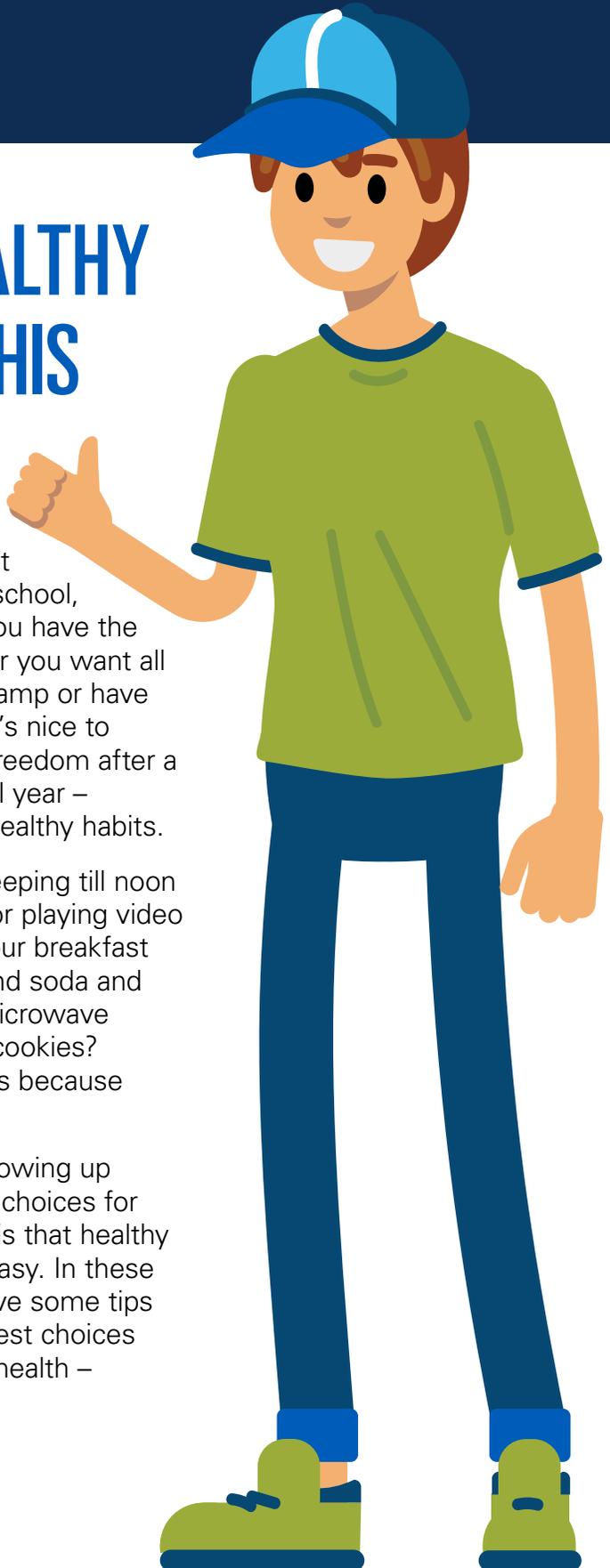


MAKE HEALTHY CHOICES THIS SUMMER

It's finally summer! That means you don't have school, you can sleep in, and you have the freedom to do whatever you want all day (unless you go to camp or have a summer job.) While it's nice to suddenly have all that freedom after a long, demanding school year – it can lead to some unhealthy habits.

Do you find yourself sleeping till noon and then watching TV or playing video games all day? Does your breakfast look like potato chips and soda and your lunch consist of microwave macaroni and a box of cookies? Do you eat more snacks because you're bored?

The cool thing about growing up is that you get to make choices for yourself. The hard part is that healthy choices aren't always easy. In these next few pages, we have some tips to help you make the best choices for yourself – and your health – this summer.





