

# my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

Your Over-the-Counter Allowance

page 2

Feeling Better With AbleTo

page 3

For you.  
With you.





# Care Corner. More Than Insurance.



**We're more than  
just a health plan.  
We're a team of  
caring people  
here to help.**

Tracey Thomas-Moore, a Member Resources Coordinator with BlueCare Plus, worked with a member who'd fallen because of a medical condition. The member used a wheelchair and needed a ramp to safely enter and exit her home. Tracey found local resources to help install it. She also found a community group that could help the member pay for the ramp.



## Doctor's Note: Statins

Statins are drugs that can lower your cholesterol. But that isn't their only benefit. According to the FDA, statins can also lower your risk of heart disease, stroke and blood clots.<sup>1</sup>

If your doctor says you need statins, it's a good idea to take them the way your doctor says. It's just one way to get a little healthier.

Dr. Linda Pate,  
BlueCare Plus Medical Director

Source: <sup>1</sup><https://www.fda.gov/consumers/consumer-updates/controlling-cholesterol-statins?source=govdelivery>



# Get Screened. Get Gift Cards.



Screenings are important for your health, but did you know you may be able to earn gift cards for getting some of them? Here are just a few of the preventive screenings included in our rewards and incentives program.

## Overall Wellness

- \$50** - Annual Wellness Visit
- \$25** - Health needs assessment

## Preventive Screenings

### 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 (every year)

*\*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 have suffered a fracture

*\*Up to \$25 for breast cancer screenings*

Not everyone needs all of these screenings. You'll only get gift cards for screenings your doctor says are right for you and that you're eligible for. You can get one gift card per screening per plan year.

# Get Advice From a Registered Nurse

Call Nurseline when:

- You want to ask general health questions.
- You're not sure if you need to go to the ER.
- You want to talk about non-emergency symptoms when your doctor's office is closed.



Nurseline is here for you 24 hours a day, 7 days a week at

**1-888-747-8951**

Benefits Covered by Your Plan

## Your 2022 Monthly Over-the-Counter Benefit

In 2022, you'll have **\$100 to spend every month\*** on over-the-counter (OTC) health and wellness items, like vitamins, sunscreen, pain relievers, cough and cold medication, and bandages. We'll send you a card with your monthly allowance loaded on it.

You can order OTC items online, over the phone or by mail through the OTC catalog we'll send you. Then, your items will be shipped directly to you.

Questions about how it works? Just give us a call.



### Coming in 2022:

If you're eligible, you may be able to use your allowance on healthy food. We'll send you more information about that if it applies to you.

\*Your monthly allowance doesn't roll over at the end of the month.

2 Visit us at [bluecareplus.bcbst.com](https://bluecareplus.bcbst.com)



# Feeling Better With AbleTo

Getting help with your mental wellness when you need it can make a big difference in your life. Did you know your plan covers emotional support programs through AbleTo?



**With AbleTo, you can get:**

- A personalized program proven to reduce depression, stress and anxiety
- 1-on-1 support from a licensed therapist, accredited coach or both
- Appointments on your schedule, from the comfort of your home
- Skills that make it easier to enjoy life

Call us to learn more about how to get started with AbleTo.

Stay Connected

# Quick Updates On-the-Go

Using your phone to stay connected can make life easier.

That's why we can text you the latest news about your health care plan. We'll notify you quickly about account changes, benefit updates, special offers and health reminders.\*



It's easy to get started.  
Call **1-844-274-5818**  
to sign up for texts.

Benefits Covered by Your Plan

# Stay Updated on Shots



You may think it's only important for kids to stay updated on shots. But no matter your age, it's important to check in with your doctor and see if there are any shots they recommend. Here are a few your plan covers:

- **Flu**
- **Pneumonia**
- **COVID-19**

Next time you're at the doctor, ask if they recommend any shots for you. If you have any questions give us a call and we'll also be happy to set up an appointment too.

\*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.

