

Positively UC

A moment to focus on the good our team is doing every day



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SHARING THE EMPOWER UC STORY AT THE CAPITOL

This week, members of our team had the opportunity to share the Empower Upper Cumberland story with the Tennessee House Insurance Committee — and it was a powerful reminder of just how important this work truly is.

Empower was created with one clear goal: to help families feel confident as their income grows. No one should have to turn down a raise or promotion out of fear of losing healthcare coverage. Through education, benefits counseling, and one-on-one support, the program helps families understand their options so they can move forward with clarity and confidence.

To date, more than 900 Upper Cumberland families have received education and support through Empower.

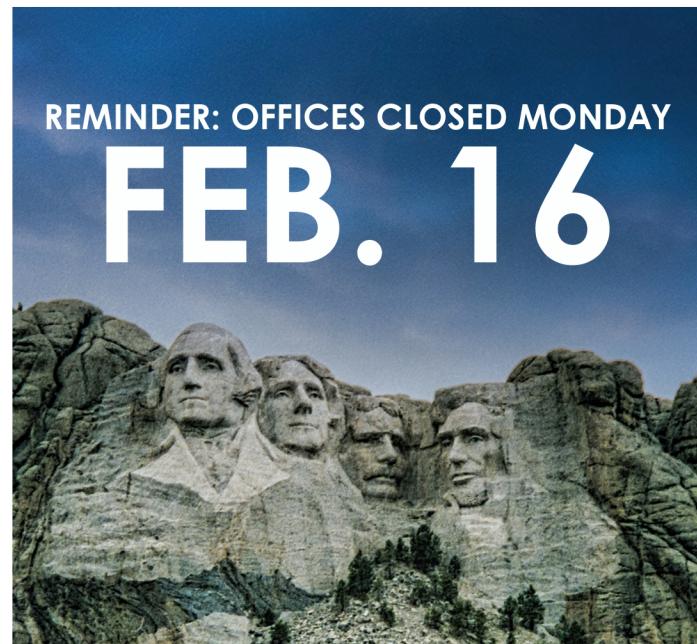
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As we head into Valentine's Day tomorrow, it's a great opportunity to pause and recognize the care, dedication, and professionalism shown by our team each and every day.

The heart you bring to serving our communities and supporting one another makes a meaningful difference.

Thank you for all you do. Wishing everyone a wonderful Valentine's Day tomorrow!



EMPOWER UC AT THE CAPITOL, CONTINUED



Many have increased their wages, and some have successfully transitioned off TennCare as their income improved — without sacrificing their health or financial stability.

What we've learned is simple: families are working hard. When clear, honest information is available at the right time, people can make decisions that create real progress for themselves and their children.

We are incredibly proud of our team for representing this work so well before the House Insurance Committee — and even more proud of the everyday commitment they bring to serving Upper Cumberland families.

The impact you make matters, and this week was proof that others are taking notice.

SAVE THE DATE: 2026 SENIOR & CAREGIVER EXPO ANNOUNCED

The annual Senior & Caregiver Expo date for 2026 has been announced. Mark your calendars for Tuesday, Oct. 26, for food, fun, and resources.

The expo will once again take place at Life Church of Cookeville, from 10 a.m. until 1 p.m. Stay tuned for more information.



WHO WE ARE

OUR MISSION

To help the Upper Cumberland region cultivate self-sufficiency and build true wealth through innovation, collaboration, and leadership.

OUR VISION

A region abundant in resources, fostering a productive and vibrant life for the people of the Upper Cumberland.

get plugged in.

Follow us on social media for the latest updates.

