

# Make Health HAPPEN



Quarter 1, 2021 | [myamerigroup.com/TN](https://myamerigroup.com/TN)

## Well-child checkups 101

Kids and teens grow and change so fast. At yearly physicals, their primary care provider (PCP) can keep an eye on their health through all stages of childhood and youth. You can schedule an annual physical even when kids and teens are not sick.

### Well-child checkups can help the doctor:



- Find health problems early, often when they are easier to treat.
- Prevent certain diseases.

### What to expect during the visit:



- Checking height, weight, and blood pressure
- Going over health history
- A full-body exam, including vision, hearing, and oral health
- Behavior screening
- Vaccines and lab tests (if needed)
- Tips about how to stay healthy



Many doctor's offices are asking patients to wear masks and taking extra steps to prevent spreading COVID-19. If your child or teen is overdue for an annual physical, we recommend calling the PCP's office today so you can schedule the appointment.

# Receiving care while you are pregnant during COVID-19

With everything going on, you may feel uncertain about what is best for you and your baby's health. It is normal to have questions and concerns. **We want to help you feel safe, informed, and prepared.**



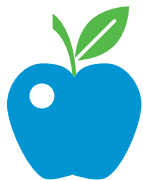
## Concerns about going to doctor appointments

If you are worried, we recommend talking with your doctor. Together, you can set up a plan for your prenatal checkups and decide whether in-person or telehealth visits are right for you. When you do go out, wearing a mask and washing your hands often can help keep you and your baby safe.



## Concerns about going to the hospital

Hospitals are taking every precaution to keep you and your baby safe. You may want to call ahead or ask your doctor about who can be with you in the delivery room and other hospital policies. Your doctor can also help you create a birth plan. Your birth plan lists the hospital you will use, a backup hospital, the medicines you may want to use during labor, and other choices about your delivery.



## If you need help finding healthy food

SNAP and WIC can help you eat healthy during and after your pregnancy:

- **Supplemental Nutrition Assistance Program (SNAP) benefits**, also called food stamps, pays for food at grocery stores, many farmers markets, and other retailers.
- **The Women, Infants, and Children (WIC) program** offers nutritional advice, breastfeeding support, and vouchers for healthy foods to new and expecting moms.

You can visit [tn.gov](https://www.tn.gov) to learn more and apply for SNAP and WIC.

# Apps for teen health



If you or your teen is looking for ways to stay healthy at home, there are lots of free smartphone apps you both can enjoy. Here are some of our favorites you can search for and download in the App Store® or Google Play™.



**LiveHealth Online:** You can have a video visit with a doctor.



**Amerigroup mobile:** You can access your member ID card and find a doctor close to home.



**Medisafe:** Reminders to take your medicines.



**My Fitness Pal:** Tools to track calories, exercise, and weight each day.



**SparkRecipes Healthy Recipes:** You can search through more than 190,000 recipes.



**Fast Food Calories:** You can search for over 20,000 menu items from 108 restaurants.



**Down Dog:** New yoga sessions every day for all skill levels.



**Nike Training Club:** Personalized, guided workouts of your choice.




**Insight Timer:** Learn how to meditate, improve sleep, and manage stress.



**Health:** You can count your steps, choose emergency medical contacts, and store all your crucial medical information.



**Teen Hotlines:** A long list of hotlines and websites where teens can find support for health and wellness guidance.



We hope you can use these apps to improve your health and bond together as a family.

# Managing medications for children with ADHD or ADD



If your child was recently diagnosed with attention deficit hyperactivity disorder (ADHD) or attention deficit disorder (ADD), you are not alone. **These conditions are common and can be treated.**

The doctor may be talking to you about your child trying behavior therapy and certain medications, such as stimulants.<sup>1</sup> We want to help walk you through the process and make this easier for both you and your child.

## Taking medications

If you and your child's doctor decide to try prescription medications, finding the right medicine and the right dose may take some time. Sometimes doctors need to try different amounts and dosages. Scheduling routine follow-up visits with your child's doctor is important in making sure your child's medication works best for them.

You and your child's doctor may have many treatment options to consider. It is important for you to work closely with your child's doctor to choose what works best for your child and your lives.

