

Make Health HAPPEN



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Know the facts on vaccines

Right now, you may have concerns about taking your child to the doctor unless they are really sick or hurt. Keep in mind, receiving vaccines on time can help protect your child from serious illnesses.

You can rest assured that doctors and their staff are taking measures to make office visits as safe as possible.

Here are four important facts to know about vaccines:

- 1 Immunization through vaccination is the safest way to protect your child against disease.
- 2 Even if you think your child's risk is low for a certain disease, it is still best for them to receive the vaccine. Diseases will return if we stop receiving vaccinations.
- 3 Combination vaccines take two or more vaccines and put them into one shot. A combined vaccine is just as safe and effective and can save time and money.
- 4 Reports from the American Academy of Pediatrics, the Institute of Medicine, and the Centers for Disease Control and Prevention (CDC) conclude there is no scientific evidence that the MMR (measles, mumps, and rubella) vaccine causes autism.



Even though many illnesses we have vaccines for seem to have disappeared in the U.S., the germs that cause them are still present.

Talk with your child's doctor about how to keep them on schedule with their vaccines.

Sources: CDC website: cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html

World Health Organization website: who.int/news-room/commentaries/detail/embrace-the-facts-about-vaccines-not-the-myths

Staying active and hydrated during pregnancy

Spring is here! It's a great time to lace up your tennis shoes and go outside to move more.

Pregnant women benefit from at least two hours and 30 minutes of moderate-intensity aerobic activity a week.

Here are some outdoor, pregnancy-safe activities you can enjoy this season:

Swimming — burns calories and keeps your body toned without adding weight and stress to your joints

Walking — boosts your mood and energy levels and keeps your heart strong

Yoga — helps relieve stress and pressure on your body

All of this activity will have you reaching for your water bottle. When you are pregnant, your body needs even more water than usual to stay hydrated. How much water you need each day will depend on things such as your activity level, the weather, and your size.



The Institute of Medicine recommends that pregnant women drink about 10 cups of fluids daily.

Stop exercising and call your doctor immediately if you experience any of the following:

- Dizziness
- Headache
- Chest pain
- Calf pain or swelling
- Abdominal pain
- Blurred vision
- Vaginal bleeding
- Less fetal movement
- Contractions

Talk to your doctor before beginning any new exercise routine during pregnancy. They can answer any safety concerns you have and help you create a plan that is right for you.

Sources: American Pregnancy Association website: americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/exercise-and-pregnancy-1059/ | Office on Women's Health website: womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe



Follow these tips for safe exercise during pregnancy:

Start slowly, know your limits, and always do a cool down.

Take frequent breaks as needed.

Do not exercise on your back for an extended period if you are in the second or third trimester. This can put too much pressure on an important vein and restrict blood flow to your baby.

Avoid jerky and high-impact movements. During pregnancy, connective tissues stretch more easily, and these types of movements put you at risk of joint injury.

Avoid activities where you could easily lose your balance. As your baby grows, your center of gravity shifts which can increase your odds of falling.

Do not exercise if you are at an altitude of more than 6,000 feet. It can lessen the amount of oxygen going to your baby.

Do not work out in extreme heat or humidity.

Immunizations (vaccines) **for** adolescents

There are vaccines preteens or teens need to help protect them against infection and disease. These include:



| Vaccine | Protect against | Age | Effects of the illness |
|--------------------------------|---|---|--|
| Meningococcal conjugate | Four types of meningococcal bacteria | 11 or 12 years of age, with a booster at age 16 | Meningococcal bacteria can lead to blood infections or meningitis, which can be deadly if not treated quickly. |
| Tdap | Tetanus, diphtheria, and pertussis (also known as whooping cough) | 11 or 12 years of age | These illnesses can lead to serious health problems, including trouble breathing, violent coughing, heart failure, and even death. |
| HPV | Strains of human papillomavirus | 11 or 12 years of age, three-dose series | HPV can lead to infections that cause six types of cancer and other cancer-causing infections. |

According to the American Cancer Society, HPV in teen girls is down 64% since vaccinations began in the U.S. in 2006.

At your teen or preteen's next checkup, ask their doctor what vaccines they still need.

64%

The Centers for Disease Control and Prevention (CDC) recommends these vaccines be given **before your child's 13th birthday**, and confirms it is safe to receive them all at the same time.

HPV is very common, especially among teens and preteens. Most of the time, HPV goes away by itself, but each year in the U.S., over 35,000 men and women suffer from cancers caused by HPV. Most of these cancers are preventable by receiving the HPV vaccine.

Teens and prescription drug use

In a 2019 study, the National Institute on Drug Abuse surveyed 18,000 high school seniors about adolescent drug misuse. Roughly 11% of those seniors said they misused a prescription drug in the past year, and of those, 44% obtained the drugs from multiple sources.*



There are many reasons why teens misuse prescription drugs:

- To help them focus and study
- To lose weight
- To have fun
- To fit in with peers

When a doctor prescribes a certain medicine to someone, they have done an examination of that person's health and explained to them how to properly take their medicine. It is not safe for your teen to take someone else's prescribed medicine for the following reasons:

- They do not know the right dose.
- They do not know the side effects.
- They do not know how to take the medicine, including what to avoid while on the medication.



Teens who misuse prescription drugs can just as easily become addicted as those who misuse alcohol or other drugs.

Teens often feel pressure; whether it is to make good grades, perform well on a sports team, or to fit in with their peers. Your teen may feel pressured by their friends to try prescription drugs. As a parent, you can help by empowering them with refusal skills. Talk to your teen about how they would react and help them come up with what to say if they are offered prescription drugs.

Here are some tips on how they can say no:

- Compliment the person offering the drug.
- State the problem or consequences.
- Offer an alternative that shows they value the person.
- Leave in a way that will not offend.

