

Adolescent and Teen Checkups



Are you taking your medicine as prescribed?

People with many diseases are living longer, healthier lives. That's thanks, in part, to medicines that treat these diseases and help prevent complications. Medicines work best when taken "as prescribed."

WHAT DOES THAT MEAN?

- Take every dose; don't skip doses.
- Don't cut or reduce doses.
- Talk to your doctor before changing how much medicine you take or when you take it.
- Fill your medicines regularly.

This is important advice for all medicines.

REMEMBERING YOUR MEDICINES

- Set your watch or computer calendar to remind you when to take your medicine.
- Put refill reminders on your calendar so you won't run out of medicine.

In the preteen years, your children may push back about well-care checkups. They may give you the classic eye roll and head toss, and "I'm not sick. Why do I have to do this?"

You could reply, "Because I said so." Or you can try asking them to become more involved and make a list of questions that they want to ask at the appointment. This could include:

- Is my body normal for my age?
- Do I need to lose or gain weight? How should I do that?
- What kind of changes could I expect in the next year?

ASK THEM TO LIST OTHER QUESTIONS HERE:

Encourage your children to be open and honest with their personal doctor. As your children grow, they may ask for more privacy during visits. That's normal. Give them some independence, and they may grow more interested in making healthy choices.



Substance Use Disorders and Pregnancy

Some women think some wine, a cigarette, or even a little pot won't harm their unborn child – especially early on. But there's concern about any substance use while you're expecting.

According to the March of Dimes, you should avoid alcohol, street drugs and tobacco throughout your pregnancy.

Do you need help with these behaviors?

Find details on a free stop-smoking program on page 9 of this newsletter. Your health care provider can also offer support and tools to quit.

That same provider can put you in touch with drug and alcohol addiction treatment covered by your CoverKids benefits. But you don't have to see your personal doctor before getting this help. You can find a network provider on bluecare.bcbst.com under Find A Doctor. You can also give us a call to find a provider.

If you're struggling with a substance use disorder, you may feel very alone. We're here to offer you help and hope. Connect with Member Services at 1-888-325-8386.

Resources for Pregnant Members

CaringStart® Maternity Program for pregnant members:

- Support from obstetric (pregnancy) nurses
- Information and educational materials about before, during and after pregnancy
- Coordination of services

Call CaringStart at **1-888-416-3025**, Monday through Friday, 8 a.m. to 6 p.m., Eastern Time. It's a free call.

Text4baby® will send you text messages every week about having a healthy pregnancy and a healthy baby.

- Just text the word "BABY" (or "BEBE" for Spanish) to the number "511411" to get started.
- Or register online at text4baby.org.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition, provided by the Voxiva Corporation, an independent company that does not provide BlueCare Tennessee branded products and services.

Emergency Behavioral Health Help

- Call 9-1-1
- Go to the nearest emergency room or mental health crisis walk-in center
- Call the Mental Health Crisis Hotline, **1-855-274-7471**, toll-free, 24/7

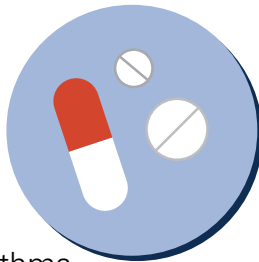


PREGNANCY BENEFITS DON'T COVER YOUR NEWBORN.

Apply for your baby's coverage by calling **1-866-620-8864**.

Call as soon as your baby is born.

What drugs are safe during pregnancy?



Prescription medicines help us all with a wide range of medical conditions. Asthma, high blood pressure and depression are just a few. Could they affect your baby?

There's no answer that fits everyone. Your pregnancy provider is your best source of guidance. You'll help by sharing a list of every drug you take. Include over-the-counter vitamins and herbal mixtures, and let your provider know if you take something new.

Medicines of major concern for expectant moms are prescription opioids. They're drugs used to treat pain after an injury or surgery and include codeine, fentanyl, morphine and oxycodone. They can harm your child. Talk to your provider about other medicines or methods to manage pain.

Opioids are highly addictive. If overuse is a problem for you, your provider can help. There are drugs to help you stop using them. And addiction treatment is available through your benefits.

You're eager to make the best choices for your baby. We're eager to help. Our CaringStart Maternity program offers support and advice and is part of your health plan benefits. Find details on the facing page.

Source: March of Dimes - www.marchofdimes.org/pregnancy/is-it-safe.aspx



No Referral Needed for Women's Health Services

We want to make it easy for you to use your benefits. That's why female members can see a women's health specialist without a referral.

These specialists include obstetricians or gynecologists (OB/GYNs). They provide pregnancy care, well-woman checkups and important screenings like pap tests.

If you'd rather see your personal doctor for this care, that's covered, too.

Only OB/GYNs in our network are covered. Check to make sure all providers take CoverKids before you see them.

Need an OB/GYN or Behavioral Health Provider?
bluecare.bcbst.com - Find A Doctor
Member Services, 1-888-325-8386

