

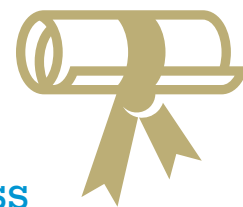
Teen Health

QUARTER 3, 2018 | www.myamerigroup.com/TN



Steps toward your future

Up until this point, the adults in your life have probably helped you make big decisions. But you're now making many of your own choices and beginning to take responsibility for your life. What path will you follow?



Preparing for success

It's just a fact: education after high school is necessary for almost everyone. These steps can help you achieve your goals.

- 1. School attendance.** Just about every teenager wants to stay up late and sleep in the next morning. But that can lead to skipping school. Is that really smart? Start on your homework earlier. Shut off your phone. Set the alarm. You can do it. Learn more about the importance of sleep for teens at kidshealth.org.
- 2. Grades.** Good grades will get you to the next level in life. If you need help, tell your parents, teachers or school counselor. Learn more about good study habits at kidshealth.org.
- 3. Preparing for college.** The sooner you start making plans, the better. Talk to your school counselor about colleges, trade schools, scholarships, grants and loans. Make sure you're taking the courses you need. The HOPE Scholarship helps many students afford the schools of their choice. Get started now. Visit tn.gov/collegepays and kidcentraltn.com.



Member Services 1-800-600-4441 (TTY 711)

24-hour Nurse HelpLine

1-866-864-2544 (TTY 711) ■ 1-866-864-2545 (TTY 711) (español)

Being busy is good, but... is your schedule stressing you out?

Ashleigh is always busy.

In addition to studying hard, she plays in her school band, volunteers with her church group and just started dating a fellow band member. She also has two younger sisters to watch when their mom works at night.

As Ashleigh races through her days, her heart pounds and her stomach hurts. She goes over and over her schedule in her mind, afraid she's going to forget something. Sometimes she feels like she can't breathe.

Does any of this sound familiar?

Some anxiety is normal — like before a big test or a date. But anxiety shouldn't be overwhelming.

Are you feeling the same kind of anxiety as Ashleigh? It may be time to look at what you're doing and cut back on things that put pressure on you. Ask your parents or a school counselor to help you decide what's most important.

If your anxiety continues, you can see a behavioral health provider as part of your TennCare benefits. An adult can help you make an appointment. Or give us a call yourself at the number on the back of your member ID card.



Tips for managing anxiety

- **Stop and just breathe** — deep breaths, slow and steady.
- **Take a break and do something you love** — play with your pet, listen to music, talk to a friend.
- **Go to bed on time** — it's hard to do but you'll feel better if you sleep.
- **Say no sometimes** — you really don't have to do everything, all the time.





Keep your energy up — without caffeine

As a country, we're addicted to caffeine. In the morning, a quick hit of coffee. At lunch, a big soft drink. After school, an energy drink. It's all good — until you crash. Then you're sluggish, grouchy and anxious, and you need more and more caffeine. There's a better way.

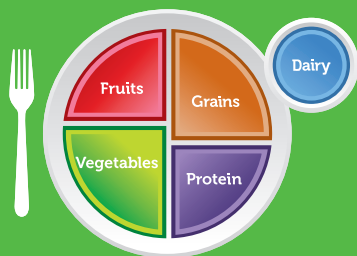
1. **Eat a balanced diet.** It's old advice but so true. You get the most energy from eating proteins, whole grains and green vegetables as well as the right amounts of fats, sugars and carbohydrates.
2. **Drink lots of water.** Water keeps you alert and focused. Drink enough that your pee is barely yellow.
3. **Fuel your body up with energy foods:**
 - Half a cup of trail mix
 - A banana with a spoonful of peanut butter
 - A cup of whole-grain cereal with low-fat milk
 - 12 almonds

This doesn't mean you can never have caffeine. Just practice some restraint.

Aim for no more than 100 milligrams of caffeine a day. That's about how much you'd get in:

- Two 12-ounce sodas
- One 8-ounce cup of brewed coffee
- One shot of espresso (It's in coffee drinks like lattes and cappuccinos.)

Want to learn more about eating healthy? Visit choosemyplate.gov for the best tips and advice.



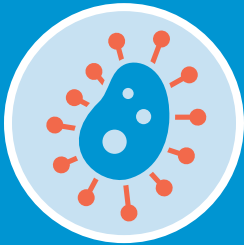
Homemade trail mix

Use your favorite nuts — almonds, unsalted peanuts, cashews or walnuts. Even sunflower seeds will work. Mix with dried apples, pineapple, cherries, apricots or raisins. Add whole-grain cereals. Enjoy!



