

TAKE CARE

O F Y O U



A publication for BlueCareSM and TennCareSelect members



**WELL-WOMAN
EXAMS...**page 2



**FIGHT PAIN
WITH POSITIVITY**
...page 9



BlueCareSM
TennCareSelect

1 Cameron Hill Circle
Chattanooga, TN 37402-0001
bluecare.bcbst.com

We're Right Here – To Help You Find the Right Care

Dear Member:

Finding the right care at the right time can make a big difference in your health. We have many suggestions and ways to help.

Your assigned primary care provider (PCP) is listed on your Member ID card. They're the best choice for minor illnesses and well-care checkups. If you need help making an appointment, just give us a call.

We've included a quick guide to choosing the care you need on page 6. We also have a special team to provide one-on-one support if you work with many providers or deal with a short-term or more serious health condition. See page 14.

Our 24/7 Nurseline can also help you decide what kind of care you need. Call **1-800-262-2873** any time of day or night.

Helping you get the care you need is why we're here. Please let us know what we can do for you.

Enjoy a healthy spring!



A handwritten signature in blue ink that reads "Amber Cambron".

Amber Cambron
President and CEO, BlueCare Tennessee

Join us online!

Learn more about your benefits and get health and wellness tips.

Visit us at
bluecare.bcbst.com.

Like us on Facebook®
at [facebook.com/
bluecaretn](https://facebook.com/bluecaretn).

Follow us on Instagram
at [instagram.com/
bluecaretn](https://instagram.com/bluecaretn).

TAKE CARE

O F Y O U

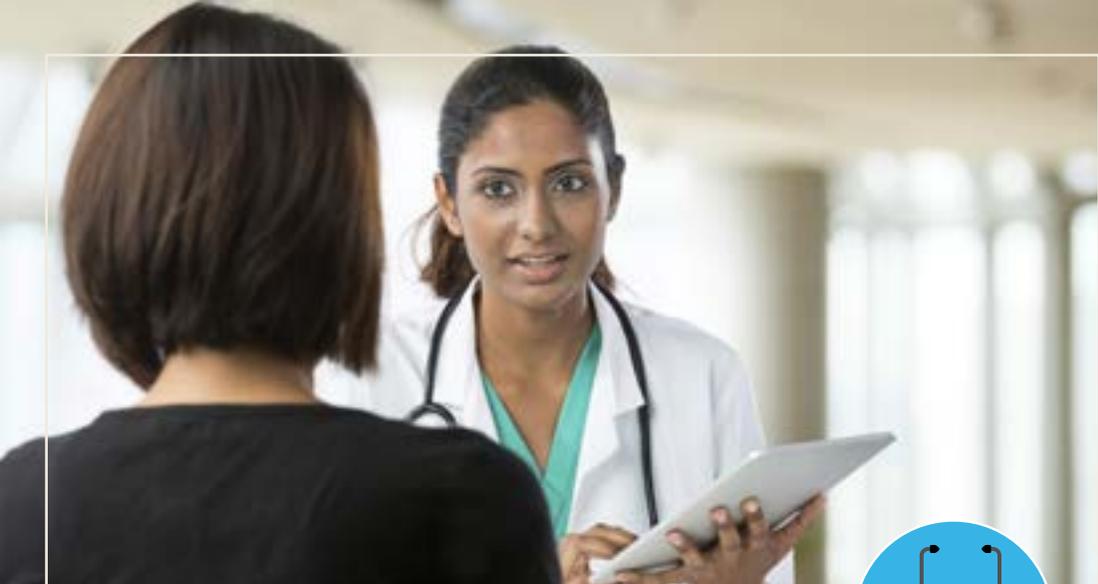
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Take Care of You is published quarterly by BlueCare Tennessee, an Independent Licensee of the BlueCross BlueShield Association.

This information is not meant to take the place of your health care provider's advice.

Take Care of You is posted on bluecare.bcbst.com/MemberInfo in English and Spanish.



WHAT'S INCLUDED IN YOUR WELL-WOMAN EXAM?

As women, we have a lot to keep up with. It's tempting to put our own health needs last. But one healthy step is easy - your health plan includes a free annual well-woman checkup.