9:30 AM
Wake Up



9:45 AM
Breakfast



10:30 AM
Chores



12:30 PM
Shower



2:00 PM
Lunch



Make a Summer Schedule

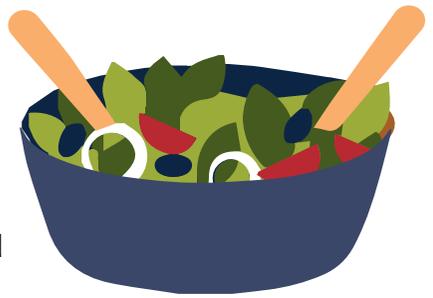
We get it – it’s summer. The last thing you want to do is get up early. Unless you have somewhere to be, there’s nothing wrong with sleeping in a few hours. In fact, chances are good you weren’t getting enough sleep during the school year. Snoozing till 9:30 a.m. instead of setting your alarm for 6 a.m. might help your body get the rest it needs. But sleeping till afternoon and staying up till early morning has been shown to harm your brain, your emotions and even your weight.

The solution? Make a plan for your day. Let yourself sleep in, but set a time to get up. Tell yourself that when you get up, you’ll have a healthy breakfast. Then loosely plan out the times of day you plan to do other things like take a shower, work on chores, play outside and watch TV. You’re in control of the schedule, but having a set of guidelines to try to follow will help you get more done. You’ll feel more productive and you’re likely to work in at least a few healthy habits each day.

Here are some things to consider putting on your daily schedule:

- Eating breakfast, lunch and snacks
- Doing household chores
- Exercising
- Reading
- Creative time (playing an instrument, listening to music, drawing or painting)
- Playing outside
- Social time (hanging out with or talking to friends)
- Screen time. It’s okay to have screen time – just plan a limit and stick to it.

Eat food. Not too much. Mostly plants



At your age, you're probably not expected to prepare healthy, balanced meals all by yourself. But in summer you may be on your own for a couple of meals and snacks a day. That means you likely have some choices about what you eat.

So how do you make the healthiest choices? With all the food and diet information on the internet, it can be hard to know what's really healthy. Try this easy-to-remember advice from college professor and food author Michael Pollan: "Eat food. Not too much. Mostly plants."

Eat food. That means real food, sometimes called whole foods. Instant, processed food and snacks are okay from time to time, but they shouldn't be all your diet is made of. You don't have to be a diet expert to choose whole foods. Think of it this way – if your ancestors 200 years ago wouldn't recognize it as food, it's probably not a whole food.

Not too much. Summer snacking can get out of hand. When you're bored and don't have anything better to do, you may grab a snack – even if you're not hungry. So how much should you eat? The same eating plan you followed during the school year applies in the summer, too. Three meals plus a couple of snacks should do it. You may need an extra snack if you're playing outside all day.

Mostly plants. Lean protein, like eggs and chicken, are an important part of a healthy diet. We don't suggest avoiding those. But they shouldn't be the biggest part of your diet. **ChooseMyPlate.gov** says about half of what you eat daily should be fruits and veggies.

How to Fill your Plate with Plants

Fruits and veggies come fresh, frozen and canned – making it easy to fill your plate, no matter what's in season. Ask your parents if they can trade some of the snack foods they buy you for fruits and veggies instead.



Bring Back Recess for the Summer

Remember when you were in elementary school and recess was your favorite time of day? Why not add that back into your schedule – even if it’s just for the summer?

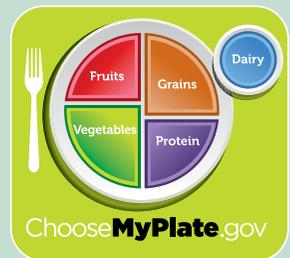
Need ideas?

- Call up your friends and schedule back yard kickball games.
- Throw a frisbee or tennis ball with your dog.
- Look on the internet or social media for an easy outdoor exercise routine you can do in your own yard.
- Set up a challenge course with your brother or sister doing old school things like jumping rope, skipping or playing leap frog.
- Ask your parents to go on a walk after dinner or visit a local swimming pool or lake.

Make it your goal to get at least an hour of active play time every day that doesn’t involve a screen. (That means an hour with no tablet, TV or computer.)

