

Issue 3, 2023

# my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

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For you.  
With you.



## FALL TIPS

# Earn Rewards This Fall

## Treat yourself to gift cards this fall — and all year round.

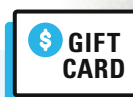
Just sign up with MyHealthy Rewards and get the screenings your provider says you need. You'll earn gift cards for some of them while keeping an eye on your health.

It's easy to sign up:

- › Visit [myhealthyrewards.healthmine.com](https://myhealthyrewards.healthmine.com).
- › Tell us a little about yourself.
- › Choose your preferences.
- › Create your password.
- › Start earning rewards.

You can also sign up by calling **1-866-267-3367**, TTY **711**,

From 9 a.m. to 6 p.m. ET,  
Monday through Friday.



## Start earning with a Health Needs Assessment (HNA)

An HNA is a set of questions that can help you understand your health and what you can do to help improve it. Completing one is a great first step toward a healthier you. Plus, you'll start earning with MyHealthy Rewards.



# See Your PCP After a Trip to the ER

Your Primary Care Provider (PCP) keeps an eye on your overall health.

They make sure all your treatment and medications work well together. That's why you need a PCP follow-up visit within seven days after an ER visit.

## Here's what your provider needs to know:

- › The date(s) you were at the ER
- › Why you went
- › Any new or changed drugs prescribed there
- › Therapies (like oxygen) added or changed

Sharing this info helps your PCP address all of your health care needs.



## Schedule your PCP visit.

Give us a call at  
**1-800-332-5762**, TTY **711**.  
We can even schedule your ride there and back.





# Exercise Your Way

Exercising isn't just for bodybuilders or marathoners. It's for everyone and every body.

And you don't even need equipment. Try a couple of these activities to move your body and help boost your mood.

- 1 Yard work/gardening**  
Something as simple as mowing the yard or planting flowers can get you moving.
- 2 Exercise videos**  
Check out an exercise video on YouTube to dance or do yoga to get the blood pumping.
- 3 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.



## MANAGE YOUR CARE

# CareTN App



CareTN is a great tool to use in between visits with your doctor. It's also handy after a hospital visit. It lets you talk to care managers and health coaches. They can help you get the most from your care. They can also answer questions or address concerns. And you'll find videos and articles picked just for you — like an education course on fall prevention. You can use CareTN on a smartphone or tablet.

CareTN is available for free in the App Store® and Google Play®.

Use of apps is voluntary. If you choose to use one of our apps, you're responsible for the cost of any technology (e.g., cell phone, tablet, computer, etc.), internet access and/or upgrades needed to use an app. They're not covered benefits. It's your responsibility to keep your phone, tablet or computer and access to the app secure.



**Scan this QR code to download the app.**

Or give us a call at  
**1-800-332-5762, TTY 711.**

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.

## Set Up Your Contact Preferences

### Let's keep in touch.

You can choose how we get in touch with you. That way, you can stay up to date on your health plan. And you'll get the info you need, the way you want it.

To update your communication preferences:

1. Go to [bluecareplus.bcbst.com](http://bluecareplus.bcbst.com) and log in to your online account.
2. Then, click the Account tab at the top of the page and select Communication Settings.



### Need help?

We're here for you. Just give us a call at the number below.

# Make Time To Keep Your Brain Sharp

If you often have memory loss or confusion that impacts your daily life, talk with your doctor. They can help find out if your symptoms are age-related or if they could be signs of a medical condition called dementia.

Just like you exercise and eat well to keep your body healthy as you age, there are things you can do to keep your mind sharp, too. Here are some ways you can help keep your brain healthy.



**Do you need help scheduling a visit?**

Give us a call at  
**1-800-332-5762, TTY 711.**

- › **Get physical exercise.** Physical exercise can help lower your blood pressure and cholesterol. That can improve mental function and your physical health.
- › **Maintain your health.** Your brain depends on your body to keep it going. If you have diabetes, work with your doctor to manage your blood sugar. Eat more vegetables to give your brain plenty of the energy it needs.
- › **Stay social.** Socializing with friends and family keeps your mind active. Just a friendly phone call can help do the trick.
- › **Exercise your brain.** Reading, doing crossword or math puzzles, and playing memory games can help keep your mind sharp.

