

JUST FOR

YOU



2nd Quarter 2017

For BlueCare and TennCareSelect members under age 21

## SMOKING CAN HARM YOU — EVEN IF YOU DON'T SMOKE

A MESSAGE FROM THE GOVERNOR'S CHILDREN'S CABINET

*Smoking leads to premature deaths across the country and in Tennessee every year. Studies show that more than 100,000 Tennesseans under the age of 18 might die from smoking if habits don't change. It is important that you take steps to protect yourself from the dangers of secondhand and thirdhand smoke.*

Secondhand smoke is smoke from burning tobacco products or smoke breathed out by a smoker. Millions of young people and teenagers breathe in secondhand smoke in their own homes and communities. This can be harmful to your health because as a teenager your lungs are still developing.

Thirdhand smoke refers to the chemicals from cigarette smoke that cling to or seep into things such as carpet, clothing or toys. You may not be able to see these chemicals, but they are in things you touch and can be dangerous because the same chemicals found in tobacco smoke might cause cancer.

### Here are steps you can take to stay safe from secondhand and thirdhand smoke:

- Do not allow anyone to smoke near you, in your home or car.
- Go to smoke-free restaurants or hangouts.
- If you have family or friends that smoke, talk to them about quitting.
- If you are a smoker and want to quit you can get help from your doctor.



# MENTAL HEALTH MEDICATIONS



## Like us on Facebook!

Learn more about your benefits and get health and wellness tips. Connect with us today by visiting [facebook.com/bluecaretn](https://facebook.com/bluecaretn).

Medication is a good part of treatment. Your primary care provider (PCP) should perform a mental health checkup before giving you medicine to treat a mental health problem. He/she should also tell you why you need medicine, good and bad things about it, and what else can help treat you.

Medicine is just one part of your treatment plan. You should have a complete mental health evaluation and a physical exam, as well as some other tests, if your PCP recommends them.

Medicine can have side effects, but you may not have any of them. Take your medicine like your PCP tells you to do. Do not stop taking the medicine, or start taking a new one, without talking to your PCP.

### **If your PCP gives you medicine:**

- ☐ Tell your PCP what medicines and vitamins you already take.
- ☐ Tell your PCP if you have any allergies or problems with medicines.
- ☐ Learn how to take your medicine, and take it correctly.
- ☐ Do not take any medicine that's not yours.  
Do not give your medicine to anyone else.
- ☐ Call your PCP right away if you have any problems. He/she can change the dose or medicine to one that works better for you.

#### Resources:

National Institute of Mental Health - [nimh.nih.gov/health/topics/mental-health-medications/index.shtml](http://nimh.nih.gov/health/topics/mental-health-medications/index.shtml)

American Academy of Child and Adolescent Psychiatry - [http://www.aacap.org/aacap/families\\_and\\_youth/facts\\_for\\_families/FFF-Guide/Psychiatric-Medication-For-Children-And-Adolescents-Part-I-How-Medications-Are-Used-021.aspx](http://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Psychiatric-Medication-For-Children-And-Adolescents-Part-I-How-Medications-Are-Used-021.aspx)

# 4 TIPS FOR CARING FOR TEEN SKIN

*As you move into your teen years, your skin may seem difficult to manage. The good news is that there are ways to keep your skin healthy and treat common skin problems.*



## 1. CLEANSE

It's important to cleanse your skin daily to remove dirt and oil. Wash your face twice a day (no more) with warm water and a mild soap made for people with acne.



## 2. HYDRATE/MOISTURIZE

Hydrate and moisturize your skin daily. For most skin types, you should moisturize skin in the morning and evening. Without adequate moisture, skin looks dry and dull.



## 3. TREAT

Many teens need to treat skin conditions such as acne. Acne occurs when pores on the surface of skin become clogged. The goal is to treat all oily areas of the face and not just where you notice pimples.



## 4. PROTECT

After cleansing your skin, protect it daily from the sun. Use a moisturizer or foundation with a sunscreen of SPF of 30 or higher. It may seem like a tan hides acne, but it's only temporary. A tan may worsen your acne, not improve it.

