

## Take charge of your health



Going to see your primary care provider (PCP) once a year for a checkup can help you stay healthy. And being healthy could mean doing better in school, sports and other activities.

### Speak up!

Your body may be going through a lot of changes right now. Talking to your PCP will help you better understand what's going on. If you want time alone with your PCP at your checkup, it's OK to let your parents and your PCP know.

#### Things you and your PCP might talk about:

- Changes your body is going through
- Your body mass index, or BMI (the amount of fat in your body)
- The human papillomavirus (HPV) vaccine
- Sexually transmitted diseases (STDs) – prevention and testing
- Anger, anxiety or depression
- Drug or alcohol use

#### What are some questions you'd like to ask your PCP?

Write them below and bring them to your next appointment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### Need a ride to your checkup?

Call 1-866-680-0633.  
In Nashville, call  
615-248-0121.

This service is free to all members younger than 21. If you are younger than 18, you can have a parent or guardian ride with you. Your parent or guardian needs to schedule the ride.

### INSIDE:

Push back against  
peer pressure

Kick tobacco  
in the mouth



Amerigroup On Call/  
24-hour Nurse HelpLine:

1-866-864-2544  
1-866-864-2545 (Español)  
TTY 711

# I've had thoughts of hurting myself

A bad breakup.  
Moving to a new school. The death of a friend or family member.

Major life events like these are hard for anyone. But for some people, especially those struggling with conditions such as attention deficit hyperactivity disorder (ADHD) or depression, or other health issues, major life events can feel impossible to deal with. They might even trigger suicidal thoughts.

## What are the warning signs?

- Talking or thinking about suicide or death
- Talking about "going away"
- Giving away possessions
- Feeling hopeless
- Withdrawing from friends, family, school and activities
- Changes in habits
- Self-destructive behavior

## Who can help?

If you're having suicidal thoughts, you probably feel very alone. There are people who want to help you.

Or you may think someone you love may harm themselves. Even if you were sworn to secrecy, it's OK to ask for help.

## Reach out to:

- An adult you trust (a relative, counselor, coach, teacher or doctor).
- A crisis line (1-800-273-TALK).



**Access trained telephone counselors  
24 hours a day, 7 days a week:**

National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**

Tennessee Statewide 24/7 Crisis Line: **1-855-CRISIS-1 (1-855-274-7471)**

Or visit the Tennessee Suicide Prevention Network at **[tspn.org](https://tspn.org)**.



# How much is your ADHD affecting you?

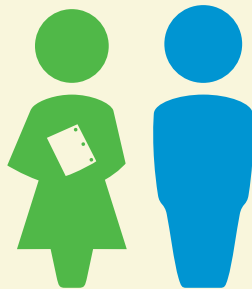
Attention deficit hyperactivity disorder, or ADHD, is a medical condition that makes it hard for a person to sit still, focus and pay attention. Hormonal changes during the teen years can affect your symptoms.

## Here's what you can do: -



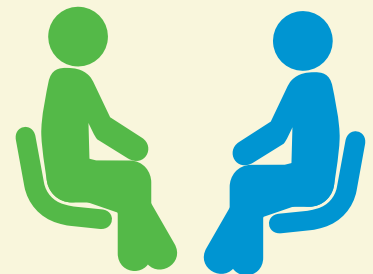
### 1. Visit your doctor –

If you're taking ADHD medication, you might need to adjust the dose or try a new medicine.



### 2. Let your parents and teachers know –

If you need extra help, they can help you find it.



### 3. Talk to a counselor –

Dealing with ADHD can be overwhelming; talking about it can help.

## QUIZ: Which teen do you think might have ADHD?

- a. Sally gets good grades but spends many hours on her homework because she can't focus.
- b. Tom struggles with his grades. He often interrupts the teacher and can't sit still.
- c. Both.

If you answered "c," you're right! Some people with ADHD have a hard time controlling their impulses. Others have a hard time staying focused. Some people struggle with both. If you think you might have ADHD, don't be afraid to talk with a parent, guardian or your primary care provider (PCP) today about getting tested.



# Say no to peer pressure

You may feel like you're the only teen who doesn't drink, smoke or do drugs. But a lot of teens feel this way. Unfortunately, that doesn't make it easy to say no.

## Here are some ideas for how to handle uncomfortable situations.

### Which ones have you tried or are willing to try?

Put a check beside them.

