



# Teen Health

Quarter 4, 2016    [www.myamergroup.com/TN](http://www.myamergroup.com/TN)



## Just want to have fun with your friends?

Have you thought of taking pills,  
doing drugs or drinking alcohol?

Using pills, drugs or alcohol to fit in with your friends or to have fun may be riskier than you think. It can lead to increasing use which can damage many parts of your life like your:

- Grades
- Trust by others
- Friendships
- Self-confidence
- Future jobs



### Prevention starts with you in your HOME:

**H**ear the trusted adults in your life.

**O**bserve directions carefully and only take medications prescribed to you. All medications can have side effects.

**M**onitor for changes in your emotions when using prescribed or recreational drugs or drinking alcohol.

**E**ncourage communication with your family.

### Help is nearby

If you or someone you know has problems with using pills, drugs or alcohol, talk to an adult you trust.

You can also call your primary care provider (PCP) or the phone number on the back of your member ID card for mental health or substance abuse services.

### Additional resources

- National Institute on Drug Abuse for Teens:  
<https://teens.drugabuse.gov>
- National Institute on Drug Abuse: [drugabuse.gov](http://drugabuse.gov)
- National Suicide Prevention Lifeline:  
**1-800-273-TALK (1-800-273-8255;**  
**TTY 1-800-799-4TTY [1-800-799-4889])**



**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)



# Signs of sleep disorders

Are you sleepy during the day? Do you have trouble going to sleep or staying asleep?

If so, it could be a sign of a sleep disorder.

A lack of good sleep can lead to accidents and injuries, behavior, and learning problems.

**Put a check beside the following signs you are experiencing.**

- ☐ Snoring
- ☐ Breathing pauses during sleep
- ☐ Restless sleep or unusual events during sleep such as nightmares
- ☐ Trouble staying awake during the day
- ☐ Daytime tiredness, mood swings or attention problems



**If you put a check beside any of the above signs,** call your primary care provider (PCP) today to talk about them with him or her.

**Want to sleep better?**

- Set a time for bed at night and a time to wake up each morning.
- Make a bedtime routine such as taking a shower or reading.
- Avoid caffeine and large meals before bedtime.
- Make sure your bedroom is cool, dark, quiet and comfortable.
- Try not to fall asleep watching TV or listening to music.

## 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.



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., Ste. 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., Ste. 220  
Nashville, TN 37214



# Taking care of those teenage teeth

When you're a kid, your parents make you go to the dentist. When you're an adult, you go because you know you should. But when you're a teenager, you feel kind of invincible. We've all been there. And well, we hate to break it to you, but you're not.

Especially when it comes to your oral health. Bacteria don't care how old you are. Dental decay hits at every age. In fact, it's the most common chronic disease in people under 19, according to the CDC.

**Here are some tips for taking care of those teeth so you don't look like an extra from "The Walking Dead" by the time you're 25:**

#### **Watch what you drink.**

Soft drinks and energy drinks are loaded with sugar and acids. That's bad.

#### **Wear a mouth guard for contact sports.**

Over 200,000 mouth injuries occur every year. Wearing a mouth guard can help prevent them.

#### **Avoid tobacco.**

This goes without saying. Tobacco is horrible for your teeth – and just about everything else, too.

#### **See the dentist.**

Twice a year for a cleaning and checkup.

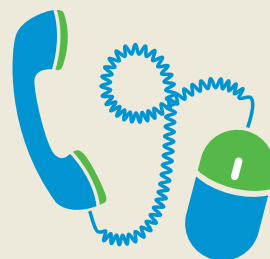
#### **Brush. Floss.**

Brush twice a day. Floss once a day. That alone can keep many oral health problems at bay.

Take care of your teeth now, and you'll look great, and avoid many more serious, expensive and painful problems down the road.

#### **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)**.



# Manage asthma flare-ups at school

If you have asthma, you probably don't like having flare-ups while you're at school.

Having a written step-by-step plan is one of the best ways to help keep asthma under control. You and your primary care provider (PCP) can create an asthma action plan to help you avoid flare-ups and deal with the ones you can't avoid.

## Your action plan will tell you:

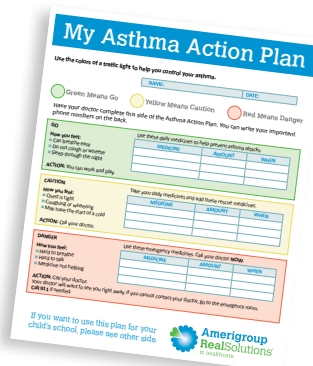
- How and when to take your medicines
- Your asthma triggers
- Signs of a flare-up
- When to call your PCP or go to the emergency room

You can keep a copy of your asthma action plan with you at all times or memorize key parts. Make sure your school has a copy.

Following your action plan will help you know when you might be about to experience a flare-up. It will also let you know when you may need to be excused to use your peak-flow meter or inhaler.

## Never ignore symptoms and hope they'll go away.

Let people like teachers and coaches know what's going on when you have symptoms.



## 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).





## A sound investment

There's nothing like cranking the volume and turning up to your favorite songs. Afterward you may have heard a ringing or buzzing sound in your ears. This is called tinnitus and usually lasts until your ears adjust to normal sound levels.

But did you know too much noise can lead to noise-induced hearing loss (NIHL)?

### How loud is too loud?

- If you have to raise your voice to be understood
- The noise hurts your ears
- You have buzzing or ringing in your ears
- You still don't hear as well several hours later. If this happens, call your primary care provider (PCP) immediately.

### What can you do?

- Turn down the volume on your music player or TV.
- Wear ear plugs or muffs when you're in a noisy environment.
- Wear ear plugs or muffs when using power tools, loud equipment and riding motorcycles or snowmobiles.
- Call your PCP right away if you're having trouble hearing.



## You have better things to do than be sick with the flu

Headaches, chills, fever — nobody likes having the flu. When you're sick, you can miss out on fun events or fall behind in school. But what if you could help keep yourself from getting the flu in the first place?

Getting a flu shot is the best protection from the flu. Minor side effects are possible a couple of days after getting your shot, but having the flu is so much worse. Plus, it won't take much of your time: You can get a flu shot from your primary care provider (PCP).

You've got so much to do. Recovering from the flu shouldn't have to be one of them.

### What else can you do to protect yourself and others from getting sick?

- Wash your hands.
- Eat healthy foods.
- Get plenty of sleep.
- Avoid close contact with others if you're sick.



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**Want more information** about flu shots and staying healthy during flu season? Talk to your PCP or visit [cdc.gov/flu](http://cdc.gov/flu).



# 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 and ECF 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 and ECF 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 (TennCare), 1-866-840-4991 (CHOICES and ECF CHOICES) or the numbers below. Interpretation and translation services are free to TennCare members.

**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.

**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