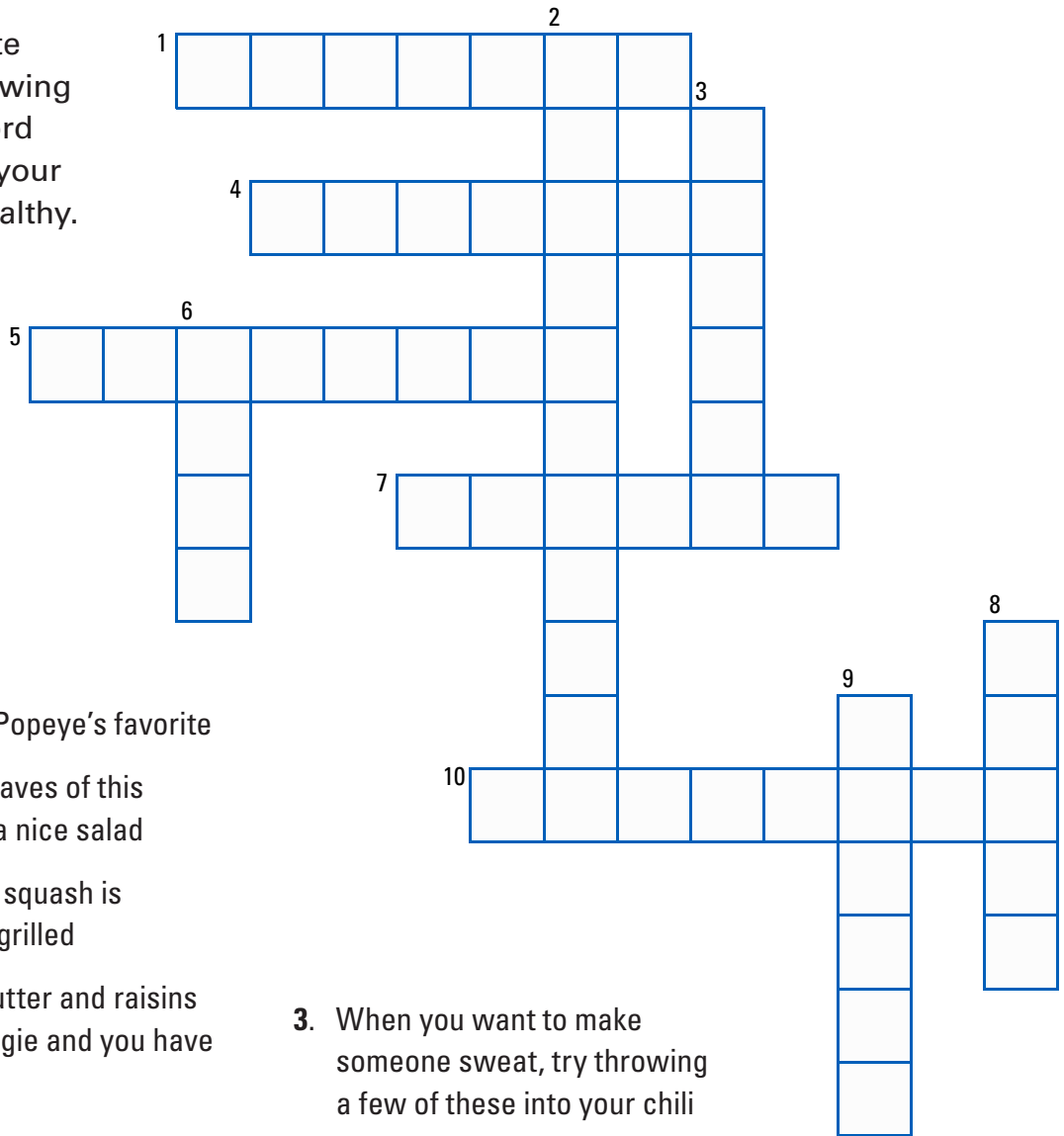
Your doctor can help you find other ways to keep your mind active.



# Crossword



Complete the following crossword to keep your brain healthy.



**Across**

- 1. This leafy green is Popeye’s favorite
- 4. You’ll need a few leaves of this vegetable to make a nice salad
- 5. This green summer squash is delicious when it’s grilled
- 7. Put some peanut butter and raisins on this crunchy veggie and you have ants on a log
- 10. It looks like a small tree, but it tastes better

**Down**

- 2. A head of this white vegetable has lots of important nutrients

- 3. When you want to make someone sweat, try throwing a few of these into your chili
- 6. It has small yellow kernels and tastes great right on the cob
- 8. This vegetable can be white, yellow or red, and it’s so good it’ll make you cry
- 9. You can make a lovely spaghetti sauce with this bright red veggie

Answers: **Across:** 1. Spinach, 4. Lettuce, 5. Zucchini, 7. Celery, 10. Broccoli  
**Down:** 2. Cauliflower, 3. Pepper, 6. Corn, 8. Onion, 9. Tomato

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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.

BlueCare Plus Tennessee, an Independent Licensee of the Blue Cross Blue Shield Association

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**Questions? Please call us.**  
**1-800-332-5762, TTY 711**



**[bluecareplus.bcbst.com](https://bluecareplus.bcbst.com)**

## Join Our Member Advisory Group

We're launching a new member advisory group. It's made up of members like you. And it gives you a chance to tell us what we're doing well and what we can do better.

Interested? Call us at  
**1-800-332-5762, TTY 711.**

