

# Tips for Tennessee Teens M-Power Your Health



## WHAT ARE YOU DOING THIS SUMMER? PART I

### TO DO: EAT SMART

We hope you're having a fun summer. While you're relaxed, it's tempting to let things like diet and exercise slide. You can do that – and regret it. Or you could make a few different choices.

#### How do you cut calories?

Calories are units of energy, and they're in everything you eat. Over time, eating a few extra calories every day can add up to extra pounds. Cutting out some calories can be good for your weight. But don't worry – you don't have to give up burgers and ice cream completely. Making some healthier choices can make a difference.

*Take a look what you'll save by swapping out some foods.*

| What you might eat                  | Calories*  | Choices that would save calories   | Calories*  |
|-------------------------------------|------------|------------------------------------|------------|
| Fast food hamburger (medium)        | <b>520</b> | Fast food grilled chicken sandwich | <b>350</b> |
| Vanilla ice cream (1 cup)           | <b>273</b> | Low-fat vanilla yogurt (6 oz)      | <b>150</b> |
| Candy bar with peanuts (1.9 ounces) | <b>250</b> | Apple                              | <b>95</b>  |
| Potato Chips (small bag)            | <b>160</b> | Banana                             | <b>48</b>  |
| Caramel latte (12 ounce)            | <b>255</b> | Popcorn (1 cup)                    | <b>59</b>  |
| Regular cola (20 ounce)             | <b>233</b> | Pretzels (1 ounce)                 | <b>110</b> |
|                                     |            | Water                              | <b>0</b>   |

*Remember, if you're trying to lose weight, it's wise to talk it over with your personal doctor.*

\*Calories based on averages

Sources for calorie averages: CalorieKing – [calorieking.com/foods](http://calorieking.com/foods)

Track Your Food and Fitness  
**MyPlate.gov**

Use the online SuperTracker to start a healthy eating group with friends and family. Give each other the support you need to hit your goals! Get the free app – MyPlate Calorie Tracker.



# WHAT ARE YOU DOING THIS SUMMER? PART II

## TO DO: STAY FIT

### What can an hour a day do for you?

According to the Centers for Disease Control and Prevention, an hour or more of physical activity a day helps you stay healthy. So if you were planning to spend the summer on the couch, you may want to rethink it.

You don't have to run the bleachers or do pushups for an hour. You don't even have to do it all at once – fifteen minutes at a time is great. It's best to work up a sweat for part of the time, but all activity is good for you.

Remember to drink plenty of water to stay hydrated. You should also avoid the midday, summertime heat. Exercise in the mornings, evenings or indoors.

### Here's how exercise can pay off in losing or maintaining your weight.

| Activity                                 | Calories burned per hour for a 154 lb. person* |
|--|--|
| Running or jogging (5 miles per hour)    | 590  |
| Bicycling ( more than 10 miles per hour) | 590  |
| Basketball (vigorous)                    | 440  |
| Yard work                                | 330  |
| Dancing                                  | 330  |
| Walking (3.5 miles per hour)             | 280  |
| Weight lifting (general light workout)   | 220  |
| Stretching                               | 180  |

\*Calories burned will be higher for someone who weighs more than 154 lbs and lower for someone who weighs less.

If you have special health concerns, including asthma, you should talk to your personal doctor before starting a new exercise program.

Source: Centers for Disease Control and Prevention – [cdc.gov/healthyweight/physical\\_activity/index.html](http://cdc.gov/healthyweight/physical_activity/index.html)

### Free Apps for Exercise

- **Fitness Buddy FREE**  
Includes more than 1,700 exercises, videos and animations
- **Zombies, Run!**  
Run for your life – shape up for the zombie apocalypse



# SWIM SAFE

Swimming is a great way to cool down this summer. You can keep it fun and safe.

- Swim with a buddy. Even strong swimmers can have a cramp or get tired.
- Make sure you're prepared. You may want to take a swim class or get CPR and water rescue training. Classes are often available at the YMCA or community centers.
- Stay in safe areas. Tennessee has many rivers, lakes and swimming holes. They're not like pools. Currents, rocks and vegetation can cause problems.
- Dive only where you know it's deep enough and there are no hidden rocks or other obstacles.
- Drink water, add sunscreen every two hours you're outside and wear sunglasses or tinted goggles.

