



### Spacing Pregnancies is a Healthy Choice

If you're a new mother, you might already be thinking about your next pregnancy. Having babies too close together can cause medical and emotional problems for you and your new baby.

After having a baby, your body needs to recover. That's why it is important to wait at least 18 months before you get pregnant again.

#### Why spacing your pregnancies is important:

- Your body needs time to return to a healthy weight and fitness level.

- You will give yourself more time for nursing your first baby.
- You may need time to feel better if you have post-partum depression.
- If you are breastfeeding, a developing baby might not get enough nutrition.

While breastfeeding is best for your baby, it won't keep you from getting pregnant. Talk to your doctor about your health and spacing pregnancies to make the right choice for you and your family.

Sources: Tennessee Department of Health - [www.health.state.tn.us](http://www.health.state.tn.us); Utah Department of Health - [www.babyyourbaby.org](http://www.babyyourbaby.org)



### Getting to Know You

**Patricia Love, RN, Disease Manager Specialist**  
**CaringStart Maternity Program, Memphis**  
 Helping women give birth to healthy babies is Patricia Love's goal.

Patricia teams with pregnant members and their doctors to plan the right prenatal care. She often connects members to community services that can help.

"Making a difference when and where I can," is Patricia's motto. She carries that spirit into her volunteer work with the March of Dimes-West Tennessee Chapter.

Patricia obtained her nursing degree at Union University in Memphis and recently completed training as an Integrated Case Manager.

### Risks of getting pregnant again too soon

- Your baby might be born premature (too early).
- Your baby might have a low birth weight.
- You could develop anemia (low iron in your blood).
- You could deplete your body of calcium for strong bones.

Source: Utah Department of Health - [www.babyyourbaby.org](http://www.babyyourbaby.org)

### FREE and FOR YOU

- CaringStart® Maternity program for pregnant members:
  - Support from obstetric (OB) nurses
  - Information about before, during and after pregnancy
  - Coordination of services
  - Educational materials

Call CaringStart at 1-888-416-3025, toll free, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time.

- Text4baby:

- Are you pregnant or have a new baby?** Do you have a cell phone? Do you send and receive text messages? Get **FREE healthy pregnancy and healthy baby** information by text every week. 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. Voxiva Corporation is an independent company that does not provide Volunteer State Health Plan branded products and services.



1 Cameron Hill Circle  
 Chattanooga, Tennessee 37402-0001  
[vshptn.com](http://vshptn.com)



**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 Customer Service. BlueCare members call 1-800-468-9698. TennCareSelect members call 1-800-263-5479.

**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.

**If you have a hearing or speech problem you can call us** on a TTY/TDD machine. Our TTY/TDD numbers are: BlueCare - 1-800-226-1958; TennCareSelect - 1-800-226-1958.

**¿Hablo español y necesita ayuda con esta carta?** Los miembros de BlueCare pueden llamar al 1-800-468-9698. Los miembros de TennCareSelect, pueden llamar al 1-800-263-5479.

**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 Family Assistance Service Center for free at 1-866-311-4287. In Nashville, call 743-2000.

**Need help in another language?** You can call for language assistance. BlueCare members call 1-800-468-9698. TennCareSelect members call 1-800-263-5479. Or you can get other help with TennCare by calling the numbers below. Interpretation and translation services are free to TennCare members.

### 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
كوردی - بادینیانی (Kurdish-Badinani)	1-800-758-1638
كوردی - سۆرانی (Kurdish-Sorani)	1-800-758-1638
Soomaali (Somali)	1-800-758-1638
Espanol (Spanish)	1-800-758-1638
Ngúoi Việt (Vietnamese)	1-800-758-1638

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 [www.state.tn.us/tenncare](http://www.state.tn.us/tenncare) and click on 'Report Fraud'. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 1-800-433-5454.



### Helpful Numbers

**Customer Service:**  
**BlueCare members**  
 call 1-800-468-9698;  
**TennCareSelect members**  
 call 1-800-263-5479.

**CareSmart® - call 1-888-416-3025**  
 Call if you have any questions about the CareSmart Disease Management Program. Also call if you need to talk to your CareSmart nurse about your disease.

