

my BlueCarePlus

A Health + Wellness Newsletter From BlueCare Plus Tennessee

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**For you.
With you.**



YOUR BENEFITS

Open Your Door to Care at Home

As a member, you can now get Spiras Health at-home care. And it's offered at no extra cost to you.

With Spiras Health, you can:

- › Get ongoing, specialized care. Your Spiras Care Team can help manage your conditions more closely at home. And that can help you make fewer trips to the doctor or ER.
- › Get help staying on track with your medicine.
- › Call your Spiras Care Team 24/7 to help answer your health questions.

Spiras can work with your doctor to create a care plan tailored to you and your health goals. Your nurse will meet with you in the comfort of your home to get to know you and your health needs.

The program won't replace your doctor or change any existing care. It's an additional layer of support for you in the home.

Want to know more? Call Spiras at **1-615-819-1471**, TTY **711**. They're available Monday through Friday, from 8:30 a.m. to 5:30 p.m. ET. Or visit **spirashealth.com**.

Spiras Health is an independent company that provides case management and care coordination for BlueCare Plus Tennessee. Spiras Health does not provide BlueCare Plus Tennessee branded products and/or services. Spiras Health is solely responsible for product and/or services they provide.

Get Healthy, Earn Rewards

Did you know your healthy choices can earn you gift cards* for major retailers? Just sign up with MyHealthy Rewards and get the screenings your provider says you need. You can earn gift cards for some of them while keeping an eye on your health.

It's easy to sign up:

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



Scan with your phone's camera to download the app

Once you've signed up, you can download the MyHealthy Rewards app. Search for MyHealthy Rewards in the Apple App Store or Google Play Store. Message and data rates may apply. The app gives you:

- › **A to-do list:** Healthy actions you can take to earn rewards
- › **Health Library:** Articles to help you get or stay healthy
- › **Rewards:** Points you can redeem for gift cards
- › **Message Center:** Alerts when it's time to complete an action and when you can earn rewards

*Gift cards are available to eligible members as part of the BlueCare Plus Tennessee rewards and incentives program. Certain restrictions and requirements apply. 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.



HEALTHY LIVING

It's Time To Finish Your Screenings

The end of the year is almost here. Have you completed your Annual Wellness Visit?

It's important to have this visit, even if you're feeling fine. It can help your Primary Care Provider (PCP) get to know you and your health needs. It'll also help them spot small changes in your health and track them over time.

We cover this visit at no extra cost to you when you see a provider in our network.

Plus, you may be eligible to earn a **\$50 gift card*** just for getting your exam before Dec. 31. You can use this gift card to buy plan-approved items at select stores.

And while you're visiting your doctor, be sure to check on other important tests and screenings you may need.

Need help to set up an appointment? Give us a call.

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



Have You Gotten Your Flu Shot?

Flu season is here, but you can still help protect yourself from getting very sick. The CDC says almost everyone over six months of age should get one each year. It's especially important for people at high risk of getting very sick or dying from the flu. The CDC recommends pregnant people get a vaccine too.

Getting the flu shot can help keep you from getting very sick from the flu or having to go to the hospital. We cover a flu shot for you at no extra cost. If you need help finding a shot, we can help. Just give us a call at **1-800-332-5762**, TTY **711**.



MEDICATION TIPS

Take Your Medicine 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 medication correctly:

- › Use a pillbox to make it easier to remember.
- › Ask the pharmacy to refill your prescriptions automatically. They'll remind you when to pick them up.
- › Keep a list of the medications you take.
- › 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.



Save money on covered drugs with a 90-day supply.

Did you know you can get a 90-day supply of some covered prescription drugs for the same cost as a 30-day supply?

Next time your doctor writes you a prescription, ask for a 90-day supply. You'll need your prescription written that way for your network pharmacy to give it to you.

We've Got You Covered in 2024



You may hear some people talk about the need to re-enroll in their plan each year.

Not to worry.

Protection and peace of mind. That's what you can expect when you're a BlueCare Plus Tennessee member. We've got you covered.

If you plan on keeping us as your insurer, you don't need to do a thing. Your plan will automatically renew on **Jan. 1, 2024**.

So keep a lookout. We'll send your new plan materials soon. And if you already have a myFlexCard, you can keep using it in the new year. If you have questions, just give us a call. We're right here.





FALL PREVENTION

Learn To Improve Your Balance

Do you worry about being injured in a fall?

A bad fall can result in broken bones that can take a long time to heal. And that can affect your independence. But there are things you can do to help lower your risk of falls.

