

M-Power Your Health

GET MOVING FOR BETTER HEALTH



When you were a little kid, you may have been able to run around and play for hours and never get tired. Now that you're a teen, have you slowed down a little? It happens! At some point, physical activity stops being a regular part of life. It's something we have to think about and make time for.

If you want to get all the benefits of being active – feeling healthier on the inside and looking better on the outside – chances are, you need to up your game when it comes to exercise.

The good news? You have lots of choices. You can do just about any activity that makes you breathe harder and speeds up your heart rate, like playing sports, taking PE, jogging, biking or dancing.

You should try to be physically active for at least 60 minutes a day. And if that seems like a big chunk out of your busy day, don't sweat it. Even short bursts of activity can add up to help you hit your goal.

Here's an example of how to fit 60 minutes of physical activity into your day:

10 minutes to walk or bike to a friend's house **+** **30 minutes** of playing basketball **+** **10 minutes** of chasing the dog around the yard **+** **10 minutes** to walk back home

It's easier than ever to keep track of how many minutes you're being active each day. You can choose from tons of free fitness apps that will track your daily activity right from your smart phone or tablet.

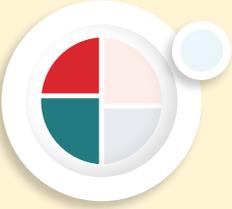
**Want more ideas for getting started with exercise?
Visit choosemyplate.gov/teens.**



LEARNING TO MAKE HEALTHY FOOD CHOICES

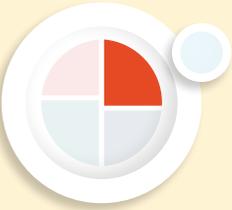
If you're a typical teen, you don't think a whole lot about the food you eat. You know what you like and what tastes good – but do you know what's good for you? Your body needs food to live. But all foods don't treat your body the same way. Some help give it good quality energy to do all the things it needs to do. And some make it feel run down and tired – and as you get older, could even lead to some pretty bad health problems.

There's a lot to know about choosing the best foods. But we're just going to cover some basics to help you get started.



Fruits and Vegetables

When you load up your plate with food, half of it should be fruits and vegetables. Dark green, red and orange vegetables have high levels of the nutrients you need, like vitamin C, calcium and fiber. Adding tomato and spinach – or any other leafy greens that you like – to your sandwich is an easy way to get more veggies in your meal.



Grains

You can eat bread and carbs. They aren't the enemy. But try to choose whole grains like whole-wheat bread, brown rice, oatmeal and whole-grain cereal, instead of refined-grain cereals, white bread and white rice.



Dairy

You may have heard that milk builds strong bones. That's true! But you should aim to have mostly fat-free or low-fat milk products. If you can't digest lactose, choose lactose-free milk or soy milk with added calcium. Fat-free or low-fat yogurt is also a good source of dairy food.

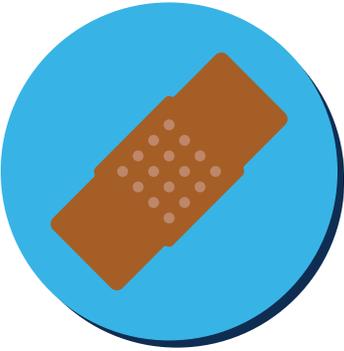


Fats

Fat isn't the enemy either. It's true that fats have more calories per gram than protein or carbs, but that's no reason to cut them out. It's actually very important for your body to get healthy fat. It helps your body grow and develop, and helps keep your skin and hair healthy.

The key is to choose "good fats" like avocados, olives, nuts, seeds and seafood such as salmon and tuna fish – these are good for your health. And try to avoid or limit "bad fats" like fried chicken, cheeseburgers and fries, which often have a lot of saturated and trans fats – these are bad for your health.)

Source: choosemyplate.gov/teens



Flu Shots are for Teens, Too

You may not be excited about the thought of getting a shot – but the flu shot is one you need every year. As you probably guessed, it helps prevent the flu – a serious virus that spreads easily and can make you very sick. The Centers for Disease Control and Prevention (CDC) says everyone aged six months and older needs a flu shot. Don't know where to get yours? You have lots of options. You can get a flu shot at your doctor's office, the health department, many drug stores and even at flu shot events in your community.

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



What's a "Personal Doctor?"

Do you think only celebrities could have a "personal doctor?" Not true. Everyone – including you – should have one. Personal doctors are usually called primary care providers (PCPs). For kids and teens, they may be pediatricians. You see them for regular checkups and minor treatment. They know your overall health and history. They are the best provider to keep track of all of your medical needs. You may often see other providers. But your personal doctor needs to be informed and up-to-date on all other care.

Need help finding a personal doctor? Visit bluecare.bcbst.com and click on Find a Doctor.



IS IT TIME TO STOP SEEING YOUR PEDIATRICIAN?

If you're between 18 and 21 years old, your health needs are changing. It makes sense to move to a different kind of personal doctor – one who treats adults. Plus, your pediatrician probably has some age limits for their patients.

So now's the time to get prepared for a change. To find a new doctor, just go online at bcbst.com or call Member Services. The kind of doctor you're looking for will be listed as a PCP.



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:

- Feelings of helplessness and hopelessness
- Loss of energy
- Loss of interest in daily activities
- Strong feelings of worthlessness or guilt
- Inability to experience pleasure
- Concentration problems
- Eating too much or too little
- Anger, physical pain and reckless behavior
- Sleep changes

Even one or two checkmarks could mean you're depressed. But there's good news: You can find help.

Sources: Substance Abuse and Mental Health Service Administration – samhsa.gov
Helpguide.org - helpguide.org/articles/addictions/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 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**.





If you have asthma, you may dread winter. The colder air can trigger asthma flare-ups, which makes it hard to spend much time outside. But at this time of year, the cold may be tough to avoid. Here are some tips to help you survive the winter without too much trouble from your asthma symptoms:

- Cover your mouth with your hand or a scarf when you're out in the cold.
- Take your controller medicine exactly the way your doctor said to. Even if you're feeling better, don't skip it.
- Always make sure you have your inhaler and spacer handy.
- Stick to the asthma action plan you've made with your doctor.

When you're prepared for flare-ups before they happen, you're in control. You can take better care of yourself and your asthma.

Source: KidsHealth.org



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**.

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**.

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، خزمەتگوزارییهکانى وهەرگێران بەخۆرایى دەخرێتە بەردەستتان. پەپوهەندى 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.



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Tips for Tennessee Teens Winter 2018-19

M-Power Your Health

IN THIS EDITION

LEARNING TO MAKE HEALTHY FOOD CHOICES COLD AIR
AND ASTHMA FLU SHOTS ARE FOR TEENS, TOO

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
Website: bluecare.bcbst.com

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