**And here's a big caution – too many water accidents happen when drugs and alcohol are involved. Stay sober when you head to the water.**

Source:  
The Nemours Foundation – [kidshealth.org](http://kidshealth.org/kidshealth.org/en/teens/water-safety.html)

# DEPRESSION AND SUBSTANCE USE DISORDERS



We all know something about feeling down. Even the most cheerful of us are sometimes sad and blue. But if those feelings don't go away, the problem may be depression. It's a disease that affects a lot of teens.

Untreated depression is why some turn to drugs and alcohol. They're looking for a way to feel better. What they find are more problems, because alcohol and many street drugs actually make depression worse.

## Could you be depressed?

Treatment for depression is usually successful. It includes medicine and counseling that's covered by your CoverKids health plan.

The earlier it's treated, the more likely you can find healthy ways to cope. Use this list and check off anything that applies to you:

- |  |   |
|--|---|
| <input type="checkbox"/> Feelings of helplessness and hopelessness | <input type="checkbox"/> Loss of energy                             |
| <input type="checkbox"/> Loss of interest in daily activities      | <input type="checkbox"/> Strong feelings of worthlessness or guilt  |
| <input type="checkbox"/> Inability to experience pleasure          | <input type="checkbox"/> Concentration problems                     |
| <input type="checkbox"/> Eating too much or too little             | <input type="checkbox"/> Anger, physical pain and reckless behavior |
| <input type="checkbox"/> Sleep changes                             |   |

Even one or two checkmarks could mean you're depressed. You can find help.

Source: Substance Abuse and Mental Health Service Administration – [samhsa.gov/helpguide.org/articles/addiction/substance-abuse-and-mental-health.htm](http://samhsa.gov/helpguide.org/articles/addiction/substance-abuse-and-mental-health.htm)

Are you struggling with depression or substance use? Reach out right away.

- Go to your parents, your personal doctor, your school counselor, to friends or adults you trust.
- If you feel you might hurt yourself or others, call 911, go the emergency room at the nearest hospital or to a walk-in mental health center.
- You can find help by phone from the Tennessee Mental Health Crisis Line, 1-855-274-7471.

## Get one-on-one help from us.

Our CareSmart® Population Health Program is free and can help you get the very best care. You or your parents can give us a call at **1-888-416-3025**, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time.



## 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 **[tnquitline.com](http://tnquitline.com)**.

# WHAT'S A "PERSONAL DOCTOR?"

The term "personal doctor" may remind you of celebrities who have personal chefs, trainers and drivers. But everyone – including you – should have a personal doctor.

They're usually called primary care providers (PCPs). Kids and teens may see pediatricians.

Personal doctors provide regular checkups and treat minor illnesses or injuries. They know your overall health and history. They're the best provider to keep track of all of your medical needs. You'll want to keep them up-to-date on any other providers you see – like specialists for asthma or skin problems.



## FIND A PERSONAL DOCTOR

[bluecare.bcbst.com](http://bluecare.bcbst.com) – Click on **Find a Doctor** or **BlueAccess**<sup>SM</sup>

**Member Services – 1-888-325-8386**

Before you see a provider, be sure to ask if they accept CoverKids. If they don't, you'll be responsible for the bill unless it's emergency care. Please see your member handbook for details.

## WHAT HAPPENS AT A CHECKUP?

Seeing your personal doctor every year for a checkup is a healthy habit. Here's what you can expect:

- **Health history** – You'll answer questions about how you're feeling, medicines, childhood illnesses and health problems.
- **Complete physical exam without clothes** – This can be uncomfortable, but it's really needed.
- **Lab tests and vaccines (as needed)** – You may need a shot or a test with a needle. Breathe deeply, look away and try to picture yourself in a different place.
- **Vision/Hearing/Dental screening** – You'll be sent to a specialist if there's an issue.
- **Developmental/Behavioral screening (as needed)** – Are you feeling down or anxious? Are you using drugs or alcohol? This is a good time to ask for help if you need it.
- **Advice on how to stay healthy** – Diet and exercise are big topics here. Your personal doctor can help you get on track and stay there.

