



our body's needs in her

Para información acerca de  
TennCare in español,  
llame al 1-866-311-4290.



## How can you stop HPV?

- HPV vaccines
- Condoms may lower your risk of HPV and HPV-related diseases
- Being in a faithful relationship with one partner
- Limiting number of sex partners
- Choosing a partner who has had no or few sex partners
- **The only sure way to prevent HPV is abstinence**

## Vaccines for Teens: Protect Yourself from HPV

### What is HPV?

Human papillomavirus (HPV) is a sexually transmitted disease (STD) that causes genital warts. It affects both girls and boys.

- Cancers of the vulva, vagina, penis, anus and throat, including the base of tongue and tonsils

### How do people get HPV?

You can get HPV from sexual contact, including vaginal, oral and anal sex. Most people infected with HPV don't know they have it because they don't show signs or symptoms. People with HPV can pass the infection to others without knowing it.

### Who Needs the HPV Vaccine?

Doctors recommend girls and boys get the vaccine starting at age 11 or 12 through age 26. The HPV vaccine is given as three injections over six months. If a person is infected with HPV before receiving the vaccine, he or she will not be protected. That is why it is important to get the vaccine in childhood, before becoming sexually active.

HPV can lead to:

- Genital warts: non life-threatening, but can cause emotional stress and treatment can be uncomfortable
- Recurrent respiratory papillomatosis (RRP): warts in the throat
- Cervical cancer

The HPV vaccine does not protect against all types of HPV and does not prevent other STDs. Females still need to have regular Pap tests to help prevent cervical cancer.

Sources: [kidshealth.org/teen/sexual\\_health/stds/hpv\\_vaccine.html](http://kidshealth.org/teen/sexual_health/stds/hpv_vaccine.html)





**Social networking** sites such as Facebook®, Twitter® and Instagram® are a fun way to stay in touch and share your interests with friends. But what you post online can affect you offline, too.

Check off the safety precautions you take to protect your online identity:



## About Me:

- I make my contact information private
- My full name, address, phone number, social security number or credit card numbers are not listed or visible to the public
- I limit who can search for my profile online
- My screen name doesn't reveal my age, gender, or isn't similar to my email address
- Only I know my passwords and they are not easy to guess

Credible companies will never ask you for personal information. If someone online asks you for this information, ignore or block them.



## My Friends:

- The names of my friends and family members on my profile are safe
- I limit my online friends to people I actually know
- I keep my "online" friends online and don't make plans to meet strangers offline
- I avoid or ignore messages from cyberbullies and "trolls" (people who post unwanted messages to provoke or harass)

If you experience cyberbullying, tell a parent, teacher or another trusted adult.



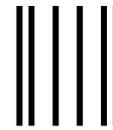
## My Interests:

Employers, college officials and police can find your social profiles. Even if you delete posts, you never know who has already saved them on other computers and can circulate them on the Internet.

- I limit who can see my pictures, location "check-ins" or status updates
- I untag myself from photos when necessary
- I think about the language I use or pictures I take before posting
- I avoid sex talk online and "sexting" with friends and strangers

If you receive uncomfortable messages, tell a parent or teacher right away. You can also contact the National Center for Missing and Exploited Children at **[www.missingkids.com](http://www.missingkids.com)**. They will pass the information to law enforcement officials.

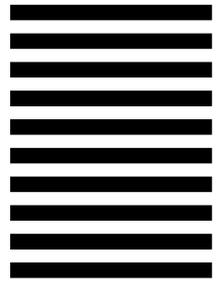
Sources: [kidshealth.org/teen/safety/safebasics/internet\\_safety.html#cat20019](http://kidshealth.org/teen/safety/safebasics/internet_safety.html#cat20019);  
[www.usa.gov/topics/science/communications/internet/social-networks.shtml](http://www.usa.gov/topics/science/communications/internet/social-networks.shtml);  
[onguardonline.gov/articles/0012-kids-and-socializing-online](http://onguardonline.gov/articles/0012-kids-and-socializing-online)



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES

**BUSINESS REPLY MAIL**  
FIRST-CLASS MAIL      PERMIT NO. 692      CHATTANOOGA TN

POSTAGE WILL BE PAID BY ADDRESSEE



ATTN: GOVERNMENT PROGRAMS COMMUNICATIONS  
BLUECROSS BLUESHIELD OF TN  
1 CAMERON HILL CIR  
CHATTANOOGA TN 37402-9981



## Stay Connected!

If you're going to move or if you have moved, call the Family Assistance Service Center at 1-866-311-4287. Make sure it has your current address. You need to call even if BlueCare or TennCareSelect already have your new address.