**\*Nurseline - 1-800-262-2873**  
 Have a health question? Registered nurses are available to talk to you any time, day or night.

**\*Health Information Library - 1-800-999-1658**  
 Some treatments or services mentioned in the library may not be covered by your health plan.

\* 24/7 Nurseline offers health advice and support provided by Nurseline, an independent company that does not provide BlueCross BlueShield of Tennessee branded products and services.  
 \*\* Health Information Library provides information on health topics and is provided by McKesson, an independent company that does not provide BlueCross BlueShield of Tennessee branded products and services.

Volunteer State Health Plan (VSHP), BlueCross BlueShield of Tennessee (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association.

VSHP is a licensed HMO affiliate of BCBST.

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# Take Charge

Live Smart. Live Better. Take Control.

3<sup>rd</sup> Quarter 2012



For BlueCare and TennCareSelect Members



The CareSmart FREE disease management programs help TennCare members take charge of their chronic physical and behavioral health conditions. Call **1-888-416-3025** to enroll today.

**Make sure your mail follows you**  
 Make sure TennCare has your correct mailing address. If you don't, you could miss important mail about your health plan and benefits. **If you're going to move or if you've moved, call the Family Assistance Service Center at 1-866-311-4287.**



### Events for Teens

Volunteer State Health Plan (VSHP) holds many events for teens. To find events near you call **1-800-771-0217**. It is a free call.

### Like us on Facebook!

BlueCross BlueShield of Tennessee is listed on **Facebook as BCBST, or [www.facebook.com/bcbst](http://www.facebook.com/bcbst).**



**Follow us on Twitter at [twitter.com/BCBSTennessee](http://twitter.com/BCBSTennessee)**

*The information in this newsletter is not meant to take the place of your health care provider's advice.*



### Could You Have Pre-Diabetes?

Before someone gets diabetes, they may have pre-diabetes. With pre-diabetes your blood sugar levels are high, but not high enough to be diabetes. People with pre-diabetes are more likely to have a stroke, get Type 2 diabetes, or have heart disease.

#### You could be at risk

Pre-diabetes usually has no symptoms. You may be at risk for pre-diabetes if:

- You aren't physically active
- Your mother, father, brother or sister have diabetes
- You have heart disease
- You have high blood pressure
- You are overweight

Talk to your doctor. Ask if your blood should be tested for higher than normal blood sugar levels. If you have pre-diabetes, it does not mean you will get diabetes.

Sources: Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov); Mayo Clinic - [www.MayoClinic.com](http://www.MayoClinic.com)

### Ideas for Staying Active

A good way to prevent pre-diabetes is to be more physically active. Most adults need at least 30 minutes of exercise every day. Children and teens need to be active for at least 60 minutes each day. Start slowly and add more time every week. Try activities that raise your heart rate like:

- Walking
- Swimming
- Yard work
- Dancing
- Riding a bike

Source: American Diabetes Association - [www.diabetes.org](http://www.diabetes.org)



## Asthma and Sports

Living with asthma can be difficult. You can't cure asthma, but you can control it. By following your doctor's suggestions, you can enjoy many activities and sports.

Every person's asthma symptoms and conditions are different. It is important to follow the asthma action plan from your doctor to exercise and play sports safely.

### Enjoying exercise, activity, and sports

Many people think that you can't exercise or play sports with asthma. The right exercise and activities are good for most people with asthma. Exercise makes your lungs and heart stronger. This helps you breathe better.

Many athletes with asthma can play any sport with the right training and

Things you can do to avoid asthma flare-ups during exercise:

- Avoid being outside when there is a lot of pollen
- Wear a scarf or mask when it's cold or dry outside
- Breathe through your nose instead of your mouth
- Warm up before exercise and cool down afterward

Source: Nemours - [www.kidshealth.org](http://www.kidshealth.org)

medicines. Your doctor will know activities that are right for you.

Before playing any sport, your asthma must be under control. You shouldn't have many symptoms and flare-ups. Your doctor will help you manage your symptoms to enjoy an active life.

