Issue 4, 2026

my BlueCarePlus

A Health & Wellness Newsletter From BlueCare Plus Tennessee



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BlueCare Plus Tennessee

For you. With you.



CARE CORNER

Dear Member,

Welcome to our fall newsletter. In this issue, we're sharing tips to help you stay healthy and safe as the seasons change. You'll find:

- Tips for eating well this holiday season, with helpful tips for people with diabetes
- How to get medical and mental health care at home
- How to earn a reward for getting your Annual Wellness Exam
- More information on Employment and Community First CHOICES benefits

We're grateful to have you as a member.

And we're here to support you every step of the way. 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

CareTN TENNESSEE

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.

PREPARING FOR 2027

Thank You for Being a Member

Thank you for being a BlueCare Plus Tennessee member. We're here for you. And we want to continue to support you on your health journey.

Your 2027 plan

Some members will be moved to a new plan next year. So it's important to check out your plan materials for 2027. You can see what your benefits are and what's changing.

One of the best ways to review these plan materials is through your online member account. It gives you the most up-to-date info and materials you may need.

How to get your materials online

Go to **bluecareplus.bcbst.com/yourmaterials**. Then create or log in to your online member account.

After Oct. 15, you'll be able to:

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



Did you know that beginning Jan. 1, 2027, if you're enrolled in a Dual Eligible Special Needs Plan (D-SNP) in Tennessee, it may need to be with the same company as your TennCare plan? If you got a letter saying your plans must be with the same company, you'll need to take action to avoid your D-SNP plan ending on Dec. 31, 2026. Call us and we can help make sure you're in the right plan for you.

DIABETES CARE

Eat Well Over the Holidays With Diabetes

The holidays can mean a lot of food and treats. But you can still enjoy the season and care for your diabetes.



Try to eat close to your normal times. This can help keep your blood sugar steady. If a meal is later than usual, have a small snack at your normal meal time. Then eat a little less when the meal is served.

Plan your plate before you eat. Start with vegetables. Add a lean protein, like turkey or chicken. Then choose the carb foods you want most, like potatoes, bread or dessert. You don't have to eat every dish.

Eat slowly and drink water. It can take time for your body to feel full. If you want a sweet treat, enjoy a small serving. You can also save part of it for later.

And be sure to check your blood sugar as your provider tells you. If you have questions about your meal plan, ask your provider for help.

Local Harvest Bake

This Local Harvest Bake recipe from the USDA is a hearty vegetable side that can be enjoyed year round.

Yield: 6 servings
Prep time: 20 minutes
Cook time: 25 minutes
Total time: 40-45 minutes



Ingredients

- 2 cups or 8 oz fresh butternut squash, peeled, cubed
- 2 cups or 8 oz fresh beets, peeled, cubed
- 2 cups or 8 oz fresh sweet potatoes, peeled, cubed
- 1 Tbsp olive oil
- ¼ tsp kosher salt or Iodized salt
- ¾ tsp fresh garlic, minced
- ½ tsp dried parsley (optional)

Directions

1. **Preheat oven:**
   Conventional oven: 350 °F
   Convection oven: 325 °F
2. Toss butternut squash, beets, sweet potatoes, olive oil, salt and garlic in a medium-size mixing bowl.
   - Line baking pan (9" x 13" x 2") with a layer of parchment paper. Spray lightly with non-stick spray. Add vegetables to pan and spread evenly.
3. **Bake:**
   Conventional oven: 350 °F for 25 minutes.
   Convection oven: 325 °F for 20 minutes.
4. Cook to 140 °F for at least 15 seconds.
5. Remove vegetables from oven. Garnish with parsley.
6. Hold at 140 °F until served.
   - Serve ½ cup portions.

Source: **https://theicn.org/cnrb/recipes-for-homes/recipes-for-homes-vegetables/local-harvest-bake/**

DIABETES CARE

Protect Your Health with A1C and Kidney Tests

If you have diabetes, two tests can help you keep track of your health. An A1C test shows your average blood sugar over the past two to three months. This helps your doctor see if your care plan is working or if changes may help.