BlueCross BlueShield of Tennessee is listed on Facebook as BCBST, or [www.facebook.com/bcbst](http://www.facebook.com/bcbst). Volunteer State Health Plan is a wholly owned subsidiary of BlueCross BlueShield of Tennessee.

Save [TeenHealthExplosion.com](http://TeenHealthExplosion.com) as one of your favorite links. This useful website just for teens gives you lots of good information about your health.

## 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**. **TennCareSelect** 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**.

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our TTY/TDD numbers are: **BlueCare - 1-800-226-1958; TennCareSelect - 1-800-226-1958**.

## Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- Information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format, if needed
- A ride (if you need one) to your doctor or health department
- Just call:  
1-800-468-9698 if you are a BlueCare member;  
1-800-263-5479 if you are a TennCareSelect member.

# Safe Sex Starts with a Checkup

Have you started having sex? Are you thinking about having sex for the first time? If so, be smart about it. See your doctor for a TENNderCARE checkup.

Why is this visit an important step toward practicing safe sex? Learn the facts by taking this true or false quiz. Circle "T" for true or "F" for false. Then, check your answers to see how much you know.

1. Your doctor can answer questions friends or parents can't.  
T or F
2. You can ask to speak with the doctor without your parents in the room.  
T or F
3. You can't get pregnant or catch a sexually transmitted disease (STD) the first time you have sex.  
T or F
4. You don't need to see a doctor. You'll know if you or your partner has an STD.  
T or F



## See Your Doctor!

Call your doctor today to schedule an appointment for an STD screening. For more information on this topic, go online to [www.kidshealth.org](http://www.kidshealth.org).

Sources: [http://kidshealth.org/teen/sexual\\_health/stds/std\\_myths.html#](http://kidshealth.org/teen/sexual_health/stds/std_myths.html#);  
[http://kidshealth.org/teen/sexual\\_health/changing\\_body/adolescent\\_doctor.html#cat20129](http://kidshealth.org/teen/sexual_health/changing_body/adolescent_doctor.html#cat20129);  
[http://kidshealth.org/teen/sexual\\_health/stds/stds\\_check.html#cat20017](http://kidshealth.org/teen/sexual_health/stds/stds_check.html#cat20017);  
[http://kidshealth.org/teen/expert/doctors/doctor\\_alone.html?tracking=T\\_RelatedArticle#cat20017](http://kidshealth.org/teen/expert/doctors/doctor_alone.html?tracking=T_RelatedArticle#cat20017)

## Answer Key

1. T or True. It is important to talk with your parents about your sexual choices, if you can. But you may have questions that only a doctor or nurse can answer.
2. T or True. You can ask to speak with a doctor alone and what you say will be kept confidential. In Tennessee, even as a minor, you can receive certain treatments without a parent's consent.
3. F or False. Abstinence (no sex of any kind) is the only way to ensure you do not get pregnant or contract an STD. Your doctor can give you the facts about other claims you may have heard about sex.
4. F or False. Many STDs have no symptoms. You or your partner can have an STD and not even know it. The only way to know for sure is to see a doctor for an STD screening.

# Your Choices are Yours!

**Scenario:** You and your friend are sitting together having lunch in the cafeteria. A group of your classmates are talking about a big party on Friday night at Tammy's house. You learn her parents are out of town and that there will likely be drinking at the party. You are among those being invited. Will you go?

Decisions like these can have a huge impact on your future in ways you can't even imagine. And often, peer pressure is a major factor in the choices teens make. In times like these, how can you stay true to your values, beliefs and goals?

First, take time to think about possible decisions you'll make, *before* you have to make them. Planning ahead can help you resist peer pressure. Identify your values, beliefs and goals. Then, ask yourself if the choice you are making supports them. Remember that it is OK to be different. You don't have to go along with

something, just because everyone else is doing it.

Consider these four ways to identify a good decision:

1. A good decision has good outcomes.
2. A good decision let's you be yourself.
3. A good decision lines up with your personal goals and values.
4. A good decision doesn't hurt anyone.

Lastly, ask yourself this:

- If I make this choice and the worst happens, can I live with the results?

Having a close relationship with a few trusted adults, such as your parents, teachers or spiritual advisor is also important. Being able to talk openly and honestly with them is key. You may not always agree, but it is good to know where they stand on a particular issue.