Sources:

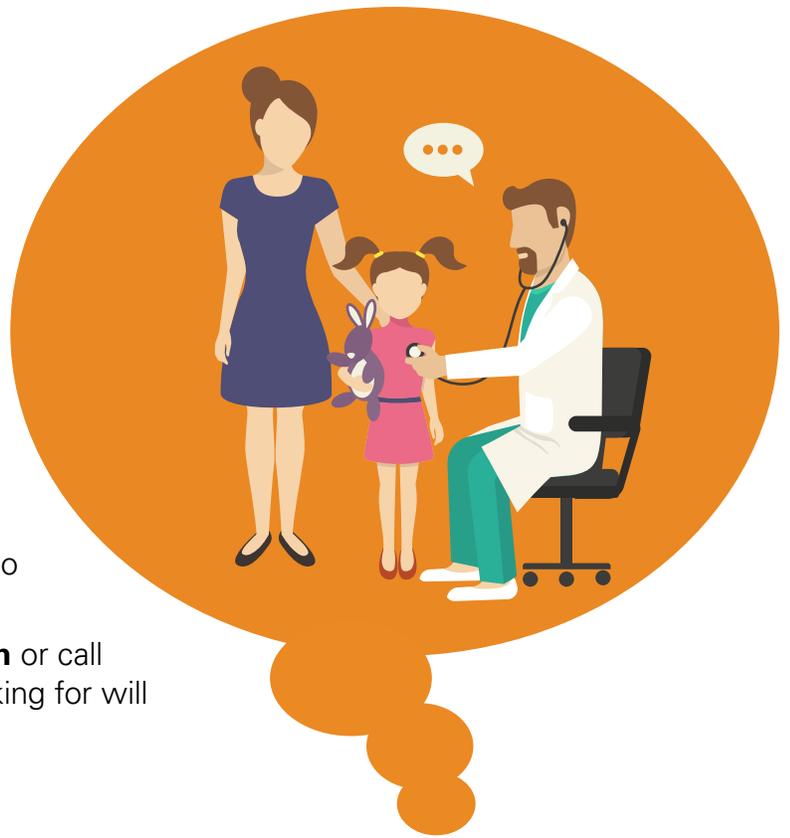
The Nemours Foundation – [Kidshealth.org](http://Kidshealth.org) [kidshealth.org/en/parents/medical-care-13-18.html](http://kidshealth.org/en/parents/medical-care-13-18.html)

TennCare<sup>SM</sup> – [tn.gov](http://tn.gov) [tn.gov/tenncare/section/tenncare-kids](http://tn.gov/tenncare/section/tenncare-kids)

# IS IT TIME TO STOP SEEING YOUR PEDIATRICIAN?

If you're between 18 and 21 years old, you're developing different health needs. It makes sense to move to a different kind of personal doctor – one who treats adults. Your pediatrician probably has some age limits for their patients, so it's good to be prepared.

To make the change, just go online at **bcbst.com** or call Member Services. The kind of doctor you're looking for will be listed as a PCP.



# ASTHMA AND SUMMER HEAT

Hot, hazy and humid – summer in Tennessee can be rough if you have asthma. Last summer was so dry that wildfires broke out all over the state, and the smoke was hard on everyone's lungs.

Heavy summer air is often thick and hazy – especially in cities. You're breathing in smoke, gases and air particles, and your risk of an asthma attack goes up.

Being prepared is your best defense. The local weather often gives warnings on high pollution days. You can also check **airnow.gov** to get air quality reports for your area.

Days of heavy pollution may not be the best choice for outdoor exercise or activity. You'll want to keep your short-acting asthma medicines handy. It may also be a good time to update your asthma action plan with your asthma health care provider.

