

Teen Health

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Coping with social anxiety

Everyone feels self-conscious, nervous or shy right before a presentation or performance, a first date or even the first day of class. It's called anxiety.

Usually you can work past these feelings. For example, practicing your presentation or performance or picking out what you'll wear on your first date or day of class may help relieve some of your anxiety.

But what if you're still having trouble?

Sometimes, no matter what you do, extreme feelings of shyness and self-consciousness turn into such a powerful fear that it gets in the way of life. This is called social anxiety disorder (SAD) or social phobia. And it can make a person feel uncomfortable in social situations.

Little by little, people with SAD can learn to manage fears and develop coping skills to help them feel more comfortable in social situations. Seeking support through therapy, family and friends can also help guide people in overcoming SAD.



What are some other strategies for dealing with anxiety?

- **Stay connected to others.** Talk with someone you trust such as a friend, parent, teacher, coach or guidance counselor. You can also call the Tennessee Statewide 24/7 Crisis Line at 1-855-CRISIS-1 (1-855-274-7471).
- **Take care of yourself.** Get eight to 10 hours of sleep, eat a well-balanced diet and exercise at least an hour every day. Also, avoid drugs and alcohol and keep a regular routine.
- **Take some deep breaths.** When you start feeling anxious, breath slowly and deeply to help your whole body relax.
- **Get active.** When you're ready, try a new activity like joining an after-school club or group or volunteering.



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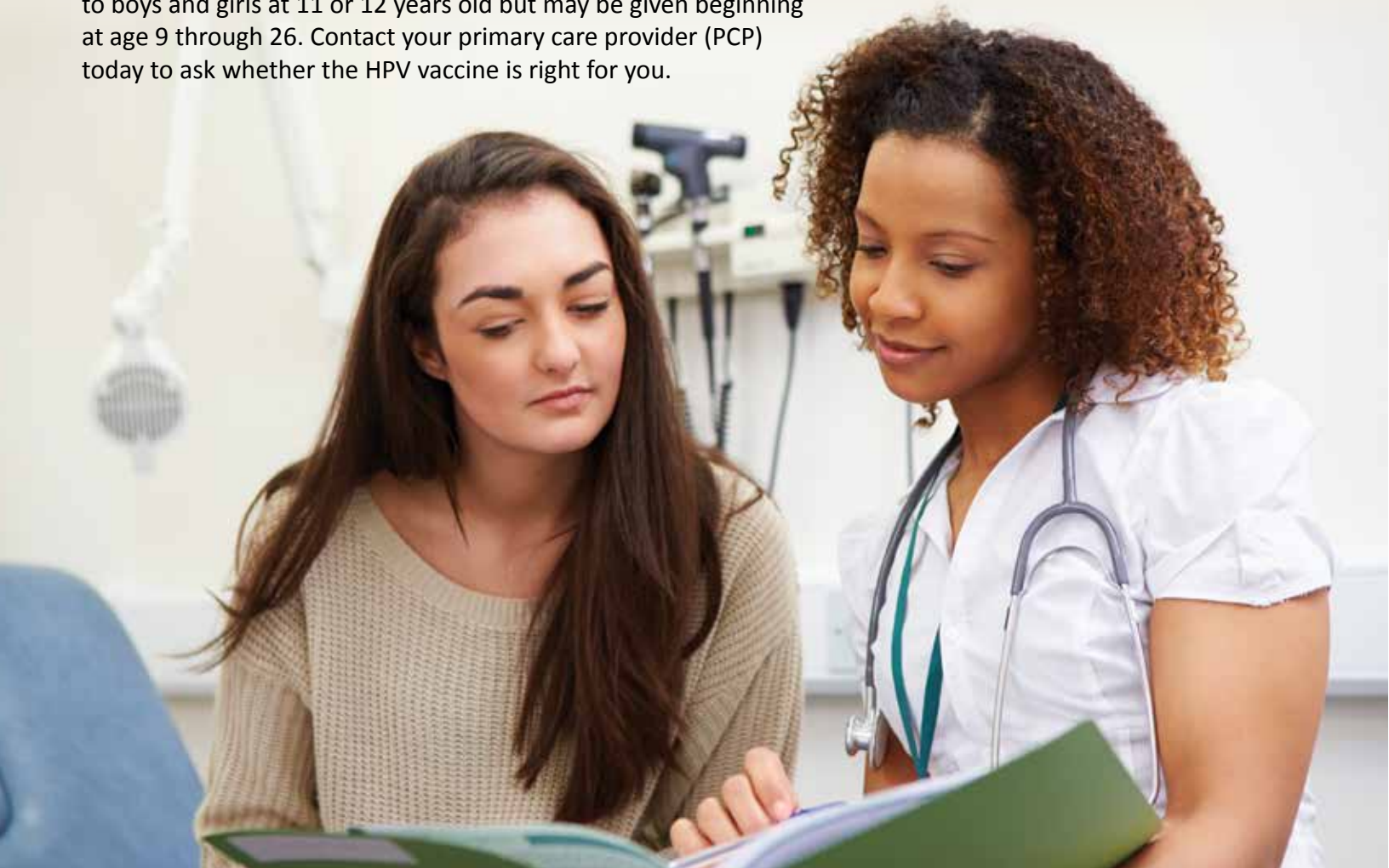
Member Services 1-800-600-4441 (TTY 711)
Amerigroup On Call/24-hour Nurse HelpLine
1-866-864-2544 (TTY 711)
1-866-864-2545 (español) (TTY 711)