You can expect to give a urine and blood sample and get weighed. Your provider will do a manual breast check for lumps or other problems.

You'll also get a pap smear - a screening test to check for cervical cancer and other problems. It's recommended for all women beginning at age 21.

This exam is a good time to discuss birth control, family planning, sexually-transmitted diseases, sex or other concerns.

As you age, a well-woman exam will include a mammogram - an x-ray of the breast to check for breast cancer. You'll have your first mammogram between age 35 and 40 unless you have a lump or have breast cancer in your family.

You and your provider will decide what's right for you.

You'll need mammograms more often as you age. Complete details can be found in your Member Handbook. Check for more information about screenings every woman needs at bluecare.bcbst.com/Members/Your-Health.

No Referral Needed for Women's Health Services

We want to make it easy for you to use your benefits. That's why female members can see a women's health specialist without a referral.

These specialists include obstetricians or gynecologists (OB/GYNs). They provide pregnancy care, well-woman checkups and important screenings like pap tests.

If you'd rather see your primary care doctor for this care, that's covered, too. But you must see a provider in our network for your care to be covered. Check to make sure all providers take BlueCare or TennCareSelect before you see them. We sometimes make an exception, but you'll need an OK from us in order to avoid an unexpected bill.

To find providers in your network use "Find a Doctor" on **bluecare.bcbst.com** or log in to BlueAccessSM. BlueCare members can call **1-800-468-9698**, TennCareSelect members **1-800-263-5479**.



Marijuana Use While Pregnant: Know the Risk

We know you're interested in anything that will keep your baby safe. New reports show more pregnant women are using marijuana (pot), and that's not a good trend according to the American Medical Association.

These moms are more likely to have babies with lower birth weight, anemia and problems with brain development. Their babies also may require a stay in the neonatal intensive care unit before they can come home.

The risks are very clear for substance use while pregnant. Talk it over with your health care provider. You can get help for overcoming substance use as part of your benefits.

Source: Journal of the American Medical Association



"I FOUND HELP TO KEEP MY CHILDREN HEALTHY."

Rosa* is like many BlueCare Tennessee members – a young mother working as hard as she can to care of her children.

"I know getting my children to their medical visits is important," says Rosa, who speaks limited English. "But I get nervous trying to talk to the office, and getting a ride is not always easy."

Rosa finally called customer service. She got help making appointments for her son and daughter. And she learned she could get free rides to her medical visits.

"When I learned there was also a way to get us there, I was so grateful," Rosa adds. In the past, she had to cancel visits when she couldn't find transportation.

Rosa understands how important it is for her children to see a provider even when they aren't sick.

It was a big relief to discuss some of her concerns during a well-child checkup.

"I never understood all of this help was right here. It's a great blessing to my family," she says.

She has a message for other members. "Don't wait to call. No matter what you need, they'll do all they can to help."

Well-child checkups are free until age 21. We can help you set them up and get there. See pages 14 and 15 for more details.



You Can Get a Second Opinion

Most of us want to know as much as we can about our health. Sometimes that means getting a new point of view – a second opinion. We'll help you get one from an in-network provider.

If we can't find a network provider, we'll help you get a second opinion from an out-of-network provider at no extra cost.

Need help with a second opinion? Call the Customer Service number on your member ID card.



Lifeline Offers Discounts on Phone and Internet Services for Members.

Lifeline offers a monthly benefit of \$9.25 toward phone or internet service to low-income individuals. As a TennCare member, you can take advantage of this program.

How do you apply?

1. Choose a participating Lifeline provider in your state (a phone, cell or internet company)
2. Apply for Lifeline through the provider
3. Prove your eligibility (show your Member ID card)

Lifeline is a program of the Federal Communications Commission. For more information, visit lifelinesupport.org.

Know When and Where to Get Care

There are different kinds of care. Choose what's right for you and your health.

No matter what you choose, your primary care provider is there to make sure all of your health needs are being met. If you visit an emergency room or urgent care, follow up with your primary care provider (PCP).

Also tell your PCP about all visits to other providers – like a specialist to treat asthma or a heart condition. And ask the other providers to send a report to your PCP.