You'll also want to regularly check your kidney health.

Diabetes can hurt your kidneys over time. You may not feel sick at first. A kidney test can help find problems early, before they get worse.

Getting these tests can help protect your eyes, kidneys, heart and nerves. The results give you and your doctor clear steps to take next.

We can help you schedule an appointment or get a ride.

Too busy to get to the doctor?

We offer an in-home test at no extra cost. It's an easy way to take care of your health from home. Just call us for help at **888-245-2417**, Monday through Friday, 8:45 a.m. to 5:15 p.m.

You can also talk to your doctor about other tests you might need during your annual wellness exam.

See **page 7** for more info.

VIRTUAL CARE

Get Support at Home During the Holidays

The holidays can be a busy time. And it may be harder to get to a doctor's office. Teladoc Health® gives you another way to get care from home.

You can talk with a Teladoc Health provider by phone or video. They can help with non-emergency health needs, like a cough, sore throat, cold or flu. They can also send a prescription to your pharmacy if you need one.

Teladoc Health can also help with mental health. You can talk with a licensed therapist from the comfort of home. They can help with stress, anxiety, depression and more.

This support can be helpful during the holidays. You don't have to wait until stress feels too big. You can ask for help when you need it.

Get Started Today

Teladoc Health makes it simple to get help when you need it. You can:

- Visit **TeladocHealth.com**
- Download the app
- Call **800-835-2362** (TTY: **855-636-1578**)



EMPLOYMENT AND COMMUNITY FIRST CHOICES

Support That Helps You Live Your Life Your Way

Note: This information applies to ECF CHOICES members.

Employment & Community First CHOICES is a program that helps people with disabilities live and thrive at home and in their communities. It focuses on your independence, choice and real-life goals.



This program provides supports that help you live as independently as possible. The program supports life in the community. It also assists families and helps you work toward competitive employment when possible.

You can get services that support daily life and activities. These services may help with things like personal care, home supports and community involvement. The goal is to help you live the life you choose.

Person-Centered Planning

Person-centered planning is at the center of the program. This starts with what matters most to you. It looks at personal goals, strengths, likes and dislikes. Then it matches services to those goals.

Our program can help you feel safe and supported. The top services you can enjoy are help with building friendships, choosing where you live and work, and planning for the future.

Want to learn more about the program?

Give your support coordinator a call.

It's Not Too Late for Your Annual Wellness Exam

Your Annual Wellness Exam is a good time to talk with your provider about your health. And if you haven't had one this year, there's still time. We cover your Annual Wellness Visit at no extra cost to you. You may even be able to earn a $50 gift card for getting it done.

This visit lets you and your provider review your health needs. You can talk about any changes to your health. And your provider can tell you what screenings you may need.

You may be able to earn gift cards for eligible screenings. These screenings are important for your health. They can help catch problems early, when they may be easier to treat. Log in to your MyHealthy Rewards account to see what rewards you can earn. Or call us for help.



Need help?

Log in at **myhealthyrewards.healthmine.com**. Or call MyHealthy Rewards at **866-267-3367**, TTY **711**. They're open Monday through Friday, 9 a.m. to 6 p.m. ET.

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.

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 products and/or services they provide.

Your Health Plan Checklist

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

- ☐ **Schedule your A1C and kidney tests.** See page 4 for more info.
- ☐ **Create or log in to your MyHealthy Rewards account.** See how on page 7.
- ☐ **Set up your online account.** Learn more about your benefits, see your claim summaries, get a digital ID card and more.
- ☐ **Review your 2027 plan materials.** On Oct. 15, 2026, all your important 2027 plan materials will be available in your online member account. For more details, go to page 1 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.

BlueCare Plus Tennessee

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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.

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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 sex[1]. 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 بتنسيقات يمكن الوصول إليها مجانًا. 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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