

JUST FOR

YOU

NEXT STOP.  
ADULTHOOD*3rd Quarter 2016**For BlueCare and TennCareSelect members under age 21*

As a teen, you have a very busy schedule! Juggling activities is not always easy. But as you mature, you should begin to add new tasks to your daily routine. Taking on new tasks shows you are becoming more responsible. These tasks will change with age. But learning to be a responsible teen helps you develop into a responsible adult.

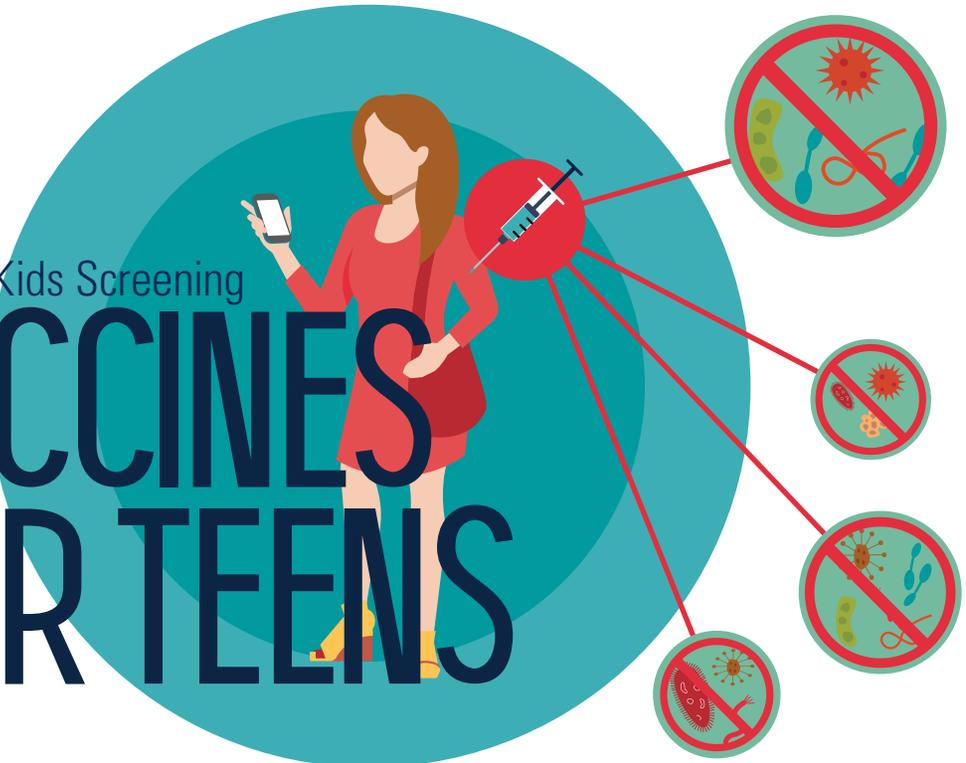
**Here are a few ways you can show responsibility.**

- 1 Visit your primary care provider (PCP) regularly.
- 2 Focus on your schoolwork.
- 3 Practice good hygiene.
- 4 Avoid drugs and alcohol. Avoid situations where it might be available.
- 5 Be neat and tidy.
- 6 Drive safely, wear your seat belt and follow the speed limit.
- 7 Follow your family's rules.
- 8 Avoid gangs or any criminal activity. Do not carry or use weapons of any kind.
- 9 Be on time for your curfew.
- 10 If you choose to be sexually active, use condoms or other barriers correctly.

Talk with your PCP about other ways to improve your health and decision making skills. As you become more responsible, you will gain the respect of others and more independence. Remember the choices you make now can affect your health in the future.

TennCare Kids Screening

# VACCINES FOR TEENS



Just because you're a teen doesn't mean you don't still need the protection of vaccines to keep you healthy. Teens are still at risk for illness. As you get older, protection from some childhood vaccines may begin to wear off. So, some vaccines work better when given during adolescence.

## What Vaccines Do You Need?

- ☐ One shot of Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough).
- ☐ Two shots of Meningococcal vaccine to protect against meningococcal disease. This disease can lead to an infection of the fluid and lining around the brain and spinal cord or a bloodstream infection.
- ☐ Three shots of Human papillomavirus (HPV) vaccine. This protects against HPV infection and cancers caused by HPV.
- ☐ One shot of Influenza vaccine every year. This protects against the flu.

There are many chances to get vaccines. Take advantage of TennCare Kids checkups, sports or camp physicals to ensure you receive the recommended vaccines.



## Like us on Facebook!

Learn more about your benefits and get health and wellness tips. Connect with us today by visiting [www.facebook.com/bluecaretn](http://www.facebook.com/bluecaretn).

## Heads Up!

Accidents happen! And sometimes the accident may result in hitting your head. A concussion is a traumatic brain injury that affects the way your brain functions. Concussions are common in contact sports, PE classes, falls and car accidents. Luckily, effects are usually temporary.

### There are several ways you can help prevent concussions.

- ☐ Wear properly fitting sports headgear
- ☐ Buckle your seatbelt
- ☐ Exercise regularly to strengthen your neck muscles and improve your balance

Symptoms of a concussion might include headaches, problems with attention, memory, balance and coordination. If you think you might have suffered a concussion, you should never return to physical activity the same day. When in doubt, sit it out!

### How much do you know about concussions? Test your knowledge!

- 1 A concussion is caused by a bump, jolt or blow to the head? (T) or (F)
- 2 All concussions are serious? (T) or (F)
- 3 Most concussions occur with loss of consciousness? (T) or (F)
- 4 Sometimes symptoms of a concussion don't occur until days later? (T) or (F)
- 5 It's ok to return to regular activities the same day of the injury? (T) or (F)

If you think you have a concussion, don't hide it. Seek medical attention right away and take time to recover.