Sources: <http://www.teenhelp.com/adolescent-development/development-morals-values.html>;  
<http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/other-conversations/positive-values/positive-values-make-a-difference.html>;  
<http://www.hrmvideo.com/resources/732MakingGoodChoices2.pdf>

# Report Fraud or Abuse

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 1-800-433-3982 or go online to [www.state.tn.us/tennecare](http://www.state.tn.us/tennecare) and click on '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.

# Keep your Smile Strong

Your body grows and changes a great deal when you are a teen. To grow strong and stay healthy, your body needs important vitamins and nutrients found in healthy foods. To have strong bones and a healthy smile, you need to take in calcium. Calcium is a mineral that makes your bones and teeth stronger. In fact, your body stores 99% of its calcium in the bones and teeth.

You can get calcium from many foods. Dairy products like low-fat milk, yogurt, and cheese contain a lot of calcium. Dark green, leafy vegetables like spinach are also good sources, as well as salmon and tofu and cereals that have calcium added. As a teen, you should take in 1,300 milligrams of calcium each day. A good way to do this would be to drink low-fat milk at each meal, have yogurt at breakfast or for a snack, add cheddar cheese to a sandwich, and eat vegetables like broccoli at dinner.

Taking in calcium will also help you as you get older. If your bones and teeth don't get enough calcium, they can start to break down. This is called osteoporosis. Without enough calcium, bones can break more easily. If your jaw bone starts to break down, your teeth can start to fall out, too. It is important to take in lots of calcium while you are young so you will have strong bones when you are older.

Sources: Office of Dietary Supplements: National Institute of Health. "Calcium," <http://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>, accessed Sept 2012; National Institute of Arthritis and Musculoskeletal and Skin Diseases. "Oral Health and Bone Disease," [http://www.niams.nih.gov/Health\\_Info/Bone/Bone\\_Health/Oral\\_Health/default.asp](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Oral_Health/default.asp), accessed Sept 2012.



## Take Care of Your Pearly Whites!

Call TennDent\* or visit their website if you have TennCare and are under the age of 21 and you need help finding a dentist.

- Phone: 1-877-418-6886
- Web: [www.TennDent.com](http://www.TennDent.com)



\*TennDent is an independent company serving BlueCare and TennCareSelect members. TennDent's number and website address are listed for your convenience. TennDent does not provide Blue Cross or Blue Shield products or services.

12ALM2160 (11/12)

# Just for You

1 Cameron Hill Circle  
Chattanooga, Tennessee 37402-0001

PRSR STD  
U.S. POSTAGE  
PAID  
BLUECROSS  
BLUESHIELD  
OF TENNESSEE INC.

¿Habla español y necesita ayuda con esta carta? Los miembros de BlueCare pueden llamar al 1-800-468-9698. Los miembros de TennCareSelect, 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 Family Assistance Service Center for free at 1-866-311-4287. In Nashville, call 743-2000.

Need help in another language? You can call for language assistance, BlueCare members call 1-800-468-9698.

TennCareSelect members call 1-800-263-5479. Interpretation and translation services are free to TennCare members.

Volunteer State Health Plan, Inc. (VSHP), BlueCross BlueShield of Tennessee, Inc. (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

Fold bottom up to this line

## Chance to Win

### \$100 Gift Card

What would you buy with a \$100 gift card? School clothes, CDs, athletic equipment, electronics? This could be your decision if you're the lucky winner.

### How to be eligible to win

Just get your TENNderCare well-care checkup from your doctor or health clinic before March 31, 2013.

### Two ways to enter

1. Call us at **1-800-333-3819**. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.
2. Or fill out this form. Cut this page out of the newsletter. Fold into thirds with the address on the outside. Tape shut. Drop in the mailbox. Be sure to mail your entry no later than April 5, 2013.

We'll put your name in the drawing for the gift card.

Remember, the checkup is free for TennCare members under the age of 21. And a yearly checkup is important - even if you're feeling well. It also gives you a chance to ask your doctor about any of your questions or concerns.

Your address: \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

I received my yearly well-care checkup on \_\_\_\_\_ (date)

At \_\_\_\_\_ (where)

By \_\_\_\_\_ (name of doctor or nurse)

BlueCare or TennCareSelect Member Name \_\_\_\_\_

Member's ID Number (look on your health care ID card) \_\_\_\_\_