Soon Primary Care Provider's (PCP) Office

Your or your child's primary care provider offers general care, like checkups and treating minor health problems.

But during cold and flu season, getting an appointment can take a few days.



As Quickly As Possible Urgent Care Clinic*

An urgent care clinic can help with less serious problems when your primary care provider is not available. This includes:

- Colds and flu
- Minor scrapes or sprains
- Stomach aches
- Other problems that need attention fast

Often, they're open when your primary care provider is not. You may still have to wait to be seen, but not as long as in the ER.



Now! Emergency Room*

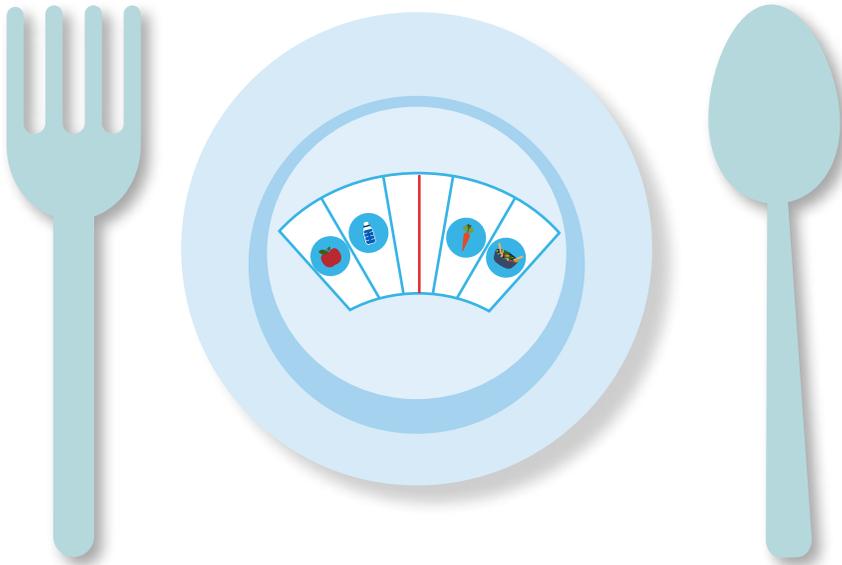
The emergency room is for emergencies like

- Broken bones
- Deep cuts
- Chest pains
- Stroke symptoms
- Other illnesses and injuries that could cause death or serious complications

Avoid going to the ER with a minor problem like a cold or the flu.

In an emergency, don't hesitate. Call **911** or go to the emergency room.

Need help? Call our 24/7 Nurseline at **1 800-262-2873**. These nurses can help you decide what kind of care you need.



KEEP WEIGHT LOSS GOING

Every day, we hear from members who need and want to lose weight. Through one-on-one help, we help them get and stay on track.

Eating one healthy meal isn't hard. It's not even hard to eat three healthy meals in a single day. The hard part is making changes in your daily life so that you start eating healthy – and keep eating healthy – every day.

Getting past slip-ups

Everyone has slip-ups. But there's a difference between slipping up and giving up. Going back to your old eating habits for a while is a slip-up. It doesn't mean that you've failed.

When you slip up, don't get mad at yourself or feel guilty. Think of it as a learning experience. Figure out what happened. Why did you stop? Think of ways to get yourself going again. Learn from your slip-ups so that you can keep on toward your goal of eating healthy.

Want to take advantage of our help with your weight loss goals? Give us a call at **1-888-416-3025**.

Source: Healthwise

Tennessee's Opioid Crisis: How You Can Help

Opioid addiction is becoming more common – and so are deaths caused from overdose. 1,631 Tennesseans died from prescription drug overdose in 2016. Now's the time for us to work together to stop this crisis from growing. And you can start at home – with your family.

What are opioids called?

You may know prescription opioids by names like fentanyl, hydrocodone, morphine or oxycodone. There are also illegal opioids, like heroin. Any opioid sold without a prescription is illegal.

Drugs like fentanyl are strong medicines used to treat serious pain. That can be good when you need relief from pain. But opioids are highly addictive. That means there's a high risk of harm – even death – if you misuse them.

Did you know most heroin users say they started their drug addiction with prescription painkillers?