# TEENS AND DEPRESSION



## What is depression?

Depression is more than just unhappiness or an occasional bad mood. It is an intense and long-lasting sense of sadness, irritability, hopelessness or despair. Depression changes how you think and act, and it can cause physical problems, too. Take it seriously. If you feel depressed, or if you feel you are becoming depressed, tell someone.

## How do I know if I'm depressed?

- ☐ You feel mad, sad, or hopeless all the time
- ☐ Nothing is fun anymore
- ☐ Life seems like it's not worth living
- ☐ Your sleeping or eating habits change
- ☐ You have headaches or other physical problems when you're not sick
- ☐ It's hard to pay attention
- ☐ You think about death or suicide

## What can I do if I am depressed?

- ☐ Tell an adult (parent, teacher, school counselor, coach, relative or someone at church).
- ☐ Tell your PCP how you're feeling. Your doctor can connect you with someone who can help.

## WHAT WILL HELP ME FEEL BETTER?

Your treatment plan depends on what kind of depression you have. Talking to a therapist or taking medicine can help. Everyone is different, so finding the right treatment may take time.

**Suicide is NEVER the answer. ALWAYS seek help.**

Access trained telephone counselors 24 hrs a day, 7 days a week:

National Suicide Prevention Lifeline:  
**1-800-273-TALK (8255)**

Tennessee Statewide 24/7 Crisis Line:  
**1-855-Crisis-1 (1-855-274-7471)**

Or visit the Tennessee Suicide Prevention Network at [tspn.org](http://tspn.org)

# WHAT TO EAT AND DRINK -AND WHAT NOT TO- FOR GOOD ORAL HEALTH



## Stay Connected!

If you're going to move or if you have moved, call the Tennessee Health Connection for free at **1-855-259-0701**. Make sure it has your current address. You need to call even if BlueCare or TennCare *Select* already have your new address. Save [bluecare.bcbst.com](http://bluecare.bcbst.com) as one of your favorite links. This useful website gives you lots of good information about your health.

You probably know that what you eat (and don't eat) affects the health of your mouth.

But how, why, and what can you do about it?

The second you eat certain foods, chemical changes occur in your mouth. Bacteria begin changing sugar and carbs into acid, and the acid eats away at tooth enamel. And that's what causes tooth decay and cavities. You've been told since you were a kid to cut down on sweets to avoid cavities. That's why.

But there are foods that are good for oral health because they can actually protect and even restore tooth enamel, a process called "remineralization." These foods include chicken and other meats, cheese, nuts and milk.

Crunchy fruits and most vegetables are good because they have a high water content and promote saliva flow. This naturally dilutes the effect of sugars and can buffer the acids in food.

## The best beverage for oral health?

Water. It will help cleanse your teeth of sugars and acids. Milk and unsweetened tea are good, too. Avoid soft drinks, energy drinks (which are loaded with sugar), lemonade, and coffee or tea with sugar – especially if you tend to sip all day. Every time you sip a sugary drink, that acid attack starts right up again!

\* DentaQuest is an independent company serving BlueCare and TennCareSelect members. DentaQuest's number and website address are listed for your convenience. DentaQuest does not provide BlueCross BlueShield of Tennessee products or services

## Need help finding a dentist or scheduling an appointment?

Call us at **1-855-418-1622** or TTY/TDD **1-800-466-7566**. Or visit our website at [www.dentaquest.com](http://www.dentaquest.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**.
- ☐ TennCare *Select* 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**.

**¿Habla español y necesita ayuda con esta carta?** Los miembros de BlueCare pueden llamar al **1-800-468-9698**. Los miembros de TennCare *Select*, 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 Tennessee Health Connection for free at **1-855-259-0701**.

## Need help in another language?

You can call for language assistance. BlueCare members call **1-800-468-9698** or the numbers below. TennCare *Select* members call **1-800-263-5479** or 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)	<b>1-800-758-1638</b>
Bosanski (Bosnian)	<b>1-800-758-1638</b>
كوردی – بادینانی (Kurdish-Badinani)	<b>1-800-758-1638</b>
کوردی – سۆزانی (Kurdish-Sorani)	<b>1-800-758-1638</b>
Soomaali (Somali)	<b>1-800-758-1638</b>
Español (Spanish)	<b>1-800-758-1638</b>
Ngươi Việt (Vietnamese)	<b>1-800-758-1638</b>

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our TTY/TDD is 711 and ask for **888-418-0008**.



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Your membership includes our FREE Population Health CareSmart® Program. The program provides important health information and support to you at no cost. Population Health services are provided whether you are well, have an ongoing health problem or have a serious health episode. Please call **1-888-416-3025** for more information. Or see our website at [bluecare.bcbst.com/Health-Programs/Population-Health/index.html](http://bluecare.bcbst.com/Health-Programs/Population-Health/index.html).

### Report Fraud or Abuse

You can report fraud or abuse to the Office of Inspector General (OIG) or 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 '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**.

### Free Services

As a BlueCare or TennCare *Select* member, you can get the following free services:

- ☐ Information on FREE interpretation and translation services
- ☐ TennCare Kids information in an audio or Braille format, if needed
- ☐ A ride (if you need one) to your health care provider or health department

Just call: **1-800-468-9698** if you are a BlueCare member; **1-800-263-5479** if you are a TennCare *Select* member.