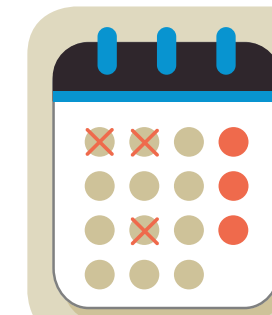


# Teen Health

QUARTER 1, 2017 [www.myamerigroup.com/TN](http://www.myamerigroup.com/TN)



## Attendance matters



The best path for school success is to attend every day in every grade. Missing just one or two days a month adds up — and can have a serious, long-term impact. Make attendance a priority.

Here are a few tips to help you have great, year-round attendance.

- Going to bed early and waking up on time everyday can help you develop the habit of getting to school on time.
- If you must be absent, work with your teacher to make sure you have a chance to learn and make up any of the schoolwork you missed.
- Make sure you know how you are going to get to school every day. And think of a backup plan in case of emergency. A backup plan could be a ride from a neighbor or family friend who is available at that time.
- Stay healthy. It is important to get a regular checkup to make sure you are healthy. Don't forget to get a flu shot and wash your hands to stay healthy and so you won't miss any days for illness.
- TennCare covers well-child checkups, dental care, immunizations, prescriptions, behavioral health services, vision and hearing screenings and more. Talk to your parents or guardian and try to schedule health care provider and dentist appointments outside of school hours.



## Teen Health newsletter

**We obey federal and state civil rights laws.** We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or you were treated differently because of your race, color, birth place, language, age, disability, religion, or sex? You can file a complaint by mail, by email, or by phone. **Here are three places where you can file a complaint:**

### Amerigroup Nondiscrimination Coordinator

22 Century Blvd., Suite 220  
Nashville, TN 37214

Email: [tn.nondiscrimination@amerigroup.com](mailto:tn.nondiscrimination@amerigroup.com)

Phone: 1-800-600-4441 (TTY 711)

Fax: 1-866-796-4532

### Health Care Finance and Administration

Office of Civil Rights Compliance  
310 Great Circle Road, Floor 4W  
Nashville, Tennessee 37243

Email: [HCFA.Fairtreatment@tn.gov](mailto:HCFA.Fairtreatment@tn.gov)

Phone: 855-857-1673 (TRS 711)

You can get a complaint form online at:

<http://www.tn.gov/hcfa/article/civil-rights-compliance>

### U.S. Department of Health & Human Services Office for Civil Rights

200 Independence Ave SW

Rm 509F, HHH Bldg.

Washington, DC 20201

Phone: 800-368-1019 (TDD) 800-537-7697

You can get a complaint form online at:

<http://www.hhs.gov/ocr/office/file/index.html>

Or you can file a complaint online at:

<https://ocrportal.hhs.gov/ocr/portal/lobby.js>





# The vape debate:

## what you need to know

**It's safe to say most teens know that smoking and other tobacco use is dangerous. But what about vaping?**

Vaping tools use electricity to turn flavored liquid into vapor. These include vape pens, electronic cigarettes and hookah pens.

Vaping may seem fun and harmless. You've probably heard that vaping is safer than smoking. That's because it doesn't fill your lungs with harmful smoke. But many health professionals agree that vaping can be harmful to the body. Most vaping tools contain nicotine. It's highly addictive. When you stop using it, you can go into withdrawal and feel depressed and crabby. Over time, nicotine use can lead to serious health problems. Some include heart disease, blood clots and stomach ulcers.

**Because nicotine is so addictive, the best way to quit smoking or stop using vaping tools is never to start.**

If you smoke and want to quit, vaping probably isn't your best option. There's no proof that vaping is safe or successful at helping smokers quit. Talk to your primary care provider about medicines and other proven stop-smoking tools.



Source: [teenshealth.org/en/teens/e-cigarettes.html?WT.ac=t-ra#](https://teenshealth.org/en/teens/e-cigarettes.html?WT.ac=t-ra#)



## Do you want to keep your TennCare?

Be sure TennCare has your current address. Here's what you should do:

### Step 1:

If TennCare has your current address, you do not need to do anything yet. If you haven't given TennCare your current address, you need to call TennCare. It's a free call: 1-855-259-0701.

