



Do you need help applying for TennCare?

You can apply for TennCare online through **TennCare Connect**. Go to [TennCare Connect](#) online and click on the “Get Started” button. TennCare Connect is a self-service portal that allows applicants and members to create an account, apply for benefits, check their status, report changes, read letters, and more.

Call **TennCare Connect** at **855-259-0701** if you want to apply by phone or have a paper application mailed to you. The paper application tells you how to apply by mail or by fax.

You can also apply for TennCare online at [HealthCare.gov](#) or by phone at **800-318-2596**.

Do you need help applying for TennCare? There are four ways that you can get help:

1. You can call **TennCare Connect** for free at **855-259-0701** to get help over the phone.
2. You can go to any [DHS office](#) in any of Tennessee’s 95 counties. A trained staff person there will help you apply. Call **866-311-4287** to find a DHS office near you.
3. You can get help from private groups. [To find someone near you](#), call **866-475-7879**.
4. If you have a disability, someone can even come to your house to help you apply for TennCare. Just call your local **Area Agency on Aging and Disability (AAAD)** at **1-866-836-6678**.

Do you need help with Medicare costs?

You can apply for a Medicare Savings Program like QMB or SLMB. This may help pay your Medicare premiums and cost-sharing.

You can apply online, over the phone, or with a paper application. You can get a TennCare application on the [How do I apply for TennCare?](#) web page or type in the URL below.

tn.gov/tenncare/members-applicants/how-do-i-apply-for-tenncare.html

For help applying, call the **Tennessee State Health Insurance Assistance Program (SHIP)** at **877-801-0044**. For more information, go to the [SHIP](#) web page or type in the URL below.

tnmedicarehelp.com

Do you need help with long-term care?

If you **have TennCare**, you can call your TennCare health plan (MCO). The number is on your TennCare card. If you **do not have TennCare**, contact your local **Area Agency on Aging and Disability (AAAD)** for free at **1-866-836-6678**. Even if you do not qualify for Medicaid, they can tell you about other programs that may help. If you have a disability, they will even come to your house to help you apply for TennCare. Or you can call **TennCare Connect** at **855-259-0701** for help over the phone.

Do you have TennCare and need help getting services?

Call your health plan to get help. Also, **TennCare Member Medical Appeals** can help you. Call them at **800-878-3192** Monday through Friday, 8 am to 4:30 pm CST. Call anytime if you have an emergency.

Do you have TennCare and need to report a change?

Make sure to report changes to your address, name, income, or household.
Call us at **855-259-0701**. It’s a free call. We’re here Monday through Friday.