

# Make Health Happen

## TennCare covers home blood pressure cuffs for pregnant and postpartum members

Help pregnant and postpartum members stay healthy by checking for early signs of high blood pressure at home.

TennCare now provides no-cost home blood pressure cuffs for members who are pregnant or have recently given birth. Checking blood pressure at home can help find problems early and lower the risk of serious health issues, such as preeclampsia, stroke, and heart disease.



To help spread the word, TennCare has created a [blood pressure cuff flyer](#) that can be shared online or printed and posted.

### Who's eligible?

TennCare or CoverKids members who are pregnant or in the postpartum period.

### Who can order a blood pressure cuff?

Any in-network medical provider can order, and they don't have to be the member's obstetrician.

### How can providers order a blood pressure cuff?

Providers can order through the appropriate durable medical equipment (DME) vendor for each managed care organization (MCO).

Wellpoint Tennessee in-network medical providers can contact Pomelo Care at **901-698-4232** or [pomelocare.com/cuffs](https://pomelocare.com/cuffs).

### Have questions?

For more information about blood pressure cuffs, contact Sara Wilson, maternal health program manager, at [Sara.Wilson@wellpoint.com](mailto:Sara.Wilson@wellpoint.com).



## Three ways to care for your body and mind

### Take care of your body

Your body works hard every day. Taking care of your physical health helps you feel better now and in the future.

Ways to support your physical health:

- **Regular checkups:** Even if you feel healthy, a yearly checkup helps your doctor find problems early and support healthy habits.
- **Physical activity:** Exercise helps your body and mind. It can improve your mood, boost your immune system, and help you sleep better.
- **Healthy eating:** Food gives your body energy. Eating healthy foods and drinking enough water help your body and brain work well.
- **Good sleep:** Sleep helps your body and brain recover. Aim for 7–9 hours each night. Try turning off screens before bed and keeping a regular sleep schedule.

### Make time for mental health

Stress happens, but too much stress can affect your health.

Ways to support your mental health:

- **Talk to a professional:** Your health plan can help you find mental health support.
- **Get outside:** Spending time in nature can lower stress and improve focus.
- **Practice gratitude:** Take time each day to think about what you're thankful for.

### Connect with others

Spending time with others is good for your health.

Ways to stay connected:

- **Be social:** Say hello to neighbors, spend time with friends, or talk with someone you trust.
- **Get involved:** Volunteering helps your community and supports your mental health.
- **Take breaks from social media:** Too much screen time can affect sleep and mood. Try setting limits.



## School-based services IEPs: supporting student success

An Individualized Education Program (IEP) is a written plan created by a public school for a child who needs special education services. A team works together to create the plan, including parents, teachers, and a representative from the local education agency (LEA). Other people who know the child well may also be included.

The plan outlines the supports and services a child needs to succeed in school and receive a free and appropriate public education (FAPE).

It includes current skills, learning goals, how progress is measured, and the services needed in the classroom. Medical or behavioral supports may also be included.

Once parents approve the plan, the school begins providing services. Some behavioral, nursing, and medically necessary therapy services may be covered through TennCare Medicaid, CoverKids, or TennCare Select.

### Help protect your identity by reporting fraud, waste, and abuse

TennCare encourages members and providers to report suspected fraud or abuse.



- **Member fraud or abuse:** Call **800-433-3982** or contact the Office of Inspector General (OIG).
- **Provider fraud or abuse:** Call **833-687-9611**, contact TennCare's Office of Program Integrity (OPI), or email [ProgramIntegrity.TennCare@tn.gov](mailto:ProgramIntegrity.TennCare@tn.gov).
- **Provider fraud or patient abuse (TBI):** Call **800-433-5454**, contact the TBI Medicaid Fraud Control Division (MFCD), or email [TBI.MedicaidFraudTips@tbi.tn.gov](mailto:TBI.MedicaidFraudTips@tbi.tn.gov).

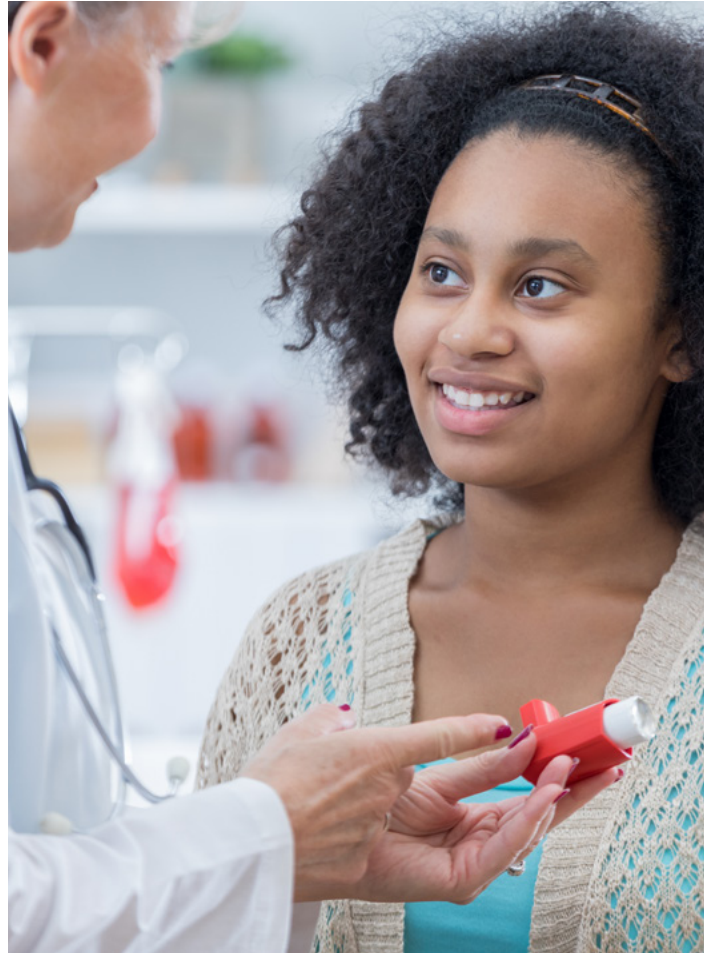
# Thinking about stopping a medication? Talk to your doctor first.