### Step 2:

Watch for mail from TennCare. Open and read any mail from TennCare and follow the directions. If you don't, you could lose your TennCare.



**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 <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.

**What do you know about your rights?** You can find a listing of your rights and responsibilities as a TennCare and Amerigroup member in the Member Handbook. The Member Handbook is available online ([www.myamerigroup.com/TN](http://www.myamerigroup.com/TN)) or you can call 1-800-600-4441 to request a copy be mailed to you.

# ADHD medicine misuse, sharing and abuse

Medicines used to treat attention deficit hyperactivity disorder (ADHD) are safe and work well when used under a health care provider's care. When taken without a prescription or incorrectly, these drugs can be dangerous.

Teens sometimes abuse ADHD drugs to help them lose weight, focus or stay awake. Not taking your medicine exactly as your provider said you should can cause major health problems.

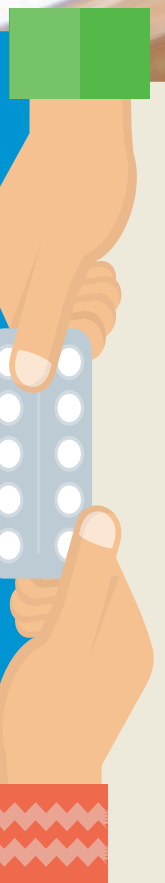
You should never use someone else's prescription. If you have a prescription for an ADHD drug, don't let a friend use it. If you do, you are putting both your friend and yourself at risk.



Sources: [teenshealth.org/en/teens/ritalin.html?WT.ac=t-ra](https://teenshealth.org/en/teens/ritalin.html?WT.ac=t-ra)  
[understood.org/en/learning-attention-issues/treatments-approaches/medications/adhd-medication-misuse-sharing-and-abuse-what-you-need-to-know](https://understood.org/en/learning-attention-issues/treatments-approaches/medications/adhd-medication-misuse-sharing-and-abuse-what-you-need-to-know)

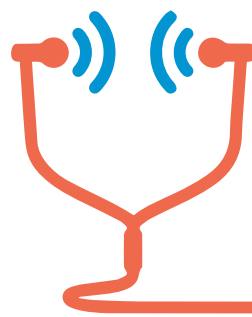
**Taking drugs without a prescription is a crime.**

**So is sharing your medicine with someone else.**





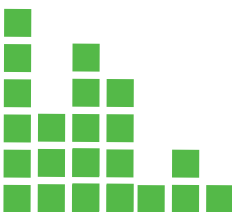
# Earbuds: small but powerful



Listening to music using earbuds allows you to relax and reduce stress. But it can also cause hearing loss even at an early age.

If you answer yes to any of these questions, you may be experiencing hearing damage.

- Are you hearing people's voices less clearly?
- Are you frequently asking people to repeat themselves?
- Does your family ask you to turn down the television because it is too loud, but you hear it at a normal level?
- Can others around you hear the music you are playing through your ear buds?



With a few simple changes to your listening habits, you can keep your ears healthy and lower your chances of hearing loss in the future.

- **Switch to headphones.** Headphones help block out other noises, so you don't have to turn up the volume on your music as loud to hear it well. Compared to earbuds, headphones put the source of sound farther away from your inner ears.
- **Listen at volumes lower than 85 decibels.** That's roughly the sound of city traffic heard from inside a car. Anything higher can cause damage.
- **Take a break.** If you have music playing in your ears for hours at a time, you're putting yourself at risk of permanently damaging your ears.
- **Follow the 60/60 rule.** Never turn your volume past 60 percent and only listen to music with ear buds for a maximum of 60 minutes per day.



Source:  
[pamf.org/teen/health/diseases/mp3hearing.html](http://pamf.org/teen/health/diseases/mp3hearing.html)

## Help with local services

Amerigroup Community Resource Link is a site where you can search for free or low-cost local services for help with:



Housing



Jobs



Education



And more

To learn more, visit  
[amerigrouplink.auntbertha.com](http://amerigrouplink.auntbertha.com)  
or call  
1-800-600-4441  
(TTY 711).