How to talk to your kids about drug abuse

It's not easy to talk about hard things with your children. But it starts with building openness and trust. The Tennessee Department of Mental Health and Substance Abuse Services has some tips to help:

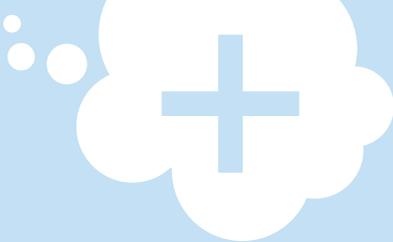
- Be honest with your children. Opioid abuse, addiction and overdose are

serious and deadly. When they know the risks, they're less likely to use drugs. Be sure to let them know they can talk to you if they have questions or need help.

- Be present. Get involved in your children's lives and activities. Do things together as a family often, like eating dinner together. You'll find it easier to have the tough conversations when you have a strong relationship.
- Include religious and spiritual practices in your family life.
- Set rules and expect your children to follow them. Let them know that it's not OK to give their medicine to someone else. And it's not OK to take drugs prescribed for others.

Keep track of where your children are and who they are with. And keep track of their online activity to protect them from websites that sell fake and dangerous drugs.

FIGHTING PAIN WITH POSITIVITY



How to make your home safer

- Keep all your medicine – especially prescriptions – locked up in a safe place.
- Get rid of leftover medicine quickly and safely. Most hospitals, doctor's offices and pharmacies will take it. Or go online to **countitlockitdropit.org** and find a place to drop them off.
- Talk to your doctor about other options for pain relief. Over-the-counter medicine may do the trick when your pain is not too bad. And they have less risks.

Are you or your child having a mental health or substance abuse crisis? Call Tennessee's free crisis hotline any time at **855-CRISIS- 1** or **855-274-7471**.

Do you have questions about substance abuse or recovery? Call the Tennessee REDLINE any time to get free, private information and referrals at **800-889-9789**.

There's hope for coping with pain through methods besides medicines. Controlling your negative thoughts can be the start.

If you're in pain, it's tough not to be negative. But that can increase your sensitivity to pain. More pain can lead to more negative thoughts. That's a cycle that's hard to break.

Anxiety, depression and other behavioral (mental) health issues are also part of this. Studies show that people with more stress and fear get less out of pain medicines. These medicines work best when you get treatment for depression, anxiety and similar conditions.

Behavioral health treatments that can help you deal with pain include:

- Meditation
- Relaxation and deep breathing
- Group and individual therapy

A mix of these other treatments with pain medicines could help you get and stay more positive. That can help break the negative cycle of pain that can lead to a dependence on opioids.

Your health care benefits include behavioral health care. You don't have to have a referral. Exploring the possibilities of other treatments could help you live a better life despite the challenge of chronic pain.

Please let us know if we can do anything to help you get care you need. The phone number for Behavioral Health is on your Member ID card.

Sources:

American Pain Society – americanpainsociety.org
American Chronic Pain Association – theacpa.org
National Institutes of Health – ncbi.nlm.nih.gov

Take Care of Your **BLOOD PRESSURE**



CHOICES members: your other medical problems may mean managing your blood pressure is even more important.

Many adults are working to control their blood pressure through diet, exercise and other changes. High blood pressure can damage your heart, kidneys and blood vessels. It can also lead to serious health problems, like heart attack or stroke.

There's good news: we've got some tips to help you keep your blood pressure in check.

- Have your blood pressure checked often. For many people, a healthy blood pressure is under 120/80, but ask your doctor what your goals should be.
- Eat heart-healthy foods. Foods with low sodium are especially good for lowering blood pressure.
- Get daily exercise. If you have a hard time moving around, talk to your doctor about an exercise plan that's safe for you.
- If you smoke or use tobacco, try to quit. Ask your doctor for help, if you need it.
- If your doctor gives you medicine to help with blood pressure – or other health conditions – take it exactly the way your doctor says to.

Source: Healthwise

Practice Prevention



Keep your child's teeth strong and healthy with preventive dentistry. Preventive dentistry can help avoid cavities and problems with your gums. You can practice this at home by making sure your child is brushing daily, flossing, eating a balanced diet and avoiding sugary foods.