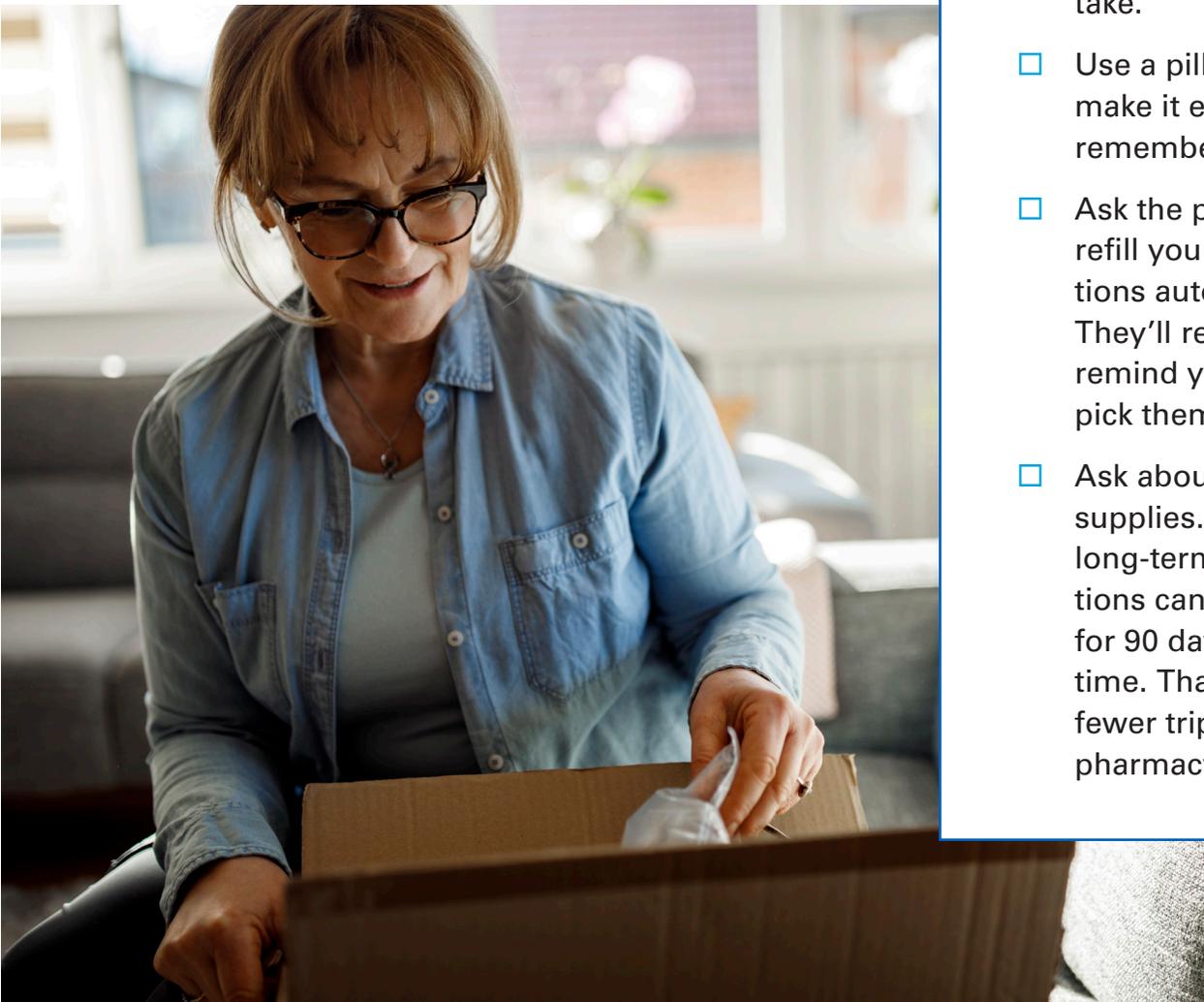
# Taking Medication the Right Way

If you have prescription medication, it's important to take it the way your doctor says you should. If you don't take the right amount at the right time, your medication may not work.



## Try these tips for taking medications correctly

- Keep a list of the medications you take.
- Use a pillbox to make it easier to remember.
- Ask the pharmacy to refill your prescriptions automatically. They'll reach out to remind you when to pick them up.
- Ask about 90-day supplies. Some long-term medications can be filled for 90 days at a time. That means fewer trips to the pharmacy.





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**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 M–F from 8 a.m. to 9 p.m. ET.

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

## **Is this provider in my network?**

Before you set up an appointment, be sure to check and make sure the provider is in the BlueCare Plus network. Here are two ways to check:

- Go online to **[bluecareplus.bcbst.com](http://bluecareplus.bcbst.com)** and use the Find Care tool to search for a provider.
- Call us at **1-800-332-5762, TTY 711**, and we can check a provider for you.