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**.



Track Your Food and Fitness at ChooseMyPlate.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.



Make Time for a Checkup During Summer Break

It can be hard finding time to schedule your yearly checkup around your school and sports schedule. That's why summer's a great time to get it done.

A yearly visit to your personal doctor can find problems early, when they're easier to treat. And you'll get any vaccines you need to protect their health. Best of all, the visit is FREE.

Your personal doctor will help you stay healthy by:

- Looking at your health history
- Doing a complete physical exam
- Doing lab tests (as needed)
- Giving immunizations
- Screening your vision and hearing
- Screening your developmental/ behavioral health (as needed)
- Giving health advice
- Treating any problems found

If you haven't had a checkup this year, ask your parents about scheduling one today.

What's A "Personal Doctor?"

Your personal doctor is the doctor you see for most of your care. They're usually called primary care providers (PCPs). Kids and teens may see pediatricians.

Your personal doctor does your regular checkups and treats 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.

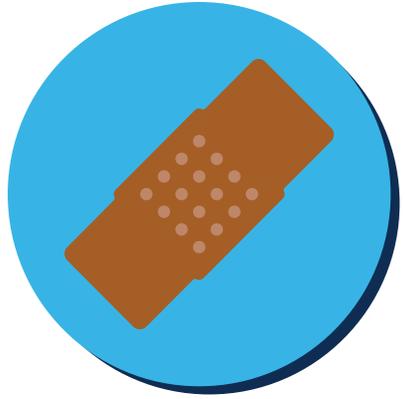
Find a personal doctor

bluecare.bcbst.com – Click on Find a Doctor or BlueAccessSM

Member Services –
1-888-325-8386

Before you see a doctor, 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.

Recommended Vaccines for Adolescents, Teens and Young Adults



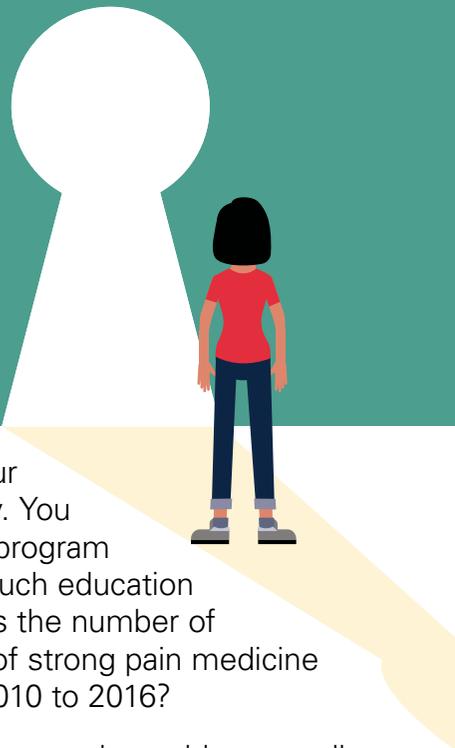
Your personal doctor and parents probably know which vaccines you’ve had. But there’s no reason why you can’t check on it. That’s part of becoming more involved in your own health. We encourage you to talk about these vaccines with your parents and personal doctor.

Vaccines	Age 11-12	Age 13-15	Age 16-18	Age 19-21
Flu Influenza	Recommended in age range unless provider advises otherwise			
Td/Tdap Tetanus, diphtheria, pertussis (whooping cough) Booster every 10 years and while pregnant	Recommended in age range unless provider advises otherwise	Catch up during age range on vaccines not given earlier		Recommended in age range unless provider advises otherwise
HPV Human papillomavirus	2-shot series	3-shot series for 15 and older or with weakened immune systems		
Pneumococcal	Recommended in age range with certain health conditions			
Meningococcal MenACWY or MPSV4	Recommended in age range unless provider advises otherwise	Catch up during age range on vaccines not given earlier	Booster at 16	Catch up during age range on vaccines not given earlier
Meningococcal Men B	Recommended in age range with certain health conditions			
Hepatitis A	First dose may be given			
	Or catch-up dose			
Hepatitis B	Catch up during age range on vaccines not given earlier			
Inactivated Polio	Catch up during age range on vaccines not given earlier			
Chickenpox	Catch up during age range on vaccines not given earlier			
Hib Haemophilus influenzae type b	Recommended in age range with certain health conditions			
MMR	Catch up during age range on vaccines not given earlier			