*No matter what your skin type, if you are unsure how to treat acne or other skin problems, talk to your primary health care provider or a dermatologist.*

Resources:

WebMD - [teens.webmd.com/teen-skin-care-tips?page=4](https://www.webmd.com/teen-skin-care-tips?page=4)

KidsHealth.org - [kidshealth.org/en/teens/skin-tips.html](https://kidshealth.org/en/teens/skin-tips.html)



## WISDOM TEETH

Wisdom teeth are also called third molars. They are the last permanent teeth that you will get. They usually come in during your late teens or early 20s. Despite the common belief that everyone needs to have their wisdom teeth removed, some people don't have them at all and others may be missing one or more. When wisdom teeth come in right, they will not cause problems.

Only a dentist can tell with X-rays if you will need to have your wisdom teeth removed. If wisdom teeth are partly erupted, they can be hard to clean and become an easy target for bacteria and cavities.

It takes a little more effort to clean them since they are located in the very back of your mouth. Be sure to pay extra attention to brushing your wisdom teeth if and when they come in. It's important to see your dentist every six months to let him/her check your wisdom teeth.

If you need help finding a dentist call DentaQuest at **1-855-418-1622**.



# SOCIAL MEDIA SAFETY

*As a teen in today's world, social media is most likely a big part of your daily life. There are plenty of good things about social media like:*

- 📌 Staying in touch with friends and family
- 📌 Volunteering or getting involved with a charity
- 📌 Enhancing your creativity by sharing ideas, music, and art

But there are also many potential dangers you should avoid.

## The Dangers

Social media can be a hub for things like cyberbullying and questionable activities. You might possibly share more online than you should.

Posting your picture, birthdate, or real name on your profile can lead to problems. Actions like this can make you an easy target for online predators and others who might want to cause you harm.

## Consequences

Cyberbullying and online predators are also problems. Some apps now reveal your location when you use the app. This can tell anyone out there exactly where to find you.

Also, photos, videos, and comments made online usually can't be taken back once they're posted. Posting an inappropriate photo can damage your reputation and cause problems years later. Like when a background check is done for a job or college admission.

So stay safe by:

- 📌 Thinking twice before hitting "enter"
- 📌 Never "friending" strangers
- 📌 Using privacy settings



## A GOOD TIME FOR A CHECKUP

Going back to school is always a busy time. To get you prepared, there is usually a yearly back-to-school checklist of to-dos like:

- 📌 Shopping for school supplies
- 📌 Filling out permission forms
- 📌 And most importantly, getting your yearly well-child exam

A back-to-school well-child exam might be the only visit you have with your primary care provider (PCP) each year. So don't miss it! Getting your well-child exam gives your PCP a chance to address any physical, emotional, developmental, or social concerns you might have.

It is also a good chance for you to address important questions like:

- 📌 Drinking
- 📌 Smoking
- 📌 Drugs
- 📌 Sexual activity
- 📌 Depression

While it might not seem that important, a yearly well-child exam from your PCP is a key part of staying healthy. The back-to-school season is a great time to get your checkup. So call your PCP today and schedule your appointment.



## Population Health

Your membership includes our free Population Health CareSmart® Program. The program provides important health information and support to you at no cost. Population Health services are provided whether you are well, have an ongoing health problem or have a serious health episode. Please call **1-888-416-3025** for more information. Or see our website at <http://bluecare.bcbst.com/Health-Programs/Population-Health/index.html>

## 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 <http://www.tn.gov/tenncare/fraud.shtml>. 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**.

## Free Services

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

- Information on free interpretation and translation services
- TennCare Kids 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.

**Spanish: Español ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008).

**Kurdish:** ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خۆ کوردی زۆرێک بە ئێوەوە دەستە. BlueCare 1-800-263-5479 TennCareSelect 1-800-468-9698 (711: 888-418-0008) TTY

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 BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

## How Can We Help You?

### BlueCare Customer Service

- Help with your health plan
- Free help in another language
- TennCare Kids information in formats for members who are deaf or blind
- Help getting treatment for mental health and substance abuse problems
- Information about CHOICES

Call Monday through Friday, 8 a.m. to 6 p.m. EST. If you call after normal business hours, you can leave a voicemail. **1-800-468-9698**



**Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008).**



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