What is HPV?

One of the most common risk factors for cervical cancer is a sexually transmitted infection (STI) called human papillomavirus, or HPV.

HPV is a group of viruses that also causes genital warts and other cancers. It's passed from person to person during sex and is very common. Often there are no symptoms so many people don't even know they have it.

An HPV vaccine can prevent most HPV infections. It's usually given as a series of shots over six to 12 months to boys and girls at 11 or 12 years old but may be given beginning at age 9 through 26. Contact your primary care provider (PCP) today to ask whether the HPV vaccine is right for you.



What is cervical cancer?

Cervical cancer happens when cells in the cervix (the lower part of the uterus) begin to grow out of control. The uterus is where a baby grows and develops when a woman is pregnant.



Protect yourself from STDs

Sexually transmitted diseases (STDs) spread from person to person through intimate contact.

You can protect yourself by not having intimate contact at all, practicing safe intimate contact and even going to see your primary care provider (PCP).

**Call your PCP today
to schedule an appointment for
a checkup or an STD screening.**

How can going to see
your PCP help protect
you from STDs?

Circle “True” or “False” for the below
statements. Then check your answers
to see how much you know.

1 My PCP can answer questions
my friends or parents can’t
answer about STDs.

True False

2 I don’t need to see a PCP to
know whether I have an STD.

True False

Answers

- 1 True.** If you can, talk with your parent or guardian about your sexual choices. But you may have questions only your PCP can answer.
- 2 False.** Many STDs have no symptoms. You or your partner can have an STD and not even know it. The only way to know for sure is to see your PCP for an STD screening.

Protect your teeth and smile from Molly and meth

If you love showing off your pearly whites, then stay away from drugs like Molly (ecstasy) and meth.

You already know that Molly and meth can harm your brain and your body, but did you know these drugs could also ruin your teeth and smile?



Molly is a drug that can make you grind your teeth when under the influence. This very serious habit can crack your teeth. Teeth grinding, by the way, can also lead to headaches, neck and earaches. Meth, also called ice or speed, can cause your teeth to decay quickly. Both Molly and meth cause dry mouth, which stops your saliva from cleaning your teeth. You should visit your dentist at first sign of pain or if you see anything that's not normal about your teeth. Meth breaks down your teeth and makes them rot, become black and fall out. This is called "meth mouth."

Stay away from drugs and visit your dentist every six months for a checkup so your teeth will stay healthy and your smile bright!

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

Screen time: finding the right balance

In today's world, children, teens and young adults are growing up in front of a screen like smartphones, laptops, tablets and TVs.

