

Issue 3, 2024

my BlueCarePlus

A Health & Wellness Newsletter From BlueCare Plus Tennessee

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For you.
With you.

See Your PCP After a Trip to the ER



Your Primary Care Provider (PCP) is your partner in health.

Your PCP knows your health history and can help keep an eye on your overall health. They also help make sure your medications and treatments work well together. That's why it's important to keep them updated on any other care you get, like an ER or urgent care visit.

If you go to the ER, schedule a follow-up visit with your PCP within seven days of leaving the hospital. Your PCP can see if you're getting better and adjust your treatment plan, if needed.

Here's what your PCP needs to know:

- › When you were at the ER
- › Why you went
- › Any new prescriptions or changes to your current drugs
- › Therapies (like oxygen) that were added or changed

Keeping your PCP updated on all your care helps them treat you and address all of your health needs.



Schedule your PCP visit

Give us a call at **1-800-332-5672**, TTY **711**. We can help you schedule your visit and get a ride there and back.



SUMMER SUN SAFETY

Tips To Stay Safe in the Sun

Summer's a great time to get outside and enjoy the sunshine. But it's important to protect yourself from the sun's harmful UV rays. With a few simple tips, you can help keep yourself safe and have fun in the sun.

Start by wearing a broad-spectrum sunscreen with SPF 30 or higher anytime you're outside. Apply a thick layer to any exposed skin. And be sure to get help with areas you can't reach, like your back. Reapply every two hours or after swimming or sweating.

Wearing a hat can help protect your face and neck from the sun. Look for a hat with a wide brim that goes all the way around. Sunglasses with protection against UVA

and UVB rays can keep your eyes safe in the sun. They can also reduce the risk of cataracts.

And while you're outside, try to stay in the shade as much as possible. You'll still need to use other sun protection, like sunscreen, when you're in the shade. But the shade can help reduce your risk of sunburn and skin damage. And it can help keep you cooler on those hot summer days.



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.

YOUR CARE TEAM

CareTN




Stay in touch with your care team wherever you are.

CareTN is a useful tool to help you keep up with your health in between doctor visits. It's also handy after an ER visit or hospital stay.

It lets you connect digitally with your care team, including care managers and health coaches. They can help you get the most from your care. They can also answer any questions you have. And you can find articles and videos picked just for you, based on your health.

You can use CareTN on your smartphone or tablet. It's available in the App Store® or Google Play®.

Powered by
 Wellframe is an independent company that provides and maintains a care management app for BlueCare Plus Tennessee. Wellframe does not provide BlueCare Plus branded products and/or services. Wellframe is solely responsible for the products and/or services they provide. 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.

FALL PREVENTION

Learn Ways To Help Prevent Falls

Learning how to avoid falls can help you stay healthy and independent. And it gets more important as you age. You can help keep yourself safe from falling with a few small changes to your health and home.

Start by talking with your doctor about your risk for falls. They can let you know if you're at a higher risk of falling. And they can check for osteoporosis and help you get treatment if you need it. If any of your medications make you sleepy or dizzy, ask your doctor about other options you might have.

Adding strength and balance exercises can help you stay strong and avoid falls. Try exercises that make your legs stronger, like walking or dancing. Be sure to ask your doctor before you start any new exercise.

Small changes around your home can help keep you safe, too. Keep your walkways clear of clutter or other things you could trip over. Add grab bars in your bathroom to help you get in and out of the tub or shower. And make sure your home is well lit. Try adding more lamps or nightlights if you need more light.



Have questions or want help scheduling an appointment? Give us a call at **1-800-332-5762**, TTY **711**.



EARNING REWARDS

Earn Rewards for Taking Care of Your Health



Did you know you may be able to earn gift cards for taking care of your health?

Just sign up for MyHealthy Rewards and get the screenings your provider says you need. You can earn gift cards for some of them while staying on top of your health.

Sign up to start earning rewards:

1. Visit myhealthyrewards.healthmine.com.
2. Tell us a little about yourself.
3. Choose your preferences.
4. Create your password.
5. 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.



Your health needs assessment

Once you sign up for our rewards program, you can start earning rewards by taking your Health Needs Assessment (HNA). Your HNA has a few questions about your health. It gives you an overview of your health and how to improve it. Plus, you can earn a reward just for completing it.

Once you join MyHealthy Rewards, you may earn rewards for these things:

- › **Health Needs Assessment completion**
- › **Annual Wellness Visit**
- › **Colorectal cancer screening**
- › **Breast cancer screening**
- › **Diabetic eye exam**

Want to learn more about MyHealthy Rewards? Give us a call. We can tell you about these screenings, which ones you're eligible for and what limits apply. The screenings listed are for the 2024 plan year.



YOUR MIND

Keep Your Brain Sharp

If you're having memory problems that impact your daily life, talk with your doctor. They can help find out if your memory issues are a normal part of aging or are signs of a health issue like dementia.

Keeping your brain healthy is an important part of your overall health. Just like you eat healthy and stay active to keep your body healthy, there are things you can do to help keep your brain sharp, too. Here are a few suggestions from the CDC.

- › **Stay active.** Getting regular exercise can help improve thinking, lower your chance of depression and help you get better sleep. How much sleep you need depends on your age. But most adults need between seven and nine hours of sleep a day.
- › **Stay socially engaged.** Find ways to get involved in your community, like volunteering or joining exercise classes. Even a phone call with a friend or family member can help keep your mind active.
- › **Don't smoke or use nicotine products.** This can help keep your brain healthy and lower your risk of heart disease, lung disease and more.
- › **Stay on top of your health.** Healthy lifestyle changes are important. But it's also important to see your doctor regularly for checkups and preventive screenings.



Do you need help scheduling a visit? Give us a call.

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مؤرب لصتا. TTY 711, 1-800-332-5762

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

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bluecareplus.bcbst.com

Join Our Member Advisory Group

We're inviting you to join our 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? You can join in one of two ways:

- › Online at bcptn.enrolleevoice.com/apply
- › By phone at **1-800-332-5762, TTY 711**

Learn more at bcptn.enrolleevoice.com.