You may want to stop a medication because of side effects, cost, or because you feel better. But stopping a medicine suddenly can be unsafe.

Some medications control things like blood pressure, heart rate, or mood. Stopping them too quickly can cause symptoms to return or worsen.

Before stopping any regular medication, talk with your doctor or pharmacist. Some medicines need to be stopped slowly, a process called tapering. This helps your body adjust and lowers the risk of problems.

Making changes to medications can feel confusing. A quick check with your doctor or pharmacist can help you stop a medication safely and with confidence.



Sources:

1 Harvard Health Publishing. *Stopping a medication? Check first, quit safer* (December 1, 2023): <https://health.harvard.edu/staying-healthy/stopping-a-medication-check-first-quit-safer>.

2 Banner Health: *Don't quit cold turkey: How to safely taper off medication* (January 19, 2025): <https://bannerhealth.com/healthcareblog/advise-me/taper-off-how-to-safely-stop-taking-your-medication>.

## Pharmacy copays



If you have pharmacy benefits through TennCare, you have the right to get the prescriptions you need. If you are unable to make a copay when filling a prescription, providers and drugstores cannot refuse services.\* If you have problems getting your prescription medication, you or your doctor can call the TennCare pharmacy help desk at **888-816-1680**.

\* TennCare Rules 1200-13-13-.08(11) and 1200-13-14-.08(11).



## Social Needs Tool

Our Social Needs Tool lets you search for nearby organizations that can lend a hand when you need a little extra help in life. You can find help with:

- **Food:** meal delivery, SNAP (food stamps), and tools to learn about healthy eating
- **Housing:** help finding shelter or permanent housing, home repairs, and paying for housing and utility bills
- **Goods:** clothing, home goods, medical supplies, and baby and child supplies
- **Transportation:** bus passes and help paying for your car or gasoline
- **Money:** government benefits, loans, taxes, insurance, and classes to help manage money
- **Work:** help finding work or on-the-job aids, retirement, and unemployment benefits
- **Education:** help finding and paying for school for you or your child, GED testing, financial aid, school supplies, and training programs
- **Legal aid:** help finding a lawyer for adoption or foster care, citizenship and immigration, interpreters, discrimination, or identity theft

To get a list of local organizations customized for your needs, you can fill out our short survey online at <https://resource.findhelp.com/forms/resource-prapare-assessment-2025>.



### Dental care vendor

As of November 1, 2025, Renaissance is TennCare's new dental plan. This change does not affect your dental benefits. You can continue using your health plan card for dental visits.

To learn more about your dental benefits, visit <https://tn.gov/TennCare/members-applicants/dental-services> or call Renaissance at **866-864-2526**.

**Did you know you have access to the member handbook online? You can follow these steps:**

1. Visit [wellpoint.com/tn/medicaid](https://wellpoint.com/tn/medicaid).
2. Choose your health plan.
3. Then scroll down to find a link to the member handbook.

If you prefer a printed copy, call us at **833-731-2153 (TRS 711)**. We will gladly mail you one for free.

Who to call ...	For questions about ...
Member Services CoverKids members: <b>833-731-2153 (TRS 711)</b>	Your benefits, special health programs, and other health plan questions.
24-hour Nurse HelpLine: <b>866-864-2544 (TRS 711)</b>	An illness, injury, or other medical concerns.
TennCare Connect Hotline: <b>855-259-0701</b>	Applying to or renewing TennCare.

**Do you need help?**

We have free auxiliary aids and services, like large print, to communicate effectively with you. Call us at 833-731-2153 (TRS: 711)

**Spanish: Español**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-833-731-2153 (TRS/TTY:866-503-0264).

**Arabic: العربية**

ملحوظة: إذا كنت تتكلم العربية، فإن المساعدات اللغوية متوفرة لك مجاناً. اتصل بالرقم: 1-833-731-2153

The [Beneficiary Support System](#) (BSS) helps people who are enrolled in or want to apply for the CHOICES, Employment and Community First (ECF) CHOICES, and the Katie Beckett program. For help call 888-723-8193.

The TennCare Program does not discriminate against people because of their race, color, national origin including limited English proficiency and primary language, age, disability, religion, or sex. Need help filing a grievance? Call TennCare Connect at 855-259-0701.

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