI** to **741-741**.

### Tip

It's great to stay informed by keeping up with the news, but try unplugging every now and then to keep from getting overwhelmed.

Sources: [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus), <https://www.nami.org/help>



# Exercise Anytime, Anywhere

Did you know there are simple exercises you can do right in your home? You don't even need equipment. Try a couple of these activities to move your body and boost your mood.

**Yard work/gardening** — Something as simple as mowing the yard or planting flowers can get you moving.

**Exercise videos** — Check out an exercise video on YouTube to dance or do yoga to get the blood pumping.

**Chair exercises** — Sit in a chair with your back straight. Then try marching in place, lifting your arms above your head or raising your heels.

Be sure to check with your doctor before starting any new physical activities or exercise programs.



You have a no-cost Silver&Fit® membership as part of your plan! You can see online workouts and classes and get tips on how to exercise at [silver&fit.com](https://silverandfit.com).

Source: <https://health.gov/moveyourway>, [healthline.com](https://healthline.com)



# Do you wash your hands correctly?

Washing your hands is one of the best ways to prevent the spread of germs. Follow these steps to stay healthy.

1. Wet your hands with clean, running water (warm or cold).
2. Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. That's about as long as singing "Happy Birthday" twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

## Staying in touch and up-to-date



### Prefer Texting?

Make sure you're signed up to get our texts! Call **1-844-274-5818** to sign up.

**Tip:** Save our number in your phone so you'll know it's us.



### Check Your Mail

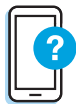
Get any mail from TennCare lately? Don't throw it out. It might be an important form you need to send in to keep your BlueCare Plus benefits. We can help you fill it out or answer any questions. Just give us a call.





1 Cameron Hill Circle, Chattanooga, TN 37402

PRSR STD  
US POSTAGE  
PAID  
BLUE CROSS  
BLUE SHIELD  
OF TENNESSEE



## Questions?

Please call us.

**1-800-332-5762, TTY 711**



**[bluecareplus.bcbst.com](http://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.

H3259\_20Q3NEWLR\_C (6/20)



## Flu Season Is Coming

Flu season is just around the corner. And getting the flu vaccine is the best way to avoid it. The vaccine can take up to two weeks to work. So, why not get it sooner rather than later? We care about your health, so you can get this vaccine at no extra cost to you.