

Issue 3, 2026

my BlueCarePlus

A Health & Wellness Newsletter From BlueCare Plus Tennessee

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**For you.
With you.**

Dear Member,

Welcome to our summer newsletter.
In this issue, we'll share info on:

- › Earning rewards for taking care of your health
- › Staying safe and healthy in the summer
- › Setting up your online account
- › Assistive technology
- › TennCare renewals
- › Your health plan checklist

We're glad you're a member.

And we're here if you have questions about your benefits or need help using them. Visit us online anytime at bluecareplus.bcbst.com. Or give us a call at **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.

Best of Health,

Your Member Care Team



Stay in touch with your care team with the CareTN app

The **CareTN** app lets you connect digitally with your care team. And it includes special programs for people with certain health conditions.

You can download the app for free on your smart device. [Click here](#) to get it from the App Store® or Google Play®. Use the access code **bcpbluewell** to get started.

Take Care of Your Sight with a Diabetic Eye Exam

A diabetic eye exam can help find changes in your eyes caused by diabetes, even if you don't have any symptoms.

Diabetes can damage the tiny blood vessels in your eyes. You may not have any symptoms. That's why people with diabetes should get their eyes checked regularly. These exams can help find damage early, when it can be easier to treat. You also have a better chance of preventing more damage the earlier you find it.

Having a diabetic eye exam every year can help protect your vision. And if you qualify, you may be able to earn a \$25 gift card just for getting this exam.

How to earn a reward for your diabetic eye exam

Sign up for **MyHealthy Rewards** at myhealthyrewards.healthmine.com. Then complete your eye exam. You can earn a reward for having your exam:

- › At your Primary Care Provider's (PCP) office
- › At one of our wellness events
- › At an eye doctor in our network
- › In your own home



Source: <https://diabetes.org/health-wellness/eye-health/diabetes-your-eyes-getting-started>

Gift cards are available to eligible members as part of the BlueCare Plus Tennessee rewards and incentives program. Starting in 2026, you'll need to be signed up for MyHealthy Rewards to earn rewards offered through the program. Some restrictions may apply with reward use. Total rewards and health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. One reward per healthy activity per year. Dates of service must be in the current plan year. Rewards will be administered once the claim is processed, which can take up to 90 days. Activities that earn rewards are subject to change. One reward for in-home, virtual or primary care visit per year.

Staying Safe in the Summer Sun

Summer's a great time to get outside. It's important to protect yourself from the sun and heat.

Too much ultraviolet light can raise your risk of skin cancer. But some simple things can help keep you safe and lower your chance of skin damage.

- › **Spend time in the shade.** And try to avoid being outside between 10 a.m. and 4 p.m., when the sun is the hottest.
- › **Wear long-sleeved, lightweight clothing.** Tightly woven fabrics can help protect you best.
- › **Wear a wide-brimmed hat,** with a brim that shades your face, ears and neck.
- › **Use sunglasses** that protect against UVA and UVB rays to help protect your eyes.
- › **Choose broad-spectrum sunscreen with at least SPF 15.** And reapply it as the package says.
- › **Stay hydrated.** Carry a water bottle with you. And ask your doctor how much water you need every day.
- › **Use fans or air conditioning** when you're indoors.



If you notice symptoms like muscle cramps, heavy sweating, shortness of breath or dizziness, call your doctor. You may be overheated and need medical care.

Source: <https://www.cdc.gov/skin-cancer/sun-safety/index.html>; https://www.cdc.gov/heat-health/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fextreme-heat%2Fabout%2Findex.html

Make Healthy Choices with Fresh Summer Produce

Fresh Mango Salsa

This mango salsa recipe from the USDA is a quick and healthy side. Try serving it with grilled or baked fish or chicken. You can double it to serve more people.

Yield: 8 servings

Prep time: 10 minutes

Ingredients

- › 1 medium mango (peeled, pitted and diced, or 1 cup thawed frozen chunks)
- › 1 tablespoon red onion (diced)
- › 1 tablespoon cilantro (optional)
- › 1/4 teaspoon salt
- › 2 tablespoons lime juice (bottled or fresh)

Steps

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.



Looking for new ways to add more fruits and veggies to your diet? Summer is a great time to start!

Add berries to your meals

Adding berries to your morning oatmeal or cereal is a good way to add extra vitamins and fiber to your breakfast. You can even add berries to your favorite salad for a burst of color and flavor.

Sauté summer squash

You can use summer squash lots of ways to add extra nutrients to your day. Squash is a good source of magnesium, B vitamins, fiber and vitamin C. Try roasting or sautéing squash with olive oil and spices. Or spiralize it and serve with your favorite sauce for a healthy pasta substitute.

