

Tips for Tennessee Teens M-Power Your Health



“Sue” was a volleyball player hoping for a college scholarship. She injured her ankle. Despite treatment, the pain remained. She didn’t want her coaches or college scouts to know, and her doctor wouldn’t give her any more painkillers.

A friend said he could help. His sources were the medicine cabinets of the adults in his life. He could get her what she needed – for a price.

Soon she couldn’t get through the days without more and more drugs. She had mood changes, fuzzy thinking and vomiting.

She stole from parents and friends for drug money. Her grades fell and her athletic skills suffered. Her life became a struggle with addiction.

SADLY, THIS STORY ISN’T UNUSUAL.

Addiction to prescription drugs like painkillers is an epidemic in Tennessee.

PAINKILLERS CAN BE DEADLY

What can parents and guardians do?

COUNT IT!

Count your pain medication every two weeks. This will prevent theft and ensure that medications are taken properly.

LOCK IT!

Lock up your medications and store them in a place others wouldn’t think to look.

DROP IT!

Drop off unused/expired medications for proper disposal. Drop boxes have been established throughout Tennessee. To locate a drop box near you, visit countitlockitdropit.org.

Many teens begin drug use innocently. They don’t think legal prescription drugs can be dangerous. They don’t realize how these drugs can change your body, your brain and your life.

Painkillers (called opioids) work by preventing the brain from receiving pain messages. Taken correctly, these drugs help many people. But problems can happen when these drugs are misused. Opioids include:

- oxycodone (OxyContin)
- meperidine (Demerol)
- hydrocodone (Vicodin)

To help yourself and others:

- Take the medication exactly as prescribed by your provider.
- Never take anyone else’s prescription drugs.
- Never share prescription drugs with anyone else.
- Don’t mix these drugs with alcohol or other drugs.
- Ask for help if you or your friends are in trouble with prescription drugs.

Source: drugabuse.gov

KidsHealth.org



Need help?

Call Member Services at **1-888-325-8386** if you need help to find a provider to treat substance use disorders.

FLU SHOTS ARE FOR TEENS, TOO

The Centers for Disease Control and Prevention (CDC) recommends everyone aged six months and older get a flu shot.

Get a flu shot at your health care provider, the health department, drug stores and at flu shot community events.

The CDC has advised against using Flu Mist® nasal spray this year.

Sources:
Centers for Disease Control and Prevention – cdc.gov

WHAT'S A "PERSONAL DOCTOR?"

Do you think only celebrities could have a "personal doctor?" Not true. Everyone – including you – should have one.

Personal doctors are usually called primary care providers (PCPs). For kids and teens, they may be pediatricians.

You see them for regular checkups and minor treatment. They know your overall health and history. They are the best provider to keep track of all of your medical needs.

You may often see other providers. But your personal doctor needs to be informed and up-to-date on all other care.

Need a personal doctor? Visit bluecare.bcbst.com. Click on Find a Doctor.

HEALTH CARE PROVIDER, URGENT CARE OR HOSPITAL?



Soon

PRIMARY CARE PROVIDER (PCP) OFFICE

Your PCP provides general care, like checkups and treating several health problems.

But during cold and flu season, getting an appointment can take days.



As Quickly As Possible

URGENT CARE CLINIC*

An urgent care clinic can help with less serious problems when your primary care provider isn't available.

This includes:

- Colds and flu
- Stomach aches
- Minor scrapes or sprains
- Other problems that need attention fast

You may still have to wait to be seen, but not as long as you'd wait in the ER.



Now!

EMERGENCY ROOM*

The emergency room is for emergencies like:

- Broken bones and deep cuts
- Chest pains or stroke symptoms
- Other illnesses and injuries that could cause death or serious complications

Avoid going to the ER with a minor problem like a cold or the flu.

IN AN EMERGENCY, DON'T HESITATE. CALL 911 OR GO TO THE EMERGENCY ROOM.