Sources: Asthma and Allergy Foundation of America - [www.aafa.org](http://www.aafa.org); Nemours - [www.kidshealth.org](http://www.kidshealth.org)

## Losing Weight with Simple Changes



If you're a few pounds or many pounds over your healthiest weight, it's never too late to be more active and to eat healthier. To lose weight, simple things can get you started on the right track:

- Take the stairs instead of an elevator or escalator
- Take a walk during lunch breaks
- Park farther away from buildings
- Take your pet for walks
- Do light yard work

### Easy tips for a healthy diet

You do not have to lose a lot of weight quickly to be healthier. Even a five to 10 percent weight loss can help your health. That's just 12.5 to

25 pounds for someone who weighs 250 pounds. Along with exercise, try these helpful pointers for a healthy diet:

- Eat fresh fruits and vegetables every day. They are full of vitamins and minerals and will help you feel full longer.
- Write what you eat in a food journal and review it often.
- Talk with your doctor about foods you should stop eating.
- Drink plenty of water. It helps food digest and keeps the body cooler.
- Limit empty calories like soda and foods high in sugar, artificial flavors, and fat.

Sources: American Heart Association - [www.heart.org](http://www.heart.org); Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)

## COPD - Breathing Easier in Warm Weather

Chronic obstructive pulmonary disease (COPD) is a group of diseases that damage your airways, block airflow and make it hard to breathe. Emphysema and chronic bronchitis are the main conditions of COPD, and smoking is the leading cause of the disease.

While COPD is hard to live with year-round, it is even harder during warmer seasons. Symptoms can flare up from heat, humidity or smog. On hot and humid days, a cool environment is the best way to handle COPD symptoms.

Sources: Mayo Clinic - [www.MayoClinic.com](http://www.MayoClinic.com);

Respiratory Health Association of Metropolitan Chicago - [www.lungchicago.org](http://www.lungchicago.org)

## Beating the Heat

There are many things people with COPD can do to breathe easier in warm weather:

- **Avoid the heat.** Remain indoors with air conditioning or ceiling fans.
- **Plan activities wisely.** Schedule activity outside when it's cooler.
- **Drink plenty of fluids.** This is important year round, but more so in hot weather.
- **Dress appropriately.** Wear loose fitting clothes with lighter colors.
- **Monitor pollution.** Check weather and air quality reports and stay indoors.
- **Make others aware.** Ask friends and family to check in with you on hot days.

Source: Respiratory Health Association of Metropolitan Chicago - [www.lungchicago.org](http://www.lungchicago.org)



## Control High Blood Pressure for a Healthy Heart

Hypertension is also called high blood pressure. This is when the force of blood moving through blood vessels is greater than it should be. Normally, high blood pressure does not have symptoms. If it isn't treated, it can cause damage to:

- **Your arteries and heart.** High blood pressure causes arteries to harden and weakens your heart.
- **Your brain.** It might not get enough blood. This can increase your risk for a stroke or cause memory loss.
- **Your kidneys.** They have trouble cleaning waste from your blood.

High blood pressure is easy to detect and can be controlled. Having your blood pressure checked regularly and living a

healthier lifestyle will help you control high blood pressure.

- **Eat a healthy diet.** Fresh fruits and vegetables provide plenty of vitamins and minerals. Stay away from foods that are high in cholesterol and fat.
- **Be more active.** Exercise at least 30 minutes a day.
- **Stay at a healthy weight.** Being overweight can cause high blood pressure.
- **Limit the amount of sodium (salt) you eat.** Read food labels and always taste food before adding salt.
- **DO NOT SMOKE.** If you smoke, ask your doctor for help quitting.

Sources: Mayo Clinic - [www.MayoClinic.com](http://www.MayoClinic.com); Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)

## 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 (Eastern Time):

- Monday through Friday, 8 a.m. to 11 p.m.
- Saturday, 9 a.m. to 6 p.m.
- Sunday, 11 a.m. to 5 p.m.
- Counseling is available in English or Spanish.