Source: Asthma and Allergy Foundation of America – [aafa.org](http://aafa.org)  
[aafa.org/page/air-pollution-smog-asthma.aspx](http://aafa.org/page/air-pollution-smog-asthma.aspx)



# Recommended Vaccines for Adolescents, Teens and Young Adults

Your personal doctor and parents probably know which vaccines you've had. But there's no reason why you can't check on it. That's part of becoming more involved in your own health. We encourage you to talk about these vaccines with your parents and personal doctor.

| Vaccines   | Age 11-12                                   | Age 13-15  | Age 16-18 | Age 19-21 |
|--|---|--|-----------|-----------|
| Flu <i>Influenza</i>   | Every year                                  |  |           |           |
| Td/Tdap <i>Tetanus, diphtheria, pertussis</i> (whooping cough) Booster every 10 years and while pregnant |   |  |           |           |
| HPV <i>Human papillomavirus</i>  | 2-shot series                               | 3-shot series for 15 and older or with weakened immune systems |           |           |
| Pneumococcal   |   |  |           |           |
| Meningococcal MenACWY or MPSV4   | Booster at 16                               |  |           |           |
| Meningococcal Men B  |   |  |           |           |
| Hepatitis A  | First dose may be given<br>Or catch-up dose |  |           |           |
| Hepatitis B  |   |  |           |           |
| Inactivated Polio  |   |  |           |           |
| Chickenpox   |   |  |           |           |
| Hib <i>Haemophilus influenzae</i> type b   |   |  |           |           |
| MMR  |   |  |           |           |

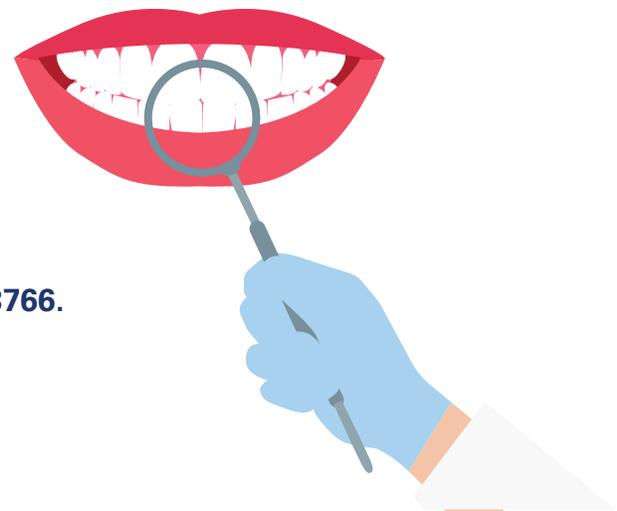
Source: Centers for Disease Control and Prevention – [cdc.gov](http://cdc.gov)

- Recommended in age range unless provider advises otherwise
- Catch up during age range on vaccines not given earlier
- Recommended in age range with certain health conditions

## When Was the Last Time You Saw Your Dentist?

Teens need a dental checkup and cleaning every six months. These services are covered under your health plan.

**If you want to find a dentist, call DentaQuest at 1-888-291-3766.**



## CAN WE HELP YOU?

### COVERKIDS

Regular business hours are 8 a.m. to 6 p.m., ET, Monday through Friday.

Member Services **1-888-325-8386**  
(for benefits information)

TDD/TTY (for hearing impaired) **1-866-591-2908**

Email **Coverkids\_GM@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**

\* 24/7 Nurseline offers health advice and support provided by Carewise Health, Inc., an independent company that does not provide BlueCare Tennessee branded products or services.

### STATE OF TENNESSEE

Regular business hours are 7 a.m. to 7 p.m., CT, Monday through Friday.

Website for Tennessee families **kidcentraltn.com**  
(links to state services, information and more)

Website **tn.gov/coverkids**

Customer Service **1-866-620-8864**  
(for eligibility and enrollment)

**Spanish: Español ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-325-8386. (TTY: 1-866-591-2908).

**Kurdish:** ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاری یارمەتی زمان، بەخۆرای، پۆ تو بەردەستە. پەیوەندی بە 1-888-325-8386 (1-866-591-2908) TTY بکە.



- 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)**

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 CoverKids 1-888-325-8386 \*(TRS 711) for free.

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



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**CoverKids Member Services**  
1-888-325-8386 (toll-free) | Mon. – Fri., 8 a.m. – 6 p.m., Eastern Time |  
TDD/TTY (for hearing impaired): 1-866-591-2908 | Email: [CoverKids@bcbst.com](mailto:CoverKids@bcbst.com) | Website: [bluecare.bcbst.com](http://bluecare.bcbst.com)

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**In This Edition:**

- Stay healthy this summer
- Depression and substance use
- What vaccines do you need?