



health support

**You take care of so much.
Let us help you.**

Everyone needs extra support sometimes. Do you or your child want help making healthy changes? Or do you need support with a long- or short-term health issue or injury? Our care team is here to help.

We want to help you improve your health and your life.

Extra help is free through your benefits. You can use it if you want, and you can start or cancel at any time with just a call. We're here whenever you need us.



JUST GIVE US A CALL

BlueCare 1-800-468-9698

TennCareSelect 1-800-263-5479

TRS: 711 (ask for 888-418-0008)

**Monday–Friday
8 a.m. to 6 p.m. ET**



Could You Benefit From Our Help?

Do you or your child:

- › Want help making healthy lifestyle changes?
- › Go to the ER often?
- › Have a lot of hospital stays, often one after another?
- › Have long-term health conditions?
- › Need treatment for mental health or substance use issues, like opioids?
- › Need health care before or after a transplant?
- › Have several doctors or other providers?

If you answer yes to any of these questions — or you're pregnant — our in-depth health support can help you.

We'll help you get the right care

First, we'll get you or your child started with your very own care team. We'll get to know you. Then, we'll look at your complete health and your life and find ways we can help you.

We'll work with you and all your doctors to reach your best health and your goals. We can also put you in touch with local agencies and services that could help with some of your everyday needs — like housing, groceries, utilities and transportation.



CARING SUPPORT

When we look at you,
we don't just see your health.
You're a person to us.
And we treat you with care
and respect as we help you
however we can.

Helping You Take Care of Yourself

We can also help you learn good habits and make good decisions about your or your child's health — no matter what life throws your way.

Some special areas we can work on together are:

- › Taking your medicine at the right time and at the right dose
- › Scheduling doctor appointments — we can do it for you and even get you a ride
- › Quitting tobacco
- › Being active and choosing foods to reach a healthy weight
- › Recognizing depression and handling stress
- › Adjusting to changing health needs as you grow older
- › Staying on track with long-term health issues like asthma, diabetes, heart disease or chronic obstructive pulmonary disease



RESOURCES FOR OTHER HELP YOU MAY NEED

bluecare.bcbst.com/healthwise

Find helpful videos, a symptom checker and other valuable information.

24/7 Nurseline

Talk with a nurse about health questions and what kind of care you might need.

- › **1-800-262-2873**

tntogether.com

Find opioid-related resources and community solutions.

Free Rides to Health Care Appointments

- › BlueCare **1-855-735-4660**
- › TennCareSelect **1-866-473-7565** or
- › member.verida.com

Tennessee Tobacco Quitline

Get free counseling in English or Spanish.

- › **1-800-784-8669** or
- › tnquitline.org

samhsa.gov

Detailed information on behavioral health issues and substance use disorders.

Tennessee Mental Health Crisis Hotline

- › **855-274-7471**

988 Suicide and Crisis Lifeline

- › **988**



Do you need help with your health care,
talking with us or reading what we send you?
If so, call us for free at:
BlueCare **1-800-468-9698**
TennCare*Select* **1-800-263-5479**
(TRS: **711** ask for **888-418-0008**)



BlueCareSM
TennCare*Select*

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Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare **1-800-468-9698**, TennCare*Select* **1-800-263-5479**, (TRS: **711: 1-888-418-0008**).

یەدروک :Kurdish

ئەگەر بە کوردی سۆرانى قسە دەکەن، خزمەتگوزارییەکانی وەرگیران بەخۆرایى دەخریتە بەردەستتان. پەیوەندی بکەن بە ژمارە
(TRS: **711: 1-888-418-0008**) **1-800-263-5479** TennCare*Select* **1-800-468-9698** BlueCare

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