Your child should also see the dentist for regular checkups. Your child should begin seeing the dentist when their first tooth comes in or at age one. The earlier your child sees a dentist, the sooner you can prevent dental problems and help avoid cavities. Children with healthy mouths have better general health, chew more easily and smile with confidence.

Depending on the age of your child, the dental visit may include:

- Cleaning and polishing the teeth
- Demonstration of proper brushing and flossing
- Application of fluoride or dental sealants to protect the teeth from cavities
- Information on nutrition and good eating habits

Practicing preventive dentistry will keep your child's mouth healthy and their smile beautiful.

**Need help finding a dentist or making an appointment?
Call us at 1-855-418-1622 or TTY/TDD 1-800-466-7566.
Or visit our website at www.dentaquest.com.**

Sources:

healthline.com/health/preventative-dentistry

aapd.org/resources

ada.org/en/press-room/news-releases/2017-archives/march/aapd-and-ada-reaffirm-importance-of-early-childhood-dental-visits

knowyourteeth.com/infobites/abc/article/?abc=w&iid=296&aid=1186

thecenterforpediatricdentistry.com/for-parents-and-patients/why-early-childhood



“NO ONE TOLD ME I WAS SUFFERING FROM DEPRESSION.”

“When I look at the symptoms, it seems obvious. But no one told me I was suffering from depression,” says Angela*, a 53-year-old African American woman.

While Angela saw her health care provider for routine care, she admits she didn’t tell him exactly how she was feeling.

“I couldn’t concentrate on anything,” she explains.

“I was tired all the time, but I couldn’t sleep at night. I felt worthless. I lost interest in all the things I used to love doing. I started to feel like the world would be better off without me. Mainly, I was ashamed.”

A close friend finally encouraged Angela to find out about her mental health benefits through BlueCare Tennessee. *“I didn’t even need a referral to see a mental health provider,”* says Angela.

Now she’s getting the treatment she needs.

DEPRESSION DOESN'T DISCRIMINATE

Depression affects all groups of people. But older African American adults are less likely to be diagnosed with depression than white adults with the same symptoms.**

We don't know all the reasons, but some may be cultural. If these individuals aren't getting diagnosed, they're not getting help. And there are proven treatments that can help everyone live the best life possible.

So it's important that everyone tell their health care providers how they're feeling mentally and physically. Like Angela, you may be surprised at how treatment for depression can change your world.

* Name changed for privacy.

** Based on a study by Rutgers University.

Source: <https://www.elementsbehavioralhealth.com/mental-health/depression-among-races-ethnicities>

Member Notices

Member Rights & Responsibilities

Many laws and rules protect our members. You have the right to fair and equal health care. You also have responsibilities – what you must do in order to get your health care benefits.

Your Member Rights & Responsibilities can be found in Part 7 of your member handbook. If you don't have the printed copy of the handbook, find it at bluecare.bcbst.com.

If you don't have internet access, call the Customer Service number on your Member ID card.

Nursing Facility Care for CHOICES Members

If you're a CHOICES Group 1 member, your benefits include nursing facility care. Home care is covered for members of Community Based Services CHOICES Group 2 and Group 3 and Employment and Community First CHOICES Groups 4, 5 and 6.

Groups 2 through 6 benefits may cover medically-necessary nursing facility stays. These are limited to 90 days. If more time is needed, your CHOICES team and primary care provider will work with you to make sure you get the right care.

Please call your Care Coordinator if you have questions about these benefits. Not sure how to reach them? Call the Customer Service number on your Member ID card.

Inpatient Rehabilitation Hospital Services

We look for ways to provide you the best rehabilitation care for your condition. This may be at a clinic, rehab center or provider's office (outpatient care). If medically necessary, you may need to stay in a hospital. We work with your provider to make sure your care is right for you and cost effective.



Free Benefits for Our Members

As your TennCare health plan provider, we think it's important you know what services are available to you. We've listed some of them here, but please see your Member Handbook for complete information.

Well-Care Visits

As part of TennCare Kids, children from birth through age 20 get free checkups. These visits make sure they meet important milestones and get needed vaccines.

They're also covered for all medically-necessary care to treat problems found at checkups. This includes medical, dental, speech, hearing, vision and behavioral health.

