

A photograph of four teenagers (two boys and two girls) wearing bright blue t-shirts, smiling and posing outdoors in front of green foliage. The text 'WHAT ARE YOU DOING THIS SUMMER?' is overlaid on the bottom left of the image in large white capital letters, with a vertical blue line to its left.

# WHAT ARE YOU DOING THIS SUMMER?

We hope you're having a fun summer. While you're relaxed, it's tempting to pick up some bad habits – like laying around in front of the TV and eating unhealthy snacks all day. While it's nice to have a break for your routine, try to set a few boundaries for yourself to keep your health on track through the summer.

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.



# WHAT CAN AN HOUR A DAY DO FOR YOU?

We get it – it’s summer. This is your time to relax and not have a demanding schedule. Unless you have somewhere to be, there’s nothing wrong with sleeping in a few hours. But staying in bed all day watching TV or playing video games is not a good idea.

The solution? Make a plan to be outside and active at least one hour every day. 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. Just make sure you’re breathing harder and working up a sweat for part of the time.

## Here are some things to consider doing for your daily fitness hour:

- Running or jogging
- Riding your bike
- Play basketball with friends
- Do yard work (Your parents didn’t tell us to say that. Promise.)
- Dance
- Go for a brisk walk
- Lift weights (Not too heavy, and talk to your parents first to make sure it’s OK.)
- Do some stretching or yoga

### Play it safe

If you have special health concerns, like asthma, you should talk to your personal doctor before starting a new exercise program. And make sure you stay hydrated. Drink plenty of water and avoid working out in the hottest part of the day.

# LIFE HACK YOUR SNACKS



Have you ever been attacked by the snack monster? It’s a summer day, and you don’t have much of a schedule. So instead of eating regular meals, you spend most of your day snacking.

You fill up on chips, sodas, cookies or snack cakes and before you know it, you’re in a sugar coma. You feel kind of tired and sluggish, but pretty soon you’ll be craving more snacks. If that’s how your summer is going so far, we’ve got some tips to help you life hack your snacks!

**Build your own.** Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.

**Prep ahead.** Portion snack foods into baggies or containers so they’re ready to grab-n-go when you need them. And you’ll be less likely to overeat if you already made the right serving size.

**Make it a combo.** Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.

**Eat vibrant veggies.** Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, ranch dressing or guacamole.

**Snack on the go.** Are you headed outside to play or riding your bike to the park? Bring ready-to-eat snacks when you’re out. A banana, yogurt or baby carrots are healthy, easy to bring along and healthy options.



## Track Your Food and Fitness at [ChooseMyPlate.gov](https://www.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.

#### 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**.

## 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
Flu Influenza	Recommended			
Td/Tdap Tetanus, diphtheria, pertussis (whooping cough) Booster every 10 years and while pregnant	Recommended	Recommended	Recommended	Recommended
HPV Human papillomavirus	2-shot series	3-shot series for 15 and older or with weakened immune systems		
Pneumococcal	Recommended			
Meningococcal MenACWY or MPSV4	Recommended		Booster at 16	Recommended
Meningococcal Men B	Recommended			
Hepatitis A	First dose may be given Or catch-up dose			
Hepatitis B	Recommended			
Inactivated Polio	Recommended			
Chickenpox	Recommended			
Hib Haemophilus influenzae type b	Recommended			
MMR	Recommended			

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

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



## 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 BlueAccess<sup>SM</sup>

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.

## Your Vaping Questions Answered



You've heard adults say it all your life. Smoking is bad for you – even deadly. But a scary new habit has become popular among teens, and it's just as dangerous. Vaping.

If you're like other teens, you might think vaping is safe because there's no smoke to inhale. But that's simply not true. We're here to give you the real facts and answer some of the common questions teens, like you, ask about vaping.

### Why don't you want me to vape?

Right now, your brain is still developing. That means it's easier at this age for you to become addicted to things like nicotine. Using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. We don't want that for you!

Vapes (also called e-cigarettes) also use chemicals to make the vapor you breathe in – and those chemicals can harm all parts of your body. They have even been deadly to some users.

### What's the big deal about nicotine?

Nicotine can harm your brain development. It can make it harder for you to concentrate, learn or control your impulses. Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine. We don't say this to scare you, but we want you to have the facts.

### I thought vapes didn't have nicotine – just water and flavoring?

You're not alone. Many people believe that. But most vapes have nicotine plus other harmful chemicals. Take a look at the Surgeon General's website on e-cigarettes for yourself to see what's in them. You can find it at **E-cigarettes.SurgeonGeneral.gov**.

### Isn't vaping safer than regular cigarettes?

No. It isn't safe for you to use any product that has nicotine, including vapes. Some vape batteries have even exploded and hurt people.

Nothing is more important than your health and safety. If you're already vaping, talk to your parents to get help quitting. Or ask your doctor for help the next time you go for a checkup.

Source: Centers for Disease Control and Prevention  
[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)



## 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.

## 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.

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



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.

## 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.

## 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**.

# 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**

TennCare Connect (for eligibility and enrollment)

**1-855-259-0701**

**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 قسه دهکهن، خزمهتگوزار بیهکانى وه رگێران بهخۆرایى دهخرايته بهردهستتان. پهيوهندى بکهن به ژماره 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.



**BlueCare**  
Tennessee

CoverKids®

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Tips for Tennessee Teens

Summer 2019

## M-Power Your Health

IN THIS EDITION

MAKE HEALTHY CHOICES THIS SUMMER

SUMMER AND ASTHMA

YOUR VAPING QUESTIONS ANSWERED

### 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](mailto:CoverKids@bcbst.com)

Website: [bluecare.bcbst.com](http://bluecare.bcbst.com)