Find out more at: [www.health.state.tn.us/tobaccoquitline.htm](http://www.health.state.tn.us/tobaccoquitline.htm)



## How you can ease symptoms of depression

- Get more physical activity
- Get plenty of sleep
- Do things you enjoy
- Volunteer or get involved in group activities
- Talk to someone you trust about how you are feeling
- Spend time with people who care about you and make you feel good about yourself

Source: National Institute of Mental Health - [www.nimh.nih.gov](http://www.nimh.nih.gov)

## Understanding Depression

Everyone feels sad sometimes. But when you have feelings of sadness, loss, anger or frustration for weeks or longer, you may have an illness called depression.

### What causes depression?

Sometimes depression runs in families. There are many factors that contribute to the development of depression or increase the chance of depression.

Depression can change the way you see life. With depression, you

may not believe that problems or situations can get better.

Talk to your doctor if you have any of these symptoms:

- Feeling helpless, worthless, guilty, or hating yourself
- Being restless and irritable.
- Thinking of death or of killing yourself
- Having no interest in things that you once enjoyed
- Feeling tired all the time
- Not being able to concentrate, remember well or make decisions

- Having aches, pains, headaches, or stomach problems that haven't been helped by medicines or other treatment

### There's hope for depression

It takes time to feel better and learn how to stay better. There are medicines and other treatments to help depression. Talk to your doctor or a mental health specialist if you have symptoms of depression. You can also call the Tennessee Crisis Hotline, 1-855-274-7471. This is a free call.

Source: National Institute of Mental Health - [www.nimh.nih.gov](http://www.nimh.nih.gov)

## Could You Have Heart Failure?

Heart failure, also known as congestive heart failure (CHF), causes your heart to have trouble pumping blood. This can hurt your heart and organs.

Heart failure does not just appear one day. Heart failure can be chronic, meaning your condition is ongoing and develops over time. It is an illness caused by other health problems like:

- Diabetes
- High blood pressure
- High cholesterol
- High alcohol use
- Being overweight

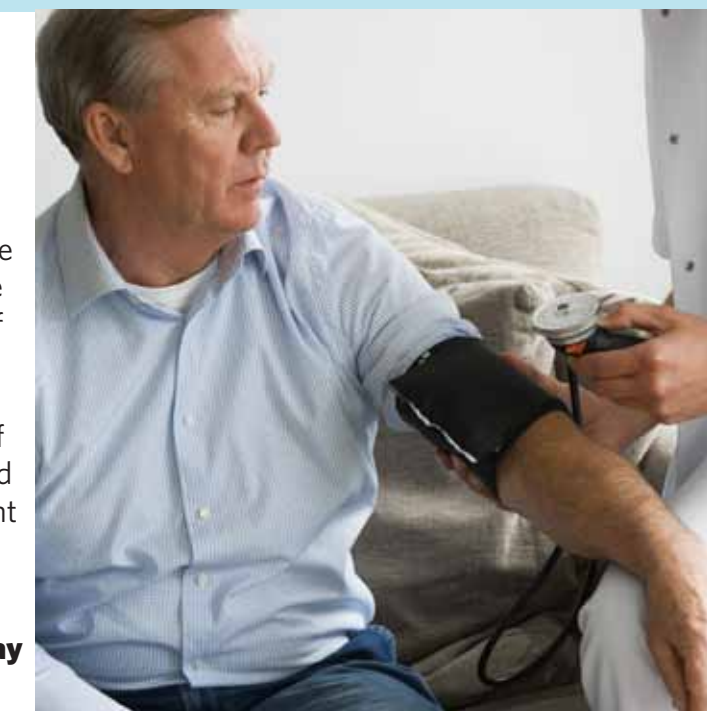
### Manage risk factors

If you have any of these health problems, you can manage them by listening to your doctor and following his advice.

You should talk to your doctor about tests to check your cholesterol and have your blood pressure checked regularly. If you have diabetes, check your blood sugar levels often. If heart failure is found early, your treatment may be easier and more effective.

### Make changes today

By being active and eating a healthy diet, you may prevent problems that cause heart failure. If you smoke, ask your doctor how to quit. It will also help if you limit the use of alcohol, reduce things



that cause you stress, and get enough sleep.

Sources: Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov); Mayo Clinic - [www.MayoClinic.com](http://www.MayoClinic.com)