





## Driven to Distraction

No doubt about it, a cell phone can seem like a lifesaver, especially if you have car trouble. But did you know that your risk of having an accident quadruples when using your cell phone on the road? The consequences of driving while texting (DWT) are real. It can cause potentially serious — or even deadly — accidents.

The problem is multitasking. If you have ever tried to look at your phone while walking, you might have accidentally tripped or walked into something. That's because your brain isn't able to pay attention to several things at once and it cannot give full attention to all of them. Driving deserves your complete attention.

Distractions like texting increase your risk for getting hurt or injuring others. It's hard to focus on what you're doing and where you're going. It doesn't matter if you can text without looking at the keypad. Even if texting feels like second nature, your brain is still trying to do two things at once.

**DWT is not only dangerous. But sending or reading a text message while driving a vehicle in Tennessee is illegal. If you swerve all over the road or cause an accident because of texting, you could be charged with reckless driving. That may mean a ticket or a lost license. You can even get jail time if you cause a fatal crash.**

To help resist the temptation of DWT, try these tips:

- Always put your phone in an easily reachable place, like a pocket in your backpack or purse so it's easy to find.
- If you need to text right away, stop what you're doing or pull off the road.
- Turn off your phone completely when you're doing anything that requires your full attention. That way there's less temptation to read and respond to texts.

Sources: <http://www.mayoclinic.com/health/teen-texting/MY00936>; <http://www.tn.gov/safety/top10nlaws.shtml>; [http://kidshealth.org/teen/safety/safebasics/texting.html?tracking=T\\_RelatedArticle#](http://kidshealth.org/teen/safety/safebasics/texting.html?tracking=T_RelatedArticle#)



## Put an End to Cyberbullying

Cyberbullying is bullying that takes place using electronic technology. Examples of cyberbullying can be:

- Harrassing text messages or emails
- Rumors sent by email or posted on social networking sites
- Embarrassing pictures, videos, websites or fake profiles

Talk to your parents, school counselor or another trusted adult if you are getting these types of messages or know someone who has.

To get more information on reporting cyberbullying, visit <http://www.stopbullying.gov/cyberbullying/how-to-report/index.html>

# A New Way to Brush



Some form of the toothbrush has been around since 3000 B.C. But the toothbrush as we know it, made with nylon bristles, was invented in 1938 by Dupont de Nemours. While the toothbrush hasn't changed much, there are new products that can change how you brush and floss.

## Manual Toothbrush

This is the toothbrush that you hold and move back and forth across your teeth. These toothbrushes come in many sizes and the bristles may be firmer or softer. The bristles may also be cut in different lengths to reach all parts of your teeth. Brushes may have a colored strip in the bristles that fades over time. When the color is halfway gone, it's time to replace the toothbrush. Finally, some toothbrushes now come with a tongue cleaner in the form of a bumpy pad on the back of the toothbrush.

## Power Toothbrush

This toothbrush is either battery-powered or rechargeable electric and has bristles that move. A powered toothbrush moves the bristles thousands of times per minute. This helps your teeth get cleaner faster. Studies have shown that power toothbrushes do a better job of cleaning your teeth than manual toothbrushes.

## Flossers

Floss usually comes as a string that you wrap around your fingers to get between teeth. New floss holders attach a tight floss string to a handle. This lets you push the floss string between teeth more easily, and your fingers stay out of the way.

No matter what you use to clean your teeth, it's most important to keep your toothbrush up-to-date! Old toothbrushes hang on to germs and bacteria. Also, the bristles wear out so they no longer do their job well. You should change out your toothbrush every three months.

Sources:

<http://www.loc.gov/rr/scitech/mysteries/tooth.html>; <http://www.oralb.com/products/electric-toothbrush/>; <http://www.colgateprofessional.com/patienteducation/Toothbrush-Care-And-Replacement/article>



## 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.





# What's Next for Me?

Thinking about what you're going to do after high school can be a little scary and overwhelming. There are a ton of options and things to think about when it comes to your future. Are you thinking about going to college? If so, it's a good idea to start preparing early. Maybe traditional college is not right for you. And that's okay. Look into options like trade or vocational school and joining the military.

No matter which path you are thinking about taking, it is always helpful to build a support system. People in your support system can guide you through your options. And they can offer advice on making those important decisions that affect your future.