- If you're going to a party where there may be drugs or alcohol, think about what you can say in advance. "I have practice tomorrow. I can't be hungover."
- Use a code phrase with your friends or parents so you can more easily leave a bad situation. "Can you come get me? I have a stomachache."
- Get comfortable saying "no." Some kids may give you a hard time, but you don't have to let what they think of you affect you.
- Hang out with people who feel the same way you do. It makes it easier to say "no."

If you or someone you know has a substance abuse problem, ask a parent, counselor or your doctor for help.

Or call:

**Alcohol and  
Drug Abuse Hotline:**  
1-800-729-6686

**Tennessee Tobacco Quitline:**  
1-800-QUIT-NOW  
(1-800-784-8669)



# Tobacco use and oral health

## It is no secret that tobacco use is bad for you.

It leads to many health problems. Most people correctly associate lung cancer with tobacco use. Numerous oral health problems are also caused by tobacco.

Smoking cigarettes and pipes, and chewing tobacco have been proven to cause oral cancer. Oral cancers include cancers of the lip, tongue, cheeks, mouth, sinuses and throat.

Tobacco use also increases the risk of other oral diseases. Smoking and chewing tobacco can lead to gum disease by affecting how bone and soft tissue attach to the teeth. Smoking interferes with the normal function of gum tissue cells. Smokers are more likely to get gum disease and inflammation around the teeth. Gum disease can lead to tooth loss. In fact, tooth loss is higher in smokers than in non-smokers.

Oral cancer is the most serious oral health consequence of using tobacco.

### Other oral health problems caused by tobacco use include:

- Cavities
- Bone loss
- Bad breath
- Mouth sores
- Hairy tongue
- Stained teeth
- Shrinking gums
- Decreased sense of taste and smell

There are a thousand reasons to not smoke. If you smoke, think about quitting. If you haven't started – don't.



Need help finding a dentist or scheduling an appointment? Call us at 1-855-418-1622 or TTY/TDD 1-800-466-7566. Or visit our website at [www.dentaquest.com](http://www.dentaquest.com).



P.O. Box 62509

Virginia Beach, VA 23466-2509

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# Teen Health

Member Services: 1-800-600-4441 • TTY 711

You have the right to file a complaint about Amerigroup or your care. If your complaint is about either physical health care and/or behavioral health care, you can call Amerigroup at 1-800-600-4441 or write to us at: Amerigroup Community Care, 22 Century Blvd., Suite 220, Nashville, TN 37214.

Tiene derecho a presentar una queja acerca de Amerigroup o su atención. Si su queja está relacionada con la atención médica física y/o la atención médica del comportamiento, puede llamar a Amerigroup al 1-800-600-4441 o escribirnos a la siguiente dirección: Amerigroup Community Care, 22 Century Blvd., Suite 220, Nashville, TN 37214.

**Do you need help with this information?** Is it because you have a health, mental health or learning problem or a disability? Or do you need help in another language? If so, you have a right to get help, and we can help you. Call Amerigroup Community Care at 1-800-600-4441 (TennCare) or 1-866-840-4991 (CHOICES) for more information.

**Do you have a mental illness and need help with this information?** The TennCare Advocacy Program can help you. Call them for free at 1-800-758-1638 (TTY 1-877-779-3103).

**If you have a hearing or speech problem,** you can call us on a TTY/TDD machine. Our TTY/TDD number is 711.

**¿Habla español y necesita ayuda con esta carta?** Llámenos gratis al 1-800-600-4441 (TennCare) o al 1-866-840-4991 (CHOICES).

**We do not allow unfair 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 unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the Tennessee Health Connection for free at 1-855-259-0701.

**Need help in another language?** You can call Amerigroup Community Care for assistance in any language at 1-800-600-4441 or the numbers below. Interpretation and translation services are free to TennCare members.

**Foreign Language Lines** – call if you need help and need to speak with someone in one of these languages:

العربية	(Arabic)	1-800-758-1638
Bosanski	(Bosnian)	1-800-758-1638
کوردی - بادینانی	(Kurdish-Badinani)	1-800-758-1638
کوردی - سۆرانی	(Kurdish-Sorani)	1-800-758-1638
Soomaali	(Somali)	1-800-758-1638
Español	(Spanish)	1-800-758-1638
Người Việt	(Vietnamese)	1-800-758-1638

**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 [www.tn.gov/tenncare/fraud.shtml](http://www.tn.gov/tenncare/fraud.shtml). 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.