There are some positives to all this "screen time."

The Internet, social media and smartphone apps offer many learning and creative opportunities. They also help with developing skills needed later in life. But studies show that screen time can also affect kids' health and education.

A study by the American Academy of Pediatrics (AAP) says children are spending about seven hours per day on entertainment media.

So how much is too much?

The question that many parents and caregivers may ask themselves is "How much is too much?" Well, this all depends on the age of the child and how the technology is being used. The AAP says children under age 2 should have no screen time. For children over the age of 2, the AAP says screen time should be no more than two hours per day.

Other studies say using too much technology can lead to:

- Attention problems.
- Sleep and eating disorders.
- Being overweight.



There are several ways you can limit your child's use of technology:

- Set up rules.
- Create time limits.
- Limit what your child sees.
- Keep televisions, tablets and computers out of your child's room.
- Be a good role model.
- Set an example by staying active with physical and outdoor activities.

What would it take for you to go get a wellness checkup?

**You're growing up so fast,
and each year may bring
new changes.**

One of the best things you can do to stay as healthy as possible is see your primary care provider (PCP) every year even when you're not sick. This is called a wellness checkup in which your PCP can give you an exam and look for any health problems before they get serious.



For what other reasons would you get yearly wellness checkups?

Check all the reasons that apply to you or write your own reasons in the space below. Then cut off this card and drop it in the mail.

- ☐ I want to be healthy and live longer.
- ☐ I want to stay active and be able to do the things I enjoy.
- ☐ I'm the main caregiver for a family member with special needs.
- ☐ I don't want to be a burden to anyone else.

☐ Other: _____



Building job skills

Preparing for the next step after you finish high school can be a scary task.

One way to make the decision between going to college and entering the workforce after high school graduation is developing necessary job skills.

Between middle school and high school, you start learning skills that will help you prepare for life in college or the workforce. There are many ways to learn these skills, and some are offered through your school right now.

We all know that most people, when they get a job, use reading, writing and math skills learned in the classroom. But it is important to have personal skills and qualities when taking that next step toward college or employment.



Here are some of those skills and qualities:

Having a mature professional behavior

Being on time

Solving problems

Working as part of a team

Being respectful of cultural differences

Setting goals and priorities

There are many ways you can learn these skills and qualities now. Talk to your teachers or school counselor about **career mentoring**. This is when a student is matched with an adult professional and you learn more about what the job requires. **Job shadowing** is another great way to work side-by-side with a professional, go to meetings and learn about what he or she does every day. **Internships and service learning** are also ways to actually work in a job and learn about the responsibilities while earning community service hours or sometimes even get paid.

When you are ready to go to college or get a job, having some of these skills will make you stand out and go straight to the top.



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NASHVILLE TN 37214-9937



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.



TennCare Kids

Do you want to keep your TennCare?

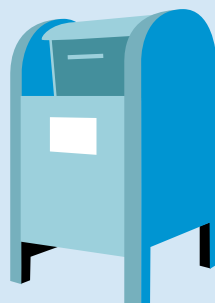
Be sure TennCare has your current address. Here's what you should do:

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.



Help finding 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
www.myamerigroup.com/TN
then click Community Resources
or call
1-800-600-4441 (TTY 711).



Amerigroup
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in healthcare

P.O. Box 62509
Virginia Beach, VA 23466-2509



Teen Health newsletter

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، به‌خۆراپی، بۆ تۆ به‌رده‌سته. پەیوەندی به 1-800-600-4441 (TTY 711) بکه.

Do you need help with your health care, talking with us or reading what we send you? Call us for free at 1-800-600-4441 (TTY 711).

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.myamergroup.com/TN) or you can call 1-800-600-4441 to request a copy be mailed to you.

We obey federal and state civil rights laws.

We do not treat people in a different way because of their race, color, birthplace, language, age, disability, religion or sex. Do you think we did not help you or treated you differently? Then call 1-800-600-4441 (TTY 711) or TennCare at 1-855-857-1673 (TRS 711) for free.

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