

Teen Health

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The truth about

STDs

Sexually transmitted diseases (STDs) are common, especially among young people.

STDs are passed from one person to another through sexual contact. Many STDs don't cause any symptoms that you would notice. Some STDs only show up on a test.

Talk honestly with your PCP.
Ask which STD tests and vaccines he or she recommends for you.



**SAFE
LOVE**

Preventing and treating STDs

The only way to completely prevent STDs is to abstain from all types of sexual contact. If someone **is going to have sex, the best way to reduce the chance of getting an STD is by using a condom every time.**

Don't let embarrassment at the thought of having an STD keep you from seeking medical attention. If you think you may have an STD or if you have had a partner who may have an STD, you should see your primary care provider (PCP) right away.

What happens if I don't treat an STD?

STDs are more than just an embarrassment. They're a serious health problem. If untreated, some STDs like chlamydia can **cause permanent damage** such as infertility (the inability to have a baby). Most doctors recommend an annual chlamydia screening for sexually active women younger than 25 years.



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

Amerigroup On Call/24-hour Nurse HelpLine 1-866-864-2544 • Español 1-866-864-2545 • TTY 711

Vision care

for Amerigroup members

Once a year, you should have a vision screening during your TennCare Kids checkup. But if you're having trouble seeing or if your eyes have been hurting or bothering you, tell a parent so that you can have your eyes examined by an eye specialist.



Amerigroup will cover the following if needed for medical reasons only:

- Eyeglass lenses
- Frames
- Contacts
- Other vision care



Your eye doctor will show you which frames you can choose from. If you get contact lenses, follow your doctor's instruction on cleaning them, how many hours you can safely wear them and when you should replace them.

You do not have to see your primary care provider (PCP) before seeing your eye doctor. But the eye doctor must still be in the Amerigroup network.

Find an eye doctor

Visit www.myamerigroup.com/TN and click Find a Doctor. You can also call Member Services at **1-800-600-4441** (TTY 711) to request a hard copy provider directory or to ask if a provider is in your network. We're happy to help you schedule your appointment or coordinate a free ride.



Eating disorders can develop at any age. But males and females are most at risk in their late teens/early twenties. It's more than just going on a diet to lose weight or trying to exercise every day. Eating disorders involve extremes in eating behavior and ways of thinking about eating. The most common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.

Eating disorders: about more than food



You may notice the warning signs of an eating disorder in a friend or family member or yourself. Start with talking to a parent, counselor, school nurse or other trusted adult.

Eating disorders can be caused by complicated emotions. Your Amerigroup benefits cover treatment for mental and emotional problems.

Your primary care provider (PCP) can:

- Answer your questions.
- Screen for problems.
- Refer you to a specialist to get the right care.



Some red flags that might suggest an eating disorder include:

Skipping meals, making excuses for not eating or eating in secret.

Too much focus on food and healthy eating.

Extreme exercise.

Constant worry or complaining about being fat.

Taking laxatives or diet pills.

Going to the bathroom right after eating.

Eating much more food in a meal or snack than is considered normal.

Expressing disgust, shame or guilt about eating habits.

Eating disorders and oral health

Eating disorders like **anorexia** and **bulimia** are very dangerous for many reasons. But did you know they can also harm the health of your **mouth and teeth**?



These disorders can cause:

- Tooth loss
- Erosion of the tooth enamel
- Bone loss in the jaw
- Jagged edges on the teeth
- Altered bite
- Bleeding gums and burning tongue
- Dry mouth
- Swollen glands
- Soreness in the teeth, mouth, throat, tongue and gums

For someone with anorexia, the body is starving. The lack of good nutrition can lead to osteoporosis, which makes the bones weak. If your jawbone weakens, it can lead to tooth loss.

A bulimic person binge eats and then vomits often many times a day. Stomach acid in vomit can eat away at the teeth, which leads to cavities and tooth loss.

Oral health reflects overall health.

This means that a dentist may be the first person to detect an eating disorder. Eating disorders are dangerous, even deadly. If you think you might have an eating disorder, please seek help.

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.

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.



Your sun-safety strategy

The sun's rays feel good, but they're **no friend to your skin.**

Though you won't see it right away, they give you wrinkles and age spots. And they're the top cause of skin cancer. But with a few simple precautions, you can enjoy the sun without risking your skin's health.

Use sunscreen with sun protective factor (SPF) 15 or higher and both UVA and UVB protection, even on cloudy days. This information can be found on the bottle; check it before you buy. As much as 80 percent of sun exposure is incidental – the type you get from walking your dog or eating lunch outside.

Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after you swim or do things that make you sweat.

The sun's rays are strongest between 10 a.m. and 4 p.m. During those hours, take breaks to cool off indoors or in the shade for a while before heading out again.

Wear a hat with a brim and sunglasses that provide almost 100 percent protection against UV rays.

Be extra careful around surfaces that reflect the sun's rays like snow, sand, water and concrete.



Amerigroup
RealSolutions
in healthcare

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Teen Health newsletter

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.

¿Hablamos 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 - سورانی	(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 <http://tn.gov/tenncare> and click on "Stop TennCare Fraud." 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.