Reach out to people like your family members, friends, school counselor, teacher, coach, or member of church or a social or religious organization. These people may be able to help you to:

- Become an independent adult
- Explore the education and experience requirements for careers that you are interested in
- Start a portfolio or folder with things like records, transcripts, awards and a resume
- Create short-term and long-term goals
- Budget money and make financial decisions
- Find resources at school or in the community to pay for college like

scholarships, grants and student loans

- Offer encouragement when you're feeling a sense of loss of direction or separation from family and friends after moving away from home
- Understand your medical, dental and behavioral health care

Know that whatever you choose to do now does not have to be what you do forever. You can always go back to school or change career direction.

Source: [http://kidshealth.org/teen/school\\_jobs/school/after\\_hs.html?tracking=T\\_RelatedArticle](http://kidshealth.org/teen/school_jobs/school/after_hs.html?tracking=T_RelatedArticle)



## Resources to Improve your Health in Foster Care

If you are a young person in foster care, you may have a lot of stress in your life. You may hurt a lot inside. Sometimes your coping skills are overwhelmed. You may need extra help to handle your feelings and improve your health. To help make decisions about your health, see your doctor. Visit the links below to find a brochure with information developed just for you. This brochure is also in Spanish.

<http://www.nrcyd.ou.edu/publication-db/documents/psychmedyouthguide.pdf> (English)

[http://www.nrcyd.ou.edu/images/stories/publications/health/hhs\\_cb\\_psychomed\\_comic\\_esp\\_508b.3.pdf](http://www.nrcyd.ou.edu/images/stories/publications/health/hhs_cb_psychomed_comic_esp_508b.3.pdf) (Español)

# Survive Spring Allergies

Spring has sprung! Now you want to get outside and enjoy the warmer weather. But if you find yourself sneezing and sniffing during the spring months, you might have allergies. In some people, allergies can trigger symptoms of asthma.

Pollen from grass, ragweed and trees set off allergy and asthma symptoms for many people. If you're allergic to pollen, you may have symptoms like:

- Runny nose
- Itchy or red eyes
- Chronic cough
- Itchy rashes

If you have asthma and pollen is one of your triggers, you may have more symptoms like:

- Chest tightness
- Chronic cough
- Shortness of breath
- Wheezing

Have you noticed that your allergy or asthma symptoms are worse on dry breezy days? This happens because the wind picks up pollen and carries it in the air. Pollen counts measure how much pollen is in the air. Usually, the pollen count is higher in the morning than in the afternoon or evening. Tracking the pollen count can help you to keep your allergy and asthma symptoms under control. Most local news and radio stations report pollen counts during peak pollen season. Watch or listen to local weather pollen reports before planning to go outside.

It is almost impossible to avoid pollen altogether. But here are some other tips for relief during peak allergy seasons:

- Try to stay indoors as much as possible whenever the pollen counts are high in your area.
- While indoors, keep doors and windows closed. On hot days, turn on the air conditioner.
- Avoid yard work, like mowing the grass.
- Change your clothes and shower after being outdoors.
- Wash your bedding weekly.
- Vacuum or sweep your floors weekly.
- Keep pets out of your room. Their fur can collect pollen and other allergens.

Are your allergy or asthma symptoms too much to take? Schedule an appointment with your doctor. He or she can help find a medicine or treatment that will work best for you. If you have asthma, your doctor should develop an asthma care plan. This can help you to control your asthma and know what actions to take if you have an asthma attack.

Sources: <http://www.webmd.com/allergies/guide/spring-allergies>; [http://kidshealth.org/teen/asthma\\_center/body\\_basics/allergies.html](http://kidshealth.org/teen/asthma_center/body_basics/allergies.html); <http://childdevelopmentinfo.com/child-teen-health/seasonal-allergies-2.shtml>



## Free help to stop tobacco use

The Tennessee Tobacco QuitLine is free to all Tennessee residents who want to stop smoking or using spit or chew tobacco. Callers are assigned a coach who will give one-on-one help to make a plan to kick tobacco use for good and provide tips to stay on track.

Tennessee Tobacco Quitline:  
**1-800-QUIT-NOW**, or  
**1-800-784-8669**, Eastern Time.

Monday through Friday from 8 a.m. to 11 p.m., Saturday from 9 a.m. to 6 p.m.