Need help? Call our 24/7 Nurseline at 1-866-904-7477.

These nurses can help you decide what kind of care you need.

*If you visit an emergency room or urgent care, it is very important to follow up with your PCP. Tell your PCP about all visits to other providers. Tell all other providers to send a report to your PCP.

MIRROR, MIRROR: BUILDING A HEALTHY BODY IMAGE

As a teen, you may have questions about your changing body.

“Are my breasts ever going to develop?”

“When will I start getting taller like the other guys?”

“Does my hair look right?”

“Will anyone notice that pimple?”

These concerns are natural. It’s okay to want to feel attractive. Your health care provider can answer your questions about your changing body.

Healthy individuals may not like everything about the way they look, but they can still have a positive body image. These feelings support their self-esteem.

Problems can begin if you’re worried about what you see as flaws in how you look. The flaws may not even be real. A thin person may think they’re overweight. One pimple may be seen as a full breakout.

People with repeated, distressing thoughts could have body dysmorphic disorder (BDD). This disease can lead to harmful behaviors (see the eating disorder article on this page). You may develop mental health problems like depression and anxiety.

If you’re feeling anxious about how you look, you should talk to your provider, your parents/guardians or another trusted adult. Behavioral health counseling or other treatments may be needed to help.

Source: Kidshealth.org



Suffering to be thin

Most of us envy others with slim, toned and so-called “perfect” bodies.

What would you do to live up to that ideal? Some teens – mostly females – may think it’s okay to suffer to be thin. Some behaviors include:

- Eating very little
- Making yourself vomit after eating
- Using laxatives, diuretics and enemas too often
- Near-constant exercise

If you take any of these actions to manage your weight, you could have an eating disorder. Your health could be in danger. You could even die. Talk to your health care provider or another trusted adult now.

WHAT EATING DISORDERS CAN DO TO YOUR BODY

- Thinning bones
- Brittle hair and nails
- Decaying teeth
- Dry and yellowish skin
- Growth of fine hair all over the body
- Severe constipation
- Stomach problems
- Heart damage
- Brain damage
- Multi-organ failure
- Being unable to have a baby

Source: National Institute of Mental Health

**CALL MEMBER SERVICES
AT 1-888-325-8386 IF YOU
NEED HELP TO FIND A
PROVIDER TO TREAT
EATING DISORDERS OR
OTHER BEHAVIORAL
HEALTH PROBLEMS.**



COLD AIR AND ASTHMA

Cold air is often a trigger for asthma flare-ups. But at this time of year, the cold may be tough to avoid.

To help prevent flare-ups:

- While out in the cold, cover your mouth with your hand or a scarf.
- Keep your inhaler and spacer on hand at all times.
- Take your controller medicine as your doctor directed. Even if you're feeling better, don't skip it.
- Stick to the asthma action plan you've made with your health care provider. It's your road map **to control**.

By preparing for a flare-up before it happens, you're making it easier to take care of yourself and your asthma.

Source: KidsHealth.org

GET FREE HELP TO QUIT SMOKING



Call the Tennessee
Tobacco QuitLine at
1-800-QUIT-NOW
or **1-800-784-8669**.



Hearing impaired Tennesseans
call **1-877-559-3816**.

Hours are Eastern Time:

- Monday – Friday, 8 a.m. – 11 p.m.
- Saturday, 9 a.m. – 6 p.m.
- Sunday, 11 a.m. – 5 p.m.

Counseling is available in English or Spanish.
Find out more online at **www.tnquitline.com**.

DIABETES FICTION AND FACTS

Fact – Diabetes is related to insulin – a hormone that helps create the energy your body needs to function.

Fiction – Eating too much sugar causes diabetes.

Fiction – You can outgrow diabetes.

Fiction – Everyone with diabetes needs insulin shots.

Fiction – You can catch diabetes from someone.

Fact – There are two kinds of diabetes – Type 1 and Type 2.