## How to keep your teeth healthy and bright



There are a number of reasons your teeth may not look as white in color as they used to:

1.



**Age:** The white shell of your teeth gets thinner as you get older, and the yellow dentin shows through.

2.



**Some drinks such as coffee** and tea stain teeth.

3.



**Drinks high in acid** such as **soda** and sports drinks can thin the enamel.

4.



**Tobacco** contains ingredients which can make teeth look yellow and stained.

Whitening toothpaste can help a little if your teeth are stained. The toothpaste bleaches and breaks the stains into smaller pieces. This makes your teeth look brighter. Be careful with the home remedies that may claim to whiten your teeth since they may make your gum tissue darker instead of making your teeth whiter. Overuse of whitening products can cause your teeth to be sensitive. So follow the directions on the label and talk to your dentist if you want your teeth to look whiter.

You can keep your smile looking great by having your dentist clean your teeth every six months as well as brushing and flossing daily at home.

If you need help finding a dentist call DentaQuest at 1-855-418-1622.

Source:  
[mouthhealthy.org/en/az-topics/w/whitening](http://mouthhealthy.org/en/az-topics/w/whitening)



## Follow up — don't fall behind

You feel healthy and you're up to date on vaccines. So why not skip a routine exam? While it may not seem like a big deal, missing yearly well-teen checkups can lead to problems.

Your primary care provider (PCP) knows your health history, habits and personality. These checkups allow your PCP to notice changes in your health and catch small issues before they turn into big ones.

After your well-teen checkup, be sure to check back for:

### A follow-up appointment, if needed

To be on the safe side, your PCP may order other exams, like screening for mood or behavioral health problems, based on your family history or other risk factors. Or your PCP might suggest that you get nutrition counseling.

### The next scheduled visit

Your PCP may need to see you more often than once a year. Some conditions such as asthma, ADHD and weight problems mean you need regular and more frequent visits. These visits are important, too.

### Any new health problem that comes up

Your PCP is just a phone call away. If you have questions or concerns, give your PCP a call. You don't have to wait until your next visit to check back in.

# Do you need free help with this letter?

**Spanish: Español**  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-600-4441 (TTY 711).

**Kurdish: کوردی**  
ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاریه‌کانی یارمەتی زمان، بەخۆراییی، بۆ تۆ بەردەستە. پەیوەندی بە TTY (711) 1-800-600-4441 بکە.

**Arabic: العربية**  
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-600-4441 (رقم هاتف الصم والبكم 711).

**Chinese: 繁體中文**  
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-600-4441 (TTY 711)。

**Vietnamese: Tiếng Việt**  
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-600-4441 (TTY 711).

**Korean: 한국어**  
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-600-4441 (TTY 711)번으로 전화해 주십시오.

**French: Français**  
ATTENTION : Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le 1-800-600-4441 (ATS 711).

**Amharic: አማርኛ**  
ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 1-800-600-4441 (መስማት ለተሳናቸው፡ 711)፡

**Gujarati: ગુજરાતી**  
સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-600-4441 (TTY 711).

**Laotian: ພາສາລາວ**  
ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-600-4441 (TTY 711).

**German: Deutsch**  
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-600-4441 (TTY 711).

If you speak a language other than English, help in your language is available for free. This page tells you how to get help in a language other than English. It also tells you about other help that’s available.

**Tagalog: Tagalog**  
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-600-4441 (TTY 711).

**Hindi: हिंदी**  
ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-600-4441 (TTY 711) पर कॉल करें।

**Serbo-Croatian: Srpsko-hrvatski**  
OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-600-4441 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

**Russian: Русский**  
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-600-4441 (телетайп: 711).

**Nepali: नेपाली**  
ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-600-4441 (टिटिवाइ: 711) ।

**Persian: فارسی**  
توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-600-4441 (TTY: 711) تماس بگیرید.

**Do you need help** talking with us or reading what we send you?  
**Do you have a disability** and need help getting care or taking part in one of our programs or services?  
**Or do you have more questions** about your health care?  
**Call us for free at 1-800-600-4441.** We can connect you with the free help or service you need. (For TTY, call 711.)