Adults also get free well-care visits each year. These include important screenings to prevent disease.

Vision and Dental Care for Kids

Children from birth through age 20 get free vision and dental services.

Vision services include eye exams — plus frames, lenses and contacts (when medically necessary). Find a provider on bluecare.bcbst.com at Find a Doctor. Or call Customer Service at **1-800-468-9698**.

Dental services include regular checkups and cleanings. Children can also get braces and other services (when medically necessary). For more information, call DentaQuest** at **1-855-418-1622** or visit dentaquest.com.

Prescription Coverage

All prescriptions and claims are managed by Magellan Health^{SM**} — an independent company. For more information, call Magellan at **1-888-816-1680**.

One-on-One Health Support —
1-888-416-3025, Monday – Friday,
8 a.m. to 6 p.m., ET

CareSmart® Population Health Program

Want to learn how to manage a health condition or prevent disease? We can provide you with information and advice from health advisors and coaches. It's free for all members, whether you are well or have health issues. You can join or cancel at any time.

CaringStart Maternity Program

Pregnant members can get important information and support from nurses before, during and after pregnancy. It's a free program.

Behavioral Health Care

If you have mental health issues or problems with alcohol or drugs, we can help. You do not need a referral from your PCP.

24/7 Nurseline*

Call and talk with a trained nurse about any health questions or concerns. Nurses are available all day, every day at **1-800-262-2873**.

Help for Members with Intellectual and Developmental Differences

Many of our members need help finding a job and taking care of themselves. The Employment and Community First CHOICES program is here for these members. For more information call BlueCare Customer Service or visit tn.gov/tenncare.

Free Rides to Health Care Appointments

Need a ride to your health care provider or to get a prescription? Contact Southeastrans** for a free non-emergency ride. You'll need to set it up at least three days in advance.

This program can also pay for gas if you or someone else drives to a health care visit. Or you may be able to get a bus pass.

Scheduling a ride online is easy at member.southeastrans.com. Or call the number for your region:
BlueCare East **1-866-473-7563**
BlueCare Middle **1-866-570-9445**
BlueCare West **1-866-473-7564**
TennCare *Select* **1-866-473-7565**
Statewide

Long-Term Services and Supports for Aging or Disabled Members

Through TennCare's CHOICES program, members get caring support and help with everyday activities. Call your CHOICES Care Coordinator for help:

- Before or after you're admitted or discharged from the hospital
- When you need a ride to or from the hospital, a health care provider or drugstore

For more information, call BlueCare Customer Service or BlueCare Tennessee CHOICES at **1-888-747-8955**.

Nursing Care at Home

TennCare benefits include home health and private duty nursing (when medically necessary). You may be able to get the services you need for less at a facility, so be sure you know what's covered. To learn more, call BlueCare Customer Service or visit tn.gov/tenncare.

BlueAccessSM on bluecare.bcbst.com

- Order a replacement for a lost Member ID card
- Print out a temporary card
- Request a change in your assigned primary care provider (PCP)
- Find a health care provider in your network
- Check details on your health plan

BlueAccess is your personal BlueCare Tennessee page, created just for you. It's private and secure. Visit bluecare.bcbst.com, and click on BlueAccess in the top right corner. Setting up your page is easy and fast.

* 24/7 Nurseline offers health advice and support provided by Infomedia Group, Inc. d/b/a Carenet Healthcare Services, Inc., an independent company that does not provide BlueCare Tennessee branded products or services.

** Magellan Health, DentaQuest and Southeastrans are independent companies serving BlueCare Tennessee. They do not provide BlueCare Tennessee branded products and services.

Content for this newsletter is supplied by the Bureau of TennCare for distribution to BlueCare and TennCare *Select* members.

Para información acerca de TennCare in español, llame al **1-866-311-4290**.

This newsletter is not meant to take the place of your health care provider's advice.

BlueCare Tennessee is an Independent Licensee of the BlueCross BlueShield Association

Your Rights

We Protect Your Health Information

We have policies on how we protect your health information. They're based on laws, and we keep them up to date. To make sure we're getting it right, we train our staff every year. We protect all facts about your health, no matter how they are shared or stored – verbally, in writing or in electronic form.