A Matter of Balance is a program focused on improving your strength, balance and confidence.

The program includes:

- › Classes led by trained coaches
- › Group discussions
- › Activities
- › Exercise training
- › Assertiveness training



Want to sign up for a class or learn more? Let your care team know. Call them at **1-877-715-9503**, TTY **711**, Monday through Friday, 8 a.m. to 6 p.m. ET.

This newsletter is published as a service for BlueCare Plus Tennessee members. It's not meant to take the place of your health care provider's advice. BlueCare Plus Tennessee does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-332-5762, TTY 711. تدع اسمك لتأخذ نإف، ةيبرعلا ةغللا شحنت تنك اذا: تقو حلم. TTY 711, 1-800-332-5762. ناقمل اب كل رفوتت ةيوغللا مقرب لصت. TTY 711, 1-800-332-5762

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



Questions? Please call us.

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.



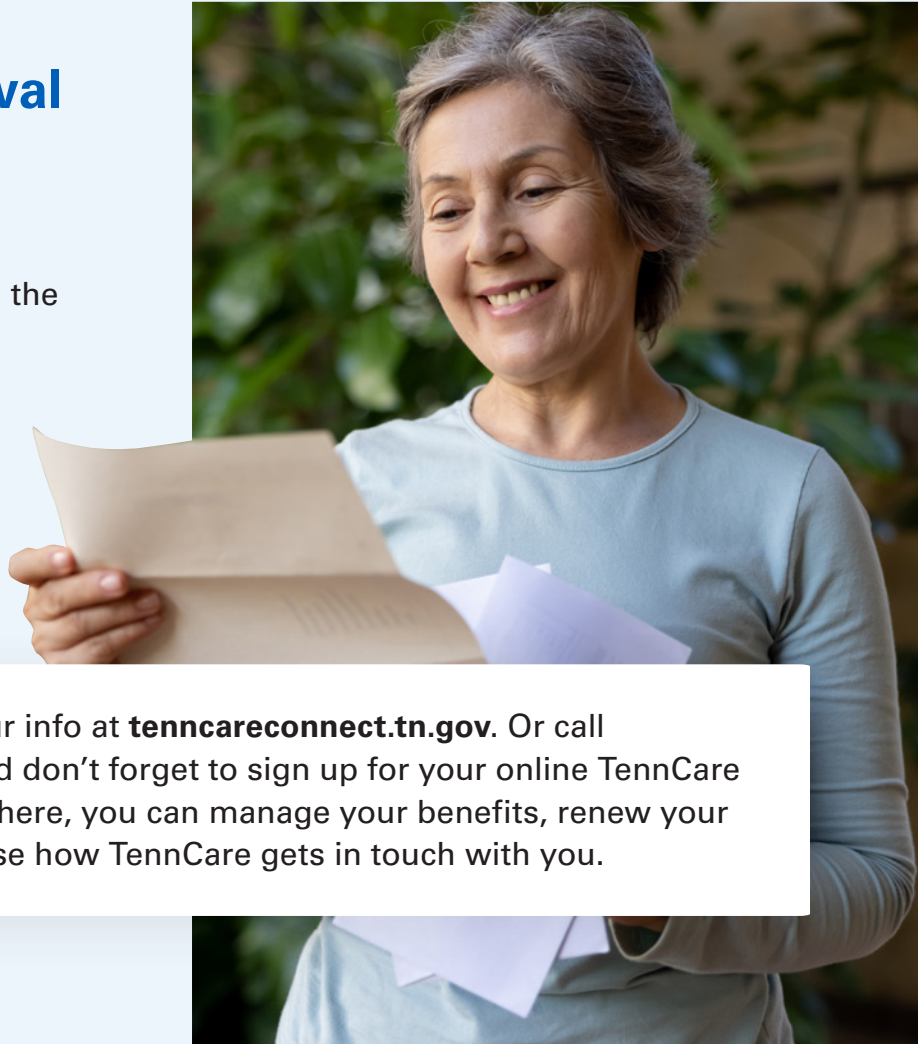
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Your TennCare Renewal Packet is on Its Way

If you haven't gotten your TennCare renewal packet already, look for it in the mail. It should arrive soon.

Renewals started April 1, which means it's a great time to make sure TennCare has your correct contact info on file. That way they can get in touch with you about your benefit renewal.



You can update your info at [tenncareconnect.tn.gov](http://tennconnect.tn.gov). Or call **1-855-259-0701**. And don't forget to sign up for your online TennCare Connect account. There, you can manage your benefits, renew your coverage and choose how TennCare gets in touch with you.