### When to schedule ADD or ADHD follow-up visits<sup>2</sup>

- One visit within 30 days of starting the medicine.
- Two visits within the next nine months. You could schedule these visits in advance, such as:
  - During the fifth month
  - During the eighth month

At these follow-up visits, you may want to talk about:

- Any side effects your child may be having.
- Noticeable behavior changes since your child's last visit.

1 Centers for Disease Control and Prevention website, *Treatment of ADHD* (accessed October 2020): cdc.gov.

2 National Committee for Quality Assurance website, *Follow-Up Care for Children Prescribed ADHD Medication (ADD)* (accessed October 2020): ncqa.org

## Online and mobile tools to help manage your health

### Amerigroup app

... on the App Store® or Google Play™.



With this app, you can:

- Access your member ID card on your smartphone anytime.
- Find a doctor near you.
- Call a nurse for answers to your health questions 24/7.
- Manage your prescriptions.

### Amerigroup blog

... at [blog.myamerigroup.com](http://blog.myamerigroup.com).



On the blog, you can:

- Read the latest medical news and health tips.
- Learn more about how Medicaid works and about your health plan.
- Find resources in the community.



# Community Resource Link — Social Needs Tool

Our Community Resource Link Social Needs Tool lets members and parents search for nearby organizations that can lend a hand when you need a little extra help in life. You can find help with:



**Food:** meal delivery, SNAP (food stamps), and tools to learn about healthy eating



**Housing:** help finding shelter or permanent housing, home repairs, and help paying for housing and utility bills



**Goods:** clothing, home goods, medical supplies, and baby and child supplies



**Transportation:** bus passes, and help paying for your car or gasoline



**Money:** government benefits, loans, taxes, insurance, and classes to help manage money



**Work:** help finding work or on-the-job aids, retirement, and unemployment benefits



**Education:** finding and paying for school for you or your child, GED testing, financial aid, school supplies, and training programs



**Legal aid:** finding a lawyer for adoption or foster care, citizenship and immigration, interpreters, discrimination, and identity theft



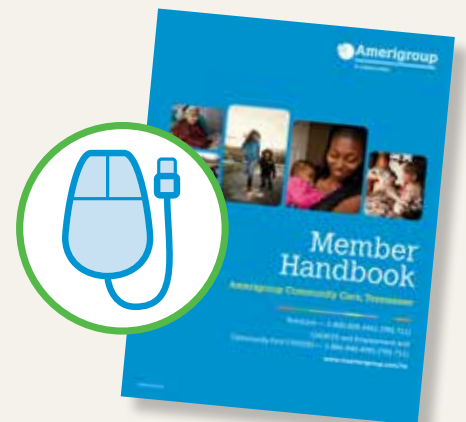
To receive a list of local organizations customized for your needs, you can fill out our short survey online at [bit.ly/aggp-snt](https://bit.ly/aggp-snt).

## Did you know you can access the member handbook online?

### You can follow these steps:

1. Visit [myamerigroup.com/TN](https://myamerigroup.com/TN).
2. Choose your health plan.
3. Then scroll down to find a link to the handbook.


If you prefer a printed copy, you can always call us at 800-600-4441 (TRS 711). We will gladly mail you one for free.





## You can help protect your child's identity by stopping fraud, waste, and abuse

To report suspicious activity to the Office of Inspector General (OIG), you can call 800-433-3982 toll free. You also can go online to [tn.gov/tenncare](http://tn.gov/tenncare) and select **Report TennCare Fraud**. To report provider fraud or patient abuse to the Medicaid Fraud Control Unit (MFCU), you can call 800-433-5454 toll free.

Who to call	For questions about ... 
<b>Member Services:</b> 800-600-4441 (TRS 711)	Your benefits, special health programs, finding a doctor, and other health plan questions.
<b>24-hour Nurse HelpLine:</b> 866-864-2544 (TRS 711)	An illness, injury, or questions about where to receive care.
<b>TennCare Connect Hotline:</b> 855-259-0701	Applying for or renewing benefits.

### Spanish: Español

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-600-4441 (TRS: 711).

### Kurdish: کوردی

ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاریەکانی یارمەتی زمان، بەخۆڕایی، بۆ تۆ بەر دەستە. پەیوەندی بە 800-600-4441 (TRS 711) بکە.

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

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 800-600-4441 (TRS 711) or TennCare 855-857-1673 (TRS 711) for free.