You can practice these skills with your teen at home over dinner, or during car rides. Then when faced with a real-life scenario, they will be ready with a response:



- "Thanks for the offer, but I'll pass."
- "The problem is I have a project I need to finish."
- "Maybe we can just hang out."
- "I have to go. I'll see you later."

There are very serious health complications that can occur when taking medicines incorrectly.

Misusing opioids, such as oxycodone or hydrocodone, can cause ...

Vomiting, mood swings, decreased respiratory functions, and even coma or death.

Misusing stimulants, like those used to treat attention deficit hyperactivity disorder (ADHD), can cause ...

Heart failure, seizures, dangerously high body temperature, or an irregular heartbeat.

For more tips on how to empower your child, or for additional resources on teen substance abuse, go to powertotheparent.org. If you think your teen is misusing prescription medication, call their doctor, school guidance counselor, or an addiction specialist today for help.



Manage your or your child's condition with your **Amerigroup benefits.**

We offer resources for you to learn more about your or your child's health condition.

When you call us to start participating in one of our Amerigroup benefits, a care coordinator will work with you or your child to set and reach health goals. A care coordinator will:

- Talk with you about healthcare needs.
- Coordinate care, such as scheduling appointments for different doctors and finding rides to and from those appointments.
- Give information about local support services for specific health conditions.

We are just a click away at myamergroup.com/TN. Visit the:

- **Manage Your Condition** page to learn more about our support services.
- **Health and Wellness** page to learn more about health conditions and find interactive tools and wellness apps.



Steps you can take today



Call us toll free at **800-600-4441 (TRS 711)**, Monday through Friday, 8 a.m. to 5 p.m. Central time.

When you call, we will:

- Set you up with a coordinator.
- Ask you some questions about your or your child's health.
- Start making your or your child's care plan.
- Take you out of the program if you do not want to be in it right now (opt out).

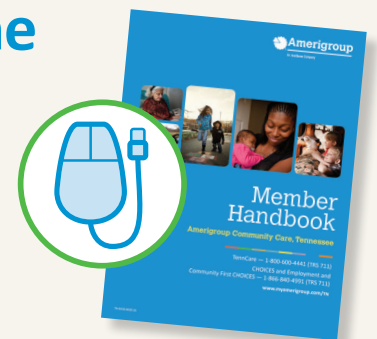
We look forward to working together with you or your child for your best health.

Your member handbook is available online

You can follow these steps to access it now:

1. Visit myamergroup.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.



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, where to find free food, SNAP (food stamps), and tools to learn about healthy eating



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



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



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



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



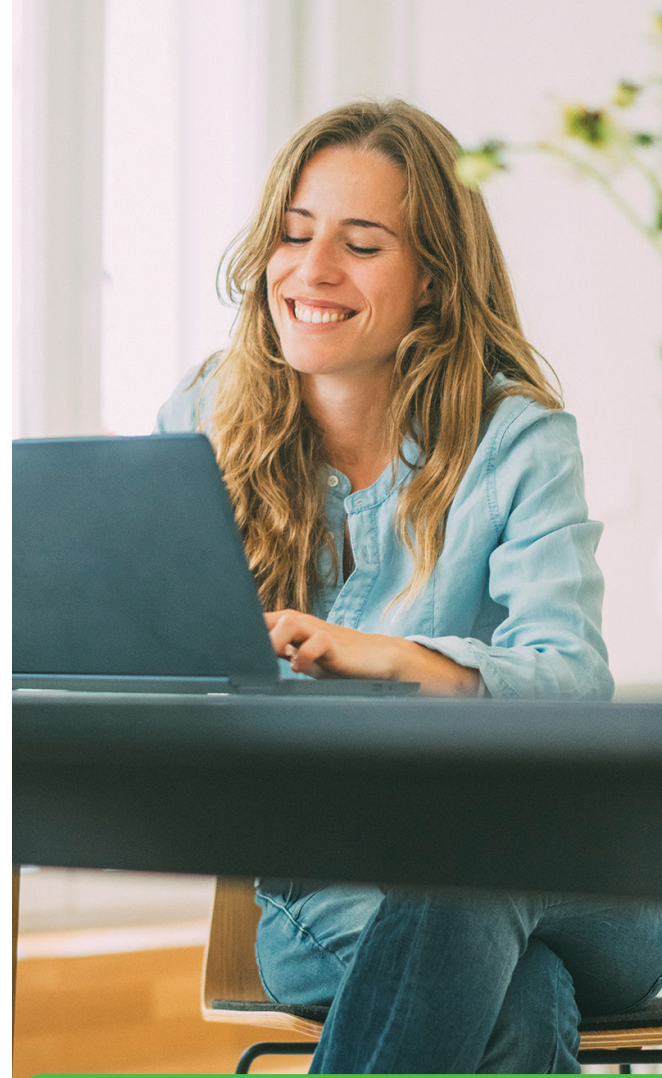
Work: finding work or on-the-job aids, retirement, and unemployment benefits



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 a short survey online at bit.ly/agp-snt.

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.

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.





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 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 ...  |
|---|---|
| Member Services: 800-600-4441 (TRS 711) | Your benefits, special health programs, finding a doctor, and other health plan questions. |
| 24-hour Nurse HelpLine: 866-864-2544 (TRS 711) | An illness, injury, or questions about where to receive care. |
| TennCare Connect Hotline: 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: ئهگهر به زمانی کوردی قهسه دهکهیت، خزمهتگوزاریهکانی یارمهتی زمان، بهخواری، بو تو بهر دهسته. پهیهندی به 800-600-4441 (TRS 711) بکه.

Do you need help with your healthcare, 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.