You can read more about this in your member handbook. You'll also find a Privacy Notice on bluecare.bcbst.com, or you can call Customer Service to get a copy.

Report Fraud or Abuse

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free **1-800-433-3982** or go online to <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free **1-800-433-5454**.

TennCare Appeals

Find help to file an appeal for a TennCare service (medical or mental health service, alcohol or drug abuse treatment). TennCare Solutions Unit, toll-free, **1-800-878-3192** (Monday to Friday, 8 a.m. to 4:30 p.m., Central Time).

We Do Not Allow Different Treatment in TennCare

No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability.

- Do you think you've been treated differently?
- Do you have more questions or need more help?
- If you think you've been treated differently, call the Tennessee Health Connection for free at **1-855-259-0701**.

Find the Unfair Treatment Grievance form online at: <https://bluecare.bcbst.com/forms/Member-Handbooks/TennCare%20Discrimination%20Complaint%20Form.PDF>.

More Resources

Apply for TennCare

Use the Health Insurance Marketplace at healthcare.gov. Or call toll-free at **1-800-318-2596**.

TennCare Information Line

Get more information about TennCare. Report changes in your address, income, family size and if you get other insurance. Call **1-800-342-3145** (TTY or TDD: **1-877-779-3103**) or tn.gov/tenncare.

Tennessee Tobacco QuitLine

Free to all Tennessee residents - one-on-one counseling in English or Spanish.

- tnquitline.org
- **1-800-QUIT-NOW** or **1-800-784-8669**
- **1-800-969-1393** for deaf or hard-of-hearing



kidcentraltn

Help for Tennessee families includes links to state services, information and more.



Healthier Tennessee Healthiertn.com

Let's work together toward a healthier you and a healthier Tennessee.

Mental Health Crisis Help

Tennessee Statewide 24/7 Hotline – **1-855-274-7471**

Tennessee Suicide Prevention Network – tspn.org

How Can We Help You?



CUSTOMER SERVICE

8 a.m. to 6 p.m. ET

For questions about using your health plan, vision care, changing your Primary Care Provider or to get help in another language.

bluecare.bcbst.com

BlueCare Members –
1-800-468-9698

TennCareSelect Members –
1-800-263-5479

TTY: Dial **711**, ask for **888-418-0008**

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

Kurdish: ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاریەکانی 1-800-468-9698 BlueCare پەیوەندی بە یارمەتی زمان، بەخۆرای، بۆ تو بەردەستە. پەیوەندی بە 1-800-263-5479 TennCareSelect (711: 888-418-0008) بکە.

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008).

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

TennCare No Permite el Trato Injusto

Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, religión, idioma, sexo, edad o discapacidad.

- ¿Cree que lo han tratado injustamente?
- ¿Tiene más preguntas o necesita más ayuda?
- Si piensa que lo han tratado injustamente, llame gratis a Tennessee Health Connection al **1-855-259-0701**.

Encuentre el formulario de Queja por Trato Injusto en línea en:
https://bluecare.bcbst.com/forms/Member-Handbooks/TennCare%20Discrimination%20Complaint%20Form_Spanish.PDF



BlueCare
Tennessee

1 Cameron Hill Circle
Chattanooga, Tennessee 37402
bluecare.bcbst.com

2nd Quarter 2018

Take Care of You

IN THIS EDITION

FINDING THE RIGHT CARE

KEEP WEIGHT LOSS GOING

MARIJUANA USE AND PREGNANCY

PRSRST STD
U.S. POSTAGE
PAID
BLUECROSS
BLUESHIELD
OF TENNESSEE, INC.

**Learn more about your benefits
and get health and wellness tips.**

Like us on Facebook®
at [facebook.com/
bluecaretn](https://facebook.com/bluecaretn).

Follow us on Instagram
at [instagram.com/
bluecaretn](https://instagram.com/bluecaretn).

Message and data rates may apply. Not required to purchase goods and services from BlueCross BlueShield of Tennessee. Text HELP for help or STOP to stop.

Text
"BlueCareTN"
to 73529 or call
1-888-710-1519
to receive the
latest updates
about your
health care.