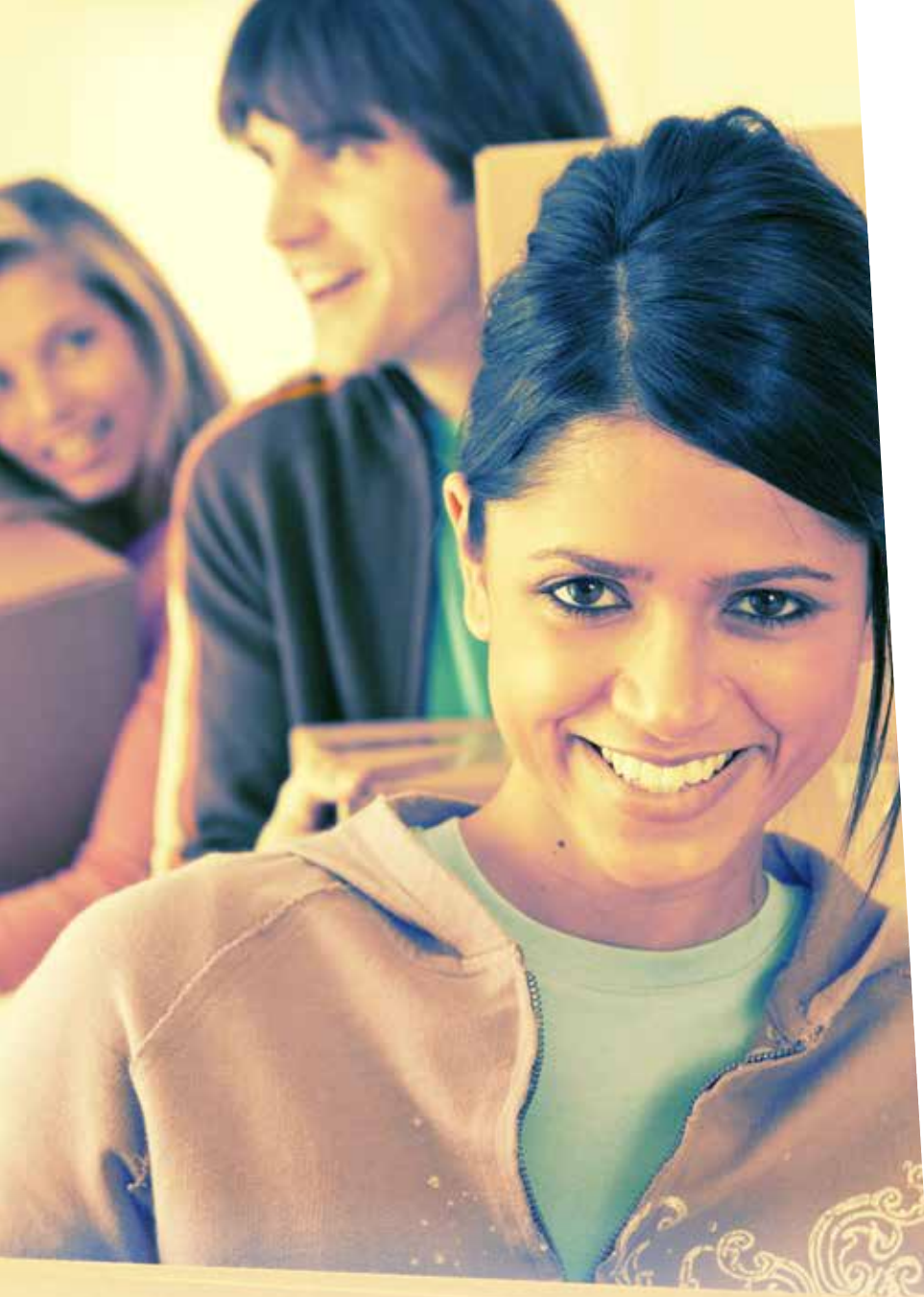
Sunday from 11 a.m. to 5 p.m.

For the deaf and hard of hearing -  
**1-877-559-3816**.

Counseling is available in both Spanish and English.

To learn more about quitting tobacco use and the Tennessee Tobacco QuitLine, visit [health.state.tn.us/tobaccoquitline.htm](http://health.state.tn.us/tobaccoquitline.htm).





## 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.

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



## 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.



## 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/tenncare](http://www.state.tn.us/tenncare) 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**.

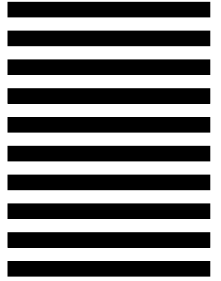


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**Do you need help with this information?**

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**.

# JUST FOR YOU

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¿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 ("VSHP") d/b/a BlueCare and BlueCross BlueShield of Tennessee ("BCBST") are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

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## 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 June 30, 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 July 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) \_\_\_\_\_