Top causes and fixes for “dragon” breath

What causes bad breath?



Bacteria

Bad breath can happen anytime because there are hundreds of types of bad breath-causing bacteria that live in your mouth.



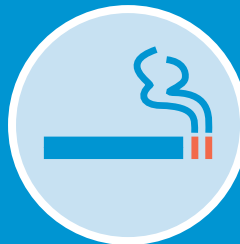
Food

The list of bad breath-causing foods is long, and what you eat affects the breath coming out of your mouth.



Dry mouth

Your mouth might not be making enough saliva. Saliva is important because it works constantly to keep your mouth clean.



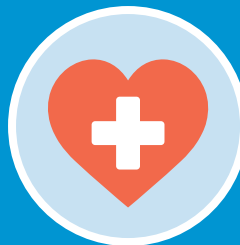
Smoking/tobacco

Smoking stains your teeth, gives you bad breath and puts you at risk for health problems.



Gum disease

If your bad breath just won't go away or you always have a bad taste in your mouth, this could be a sign of advanced gum disease.



Medical conditions

A sinus condition or gastric reflux could cause bad breath.

How can I keep bad breath away?

1. Brush and floss
2. Take care of your tongue
3. Use mouthwash
4. Clean your braces and retainers
5. Chew sugar-free gum or mints to keep that saliva flowing
6. Quit or don't start smoking
7. Visit your dentist every six months for a checkup

Call 1-855-555-1212 to locate a dentist.



DentaQuest

Do you need a sports physical?

Have a complete well-care checkup instead

Whatever your sport is, you'll need a physical to make sure you don't have medical problems that could hold you back. But an even better choice may be a full well-care checkup.

How is a well-care checkup different?

During a sports physical, your health care provider will check your overall health. They're specifically looking for anything that might keep you from playing your sport.

A well-care checkup goes further. It includes an unclothed exam. You'll have your vision, teeth and hearing screened and lab tests and vaccines as needed.

This is also a time to talk about your feelings — like being down or hyper all the time. You can ask about your changing body and any problems with alcohol or drugs. Your provider will give you solid advice to make sure you get the care you need.

Most teens are very healthy, but sometimes, small problems are caught early when they can be cleared up. All of us — kids, teens and adults — need regular checkups for that reason.



Do you want to keep your **TennCare**?

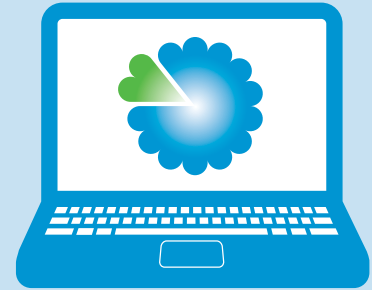
Be sure **TennCare** has your current address.

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.



Division of
TennCare



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), 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, birth place, 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. You can also get a complaint form online at <http://www.tn.gov/hcfa/article/civil-rights-compliance>.

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 Medicaid Fraud Control Unit (MFCU), call toll free 1-800-433-5454.

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: ئه‌گەر به زمانی کوردی قهسه ده‌کهیت، خزمهتگوزاریه‌کانی یارمهتی زمان، به‌خوڕایی، بۆ تۆ به‌رده‌سته. په‌یوه‌ندی 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).



Amerigroup Community Care has a Quality Management/Quality Improvement (QM/QI) program

that guides our processes, including how we look at patient safety. We listen to your comments and look at claims data to help us know where we need to do better.

If you'd like information about our performance, efforts to improve patient safety or QM program, please write to us at:

Amerigroup Community Care
22 Century Blvd., Suite 220
Nashville, TN 37214

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



An Anthem Company

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



Teen Health newsletter

Don't miss out on Healthy Rewards!



Did you know you can earn up to \$50 in rewards just for getting checkups or screenings you were probably going to get anyway? It's our way of saying thank you for taking even more steps to stay healthy.

It's simple. All you have to do is to sign up. Then, once you complete a Healthy Rewards activity, dollars will be added to your Healthy Rewards card.

Sign up today and start earning rewards!

For more information and program rules, call **1-877-868-2004 (TTY 711)** from 8 a.m. to 7 p.m. Monday through Thursday and 8 a.m. to 6 p.m. Friday.



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