Source: Centers for Disease Control and Prevention – 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

Understanding Gateway Drugs



You've heard adults tell you for most of your life that drugs are dangerous – even deadly. You may have even gone through an anti-drug program in elementary or middle school. With so much education about the terrible effects of drugs, why has the number of deaths due to overdose of opioids (a type of strong pain medicine that can be very addictive) doubled from 2010 to 2016?

That's a question everyone wants to answer – and a problem we all want to fix. But part of the reason might be that many people don't start out using opioids. They may start out with things that don't seem as dangerous, like cigarettes, alcohol or marijuana. Then they take a step to something a little more serious. Before they know it, they're dealing with a dangerous addiction to other substances.

Imagine you're walking down the road and you come to a large, closed gate. You can't see what's on the other side. So you have a choice. You can go a different way. Or you can choose to open the gate and walk through. Or maybe you'll open the gate and unleash whatever might be waiting on the other side. Maybe it will be nothing serious. Or maybe it will be deadly. Do you take the risk?

That's what using drugs is like. Alcohol, tobacco and marijuana are called "gateway drugs" because they lead to something else. Alcohol and cigarettes are legal for adults of a certain age, so people assume they aren't dangerous. And even though marijuana is illegal, people mistakenly think it's a safer drug to use. But starting any of these things is like opening that gate. In fact, studies show that people who are addicted to alcohol or marijuana are three times more likely to get addicted to opioids later on. And the teenage brain is still developing, making it more likely to abuse or become addicted to substances.

Opioid use is a public health crisis in our country. And stopping it starts with you. If you understand the dangers of using opioids – and how any legal or illegal substances can lead to opioid abuse – then you have power. You can make a choice. You can decide not to open the gate.



Asthma and Summer: Your Best Defense

Summer can be a tough time for people with asthma. Many of the triggers that make asthma symptoms worse are found outside – and summer’s the season we all want to be outside more.

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. On days the pollution is bad, you may not want to go outdoors to play or exercise. You’ll also want to keep your fast-acting asthma medicines handy in case of a flare-up.

It may also be a good time to update your asthma action plan with your doctor. Take all your medicine exactly the way your doctor says to. Don’t skip doses of your long-term asthma medicines, even if you’re feeling okay.

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



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 to 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**.

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**.

Preconception and inter-conception health, to include dangers of becoming pregnant while using narcotics

Losing Coverage?

WE CAN HELP YOU FIND THE RESOURCES YOU NEED

If you were told your CoverKids benefits are going to end – for example, if you're about to turn 19 – we can help you keep getting care. Our Case Managers can tell you about community resources in your area to help with your health needs. Before your coverage ends, give us a call. We're here for you.



CAN WE HELP YOU?

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_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
(links to state services, information and more)

kidcentraltn.com

Website

tn.gov/coverkids

Customer Service

(for eligibility and enrollment)

1-866-620-8864



Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-325-8386 (TRS: 711: 1-866-591-2908).

Kurdish: ىدروک

ئەگەر بە کوردی سۆرانى قسە دەکەن، خزمەتگوزارییەکانى وەرگێران بەخۆرایى دەخرێتە بەردەستتان. پەیوەندى بکەن بە ژمارە 1-888-325-8386 (TRS:711: 1-866-591-2908)



- **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.

BlueCare Tennessee is an Independent Licensee of the BlueCross BlueShield Association.

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



1 Cameron Hill Circle, Suite 73
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bluecare.bcbst.com

Tips for Tennessee Teens Summer 2018

M-Power Your Health

IN THIS EDITION

MAKE HEALTHY CHOICES THIS SUMMER
AND ASTHMA UNDERSTANDING GATEWAY DRUGS

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