- Type 1 usually begins when you're young. Your body can't make insulin.
- Type 2 is different. Your body stops making insulin or doesn't use it correctly. Type 2 usually starts when you're older. Teens can have Type 2 diabetes.

Fact – No one is sure what causes Type 1 diabetes. Being overweight can increase the risk of Type 2, so eating a healthy diet low in sugar is important.

Fact – No, you can't outgrow it. But diabetics manage their conditions better with medicine, healthy eating and staying active.

Fact – Type 1 diabetics need insulin because their bodies don't make any. Not everyone with Type 2 diabetes needs insulin shots – taking medicine and making healthy choices can keep their insulin at a good level.

Fact – You can't "catch" diabetes like the flu or a cold. But if a family member has diabetes, it increases your risk for it.

Sources: American Diabetes Association

DANGER AHEAD: SKIPPING YOUR ADHD MEDICINE

So you've been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). And you're supposed to take medicine prescribed by your health care provider. *So... why aren't you taking it?*

Are these some of the reasons?

YOU DON'T LIKE THE WAY THE MEDICINE MAKES YOU FEEL.

This isn't good because medicine is supposed to make you feel better. Talk to your providers before you give up. They may be able to change the medicine, the dose or the time you take the medicine.

YOU'RE EMBARRASSED TO NEED MEDICINE.

If you had cancer, would your medicine make you ashamed? Get real. ADHD is a health condition like many others. It needs to be treated.

YOU'VE DECIDED TO PUNISH THE WORLD IN GENERAL (AND YOUR FAMILY, IN PARTICULAR) BY NOT TAKING YOUR MEDICINE.

Having a health condition isn't fair, and no one can blame you for rebelling. But aren't you really just hurting yourself by not taking your medicine?

Are you done with the excuses? Good – now go take your medicines and talk with your provider about any problems.

Source: American Academy of Pediatrics – healthychildren.org



- **Do you need help talking with us or reading what we send you?**
- **Do you have a disability and need help getting care or taking part in one of our programs or services?**
- **Or do you have more questions about your health care?**

Call us for free at 1-888-325-8386. We can connect you with the free help or service you need. (For TTY call: 1-866-591-2908)



CoverKids



CoverKids	
Regular business hours are 8 a.m. to 6 p.m., ET, Monday through Friday.	
Member Services (for benefits information)	1-888-325-8386
TDD/TTY (for hearing impaired)	1-866-591-2908
Email	coverkids@bcbst.com
Website	bluecare.bcbst.com
Drug Benefit Appeal	1-888-343-4232 (fax number)
Care Management	1-888-416-3025
CaringStart Maternity Program	1-888-416-3025
CareSmart® Disease Management	1-888-416-3025
Other Services	
24/7 Nurseline*	1-866-904-7477
Health Information Library**	1-800-999-1658
<p>*24/7 Nurseline offers health advice and support provided by Infomedia Group, Inc. d/b/a Carenet Healthcare Services, Inc., an independent company that does not provide BlueCare Tennessee branded products or services.</p> <p>**Health Information Library provides information on health topics and is provided by McKesson, an independent company that does not provide BlueCare Tennessee branded products and services.</p>	
State of Tennessee	
Regular business hours are 7 a.m. to 7 p.m., CT, Monday through Friday.	
Website for Tennessee families (links to state services, information and more)	kidcentraltn.com
Website	tn.gov/coverkids
Customer Service (for eligibility and enrollment)	1-866-620-8864

Tips for Tennessee Teens

M-Power Your Health

In This Edition:

- Addiction to painkillers
- Flu shots are for teens, too
- Your body image and eating disorders
- Do you need the hospital, urgent care or your provider?

CoverKids Member Services

1-888-325-8386 (toll-free) | Mon. – Fri., 8 a.m. – 6 p.m., Eastern Time |

TDD/TYY (for hearing impaired): 1-866-591-2908 | Email: CoverKids@bcbst.com | Website: bluecare.bcbst.com

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