

TennCare Support for Moms

We're here to help you stay healthy before, during, and after birth.

Get Help During Your Pregnancy

Your health plan can connect you with one-on-one support to help you stay on track. This support can help you:

- Find a doctor or specialist
- Schedule appointments and send reminders
- Connect to food, housing, transportation, or other support
- Plan for care after your baby is born

You can talk with them by phone, text, app, video, or in-person.

To get started, call your health plan and ask for care coordination. They'll guide you from there.

See a Dentist

Dental care covered by TennCare is free. This includes regular exams, fillings, crowns, and other covered dental care.

Renaissance is your TennCare dental plan. To find a dentist:

- Call 866-864-2526
- Visit [Renaissance's "Find a Dentist" page](https://tenncare.renaissancebenefits.com/find-a-dentist/) at tenncare.renaissancebenefits.com/find-a-dentist/

Bring your health plan card to your appointment.

Health Plan Phone Numbers

If you need help, you can call your health plan.

Renaissance Dental Plan: 866-864-2526

BlueCare: 800-468-9698

TennCareSelect: 800-263-5479

United Healthcare Community Plan: 800-690-1606

Wellpoint: 833-731-2153

TennCare Connect can also help you. Call 855-259-0701 if you have questions.

Rides for TennCare Services

Your health plan offers free, non-emergency rides to doctor visits and the pharmacy. To schedule a ride:

- Call at least 2 business days before your appointment
- You can get free transportation for urgent appointments, like prenatal visits, even with less than two days' notice.
- Let them know if children will be riding with you and if you have car seats
- If a friend or family member can drive you, ask about "mileage reimbursement."

Ride company contact info:

BlueCare: 855-735-4660

TennCareSelect: 855-735-4660

United Healthcare: 866-405-0238

Wellpoint: 866-680-0633

You can always call your health plan and they will connect you.

More Supports for Moms

TennCare offers extra benefits to help you stay healthy:

- Mental health support
- Blood pressure cuffs
- Breastfeeding help, including a free pump
- Free diapers and other supports

To learn more, call your health plan or visit the [TennCare Maternal Health page](https://tn.gov/tenncare/members-applicants/pregnant) at tn.gov/tenncare/members-applicants/pregnant

Finding your Primary Doctor

It's important to keep seeing your doctor, also called your primary care provider (PCP), after your pregnancy. You can find your PCP's name on your health plan card. You can also call your health plan for help or if you want to choose a different PCP.