Source: <https://www.nutrition.gov/recipes/fresh-mango-salsa>

Set Up Your Online Account

If you haven't set up your online account and signed up for texts and emails from us, now's a great time to get started.



You can use your account to:

- › Check your claims and balances.
- › Review your benefits.
- › Chat with us online.
- › Request a new Member ID card or get a digital ID card.

Visit bcbst.com/accountsettings to sign up for texts and emails from us. Or give us a call at **800-332-5762**, TTY **711**. We can help you sign up.

From **Oct. 1 to March 31**, you can call from 8 a.m. to 9 p.m. ET, seven days a week. From **April 1 to Sept. 30**, you can call from 8 a.m. to 9 p.m. ET, Monday through Friday.

Your 2027 plan materials are coming soon.

Be sure to review them to see what's changing for 2027.

Visit bluecareplus.bcbst.com/yourmaterials. Then log in to your account. On Oct. 15, 2026, you'll be able to:

- › See what doctors, hospitals and pharmacies are in our 2027 network.
- › See what prescriptions are on our 2027 drug list (formulary).
- › View a copy of your plan's 2027 Evidence of Coverage.

How Technology Helps People With Disabilities

Technology helps people live more safely and do things on their own. It can help make everyday tasks easier.

Many people use assistive technology every day. Some tools are simple, like magnifiers or timers. Others are high-tech—like screen readers or speech devices.

Smart home tools let people use their voice to turn on lights, lock doors or change the temperature. Alarms can remind someone to take medicine. Other sensors may call for help if someone falls.

Hearing aids, captions and sound alert tools help people stay aware of what's happening around them. Screen readers and magnifiers help people with low vision read and use websites.

People who can't speak can use tools as simple as a board with pictures to help them find a voice. They can also use switches or software they can control with their eyes.

All these tools help people feel more confident and independent. As technology gets better, people with disabilities have even more ways to live the life they want.



Ready to learn more?

Talk to your caregivers and support or care coordinator. They can help you decide what technology can assist you. Or go to tn.gov/disability-and-aging/disability-aging-programs/enabling-technology.html. There, you can watch videos to see how different devices work.

Note: This information applies only to Employment and Community First CHOICES members.



TENNCARE RENEWALS

Don't Miss Your TennCare Renewal

TennCare renewals happen every year. That means TennCare will see if you're still eligible for your Medicaid benefits.

When you get a renewal packet, fill it out and send it back as soon as possible. If you don't fill it out, TennCare may end your benefits. If that happens, you won't be able to keep your BlueCare Plus Tennessee plan, either.

It's important for TennCare to have your current contact info on file. That way they can get in touch with you about important information, like your benefit renewal. You can update your info in two ways:

1. Online at tenncareconnect.tn.gov
2. By phone at **855-259-0701**

And don't forget to sign up for your TennCare Connect account online. You can manage your benefits, renew your coverage and choose how TennCare gets in touch with you.



Your Health Plan Checklist

Use this checklist to help you get the most out of this newsletter and your benefits.

- ☐ **Schedule your diabetic eye exam, if you need it.** See [page 1](#) for more info.
- ☐ **Create or log in to your [MyHealthy Rewards account](#).** See how on [page 1](#).
- ☐ **Set up your online account.** Learn more about your benefits, see your claim summaries, get a digital ID card and more. See [page 4](#) for more info.
- ☐ **Review your 2027 plan materials.** On Oct. 15, 2026, all your important 2026 plan materials will be available in your [online member account](#). For more details, go to [page 4](#) of this newsletter.
- ☐ **Join our Member Experience Panel.** It gives you a chance to tell us what we're doing well and what you think we can do better. Apply for the panel online at bcptn.enrolleevoice.com/apply. Or call us at **800-332-5762**, TTY **711**.



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This newsletter is published as a service for BlueCare Plus Tennessee members. It's not meant to take the place of your provider's advice.

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.

Healthmine, Inc. is an independent company that provides member rewards programs for BlueCare Plus Tennessee. Healthmine does not provide BlueCare Plus Tennessee branded products and/or services. Healthmine is solely responsible for product and/or services they provide.

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

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 sex¹. ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-332-5762 (TTY: 711) or speak to your provider. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-332-5762 (TTY: 711) o hable con su proveedor.

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتدسيقات يمكن الوصول إليها مجاناً. اتصل على الرقم 800-332-5762 (الهاتف النصي: 711) أو تحدث إلى مقدم الخدمة.

¹ Consistent with the scope of sex discrimination described at 45 CFR 92.101(a)(2)

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