



# news

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## Social Network Safety

**S**ocial 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:

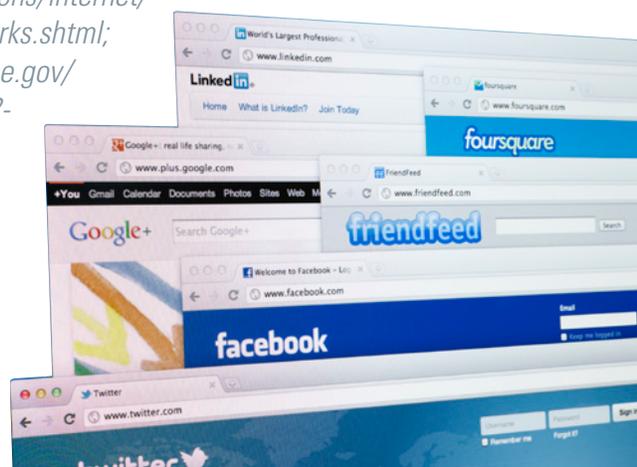
Employers, college officials and police can find your social profiles. Even if you delete posts, you never know who has already saved them on other computers and can circulate them on the Internet.

- 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.

### References:

[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)



# 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.

**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.

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

**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.

The HPV 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.

## 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

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

# Safe Sex Starts with a Checkup

**H**ave 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**

## Answer Key

**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.

**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.

**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.

**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.

## 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).

References:

[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); [http://kidshealth.org/teen/your\\_body/medical\\_care/talk\\_doctor.html?tracking=T\\_RelatedArticle#cat20017](http://kidshealth.org/teen/your_body/medical_care/talk_doctor.html?tracking=T_RelatedArticle#cat20017)



## Keep your Smile Strong

**Y**our 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.*

### For more information, visit these helpful resources.

For teen resources from the State of Tennessee visit:

<http://state.tn.us/tenncare/tenndercare/yourhealth.html>

For accurate information that helps you better understand your sexual health visit:

<http://www.plannedparenthood.org/health-topics/index.htm>

For suicide prevention information visit: <http://www.tspn.org/>

If you need help, you can call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

Have questions about Fitness, Disease, Peer pressure, Nutrition or other teen topics? For games, teen challenges, activity calendar and more visit: <http://www.bam.gov/>

Need Help to Quit Smoking call: **1-877-44U-QUIT** or **1-877-448-7848**. This line is open Monday-Friday 9:00a.m. to 4:30 p.m. Help is available in Spanish and English.

## 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.

*References:*

<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>

### Are you Dealing with Abuse?

Abuse of children can take many forms. All forms of abuse are serious. It may be emotional, sexual, verbal or physical. You deserve to live your life free from abuse of any kind.

To report suspected child abuse, call **1-877-237-0004**. If you are in immediate danger, call 911. You do not have to have proof that abuse has occurred. Each concern will be reviewed on a personal basis.

## Checkups are Important!

**Y**ou think you know what will make you healthier, but are you sure? Seeing your doctor while you are well is very important. Take a stand in staying healthy. Quitting bad habits and getting health screenings help keep you healthy. It is important to get your well-care TENnderCare check up every year. Remember, if you are a United Healthcare Community Plan member under age 21, these checkups are FREE. Visit your doctor to discuss your health. Call for an appointment today. If you need a ride, call **1-800-690-1606**.

**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**.

**TennCare no permite el trato injusto.** Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, religión, idioma, sexo, edad o discapacidad. ¿Cree que lo han tratado injustamente? ¿Tiene más preguntas o necesita más ayuda? Si piensa que lo han tratado injustamente, llame gratis al Centro de Servicio para Asistencia Familiar al **1-866-311-4290**. En Nashville, llame al **743-2001**.

### Foreign Language Lines

Call if you need help and need to speak with someone in one of these languages

العربية	(Arabic)	1-800-758-1638
Bosanski	(Bosnian)	1-800-758-1638
کوردی – بادینانی	(Kurdish-Badinani)	1-800-758-1638
کوردی – سورانی	(Kurdish-Sorani)	1-800-758-1638
Soomaali	(Somali)	1-800-758-1638
Espanol	(Spanish)	1-800-758-1638
Người Việt	(Vietnamese)	1-800-758-1638

**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 at **1-800-690-1606** for more information.

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**.

**¿Necesita ayuda con esta información?** ¿La necesita porque tiene una discapacidad o un problema de aprendizaje, de salud mental o una enfermedad? ¿O acaso necesita ayuda en otro idioma? Si es así, usted tiene derecho a obtener ayuda, y nosotros podemos brindársela. Llame a **1-800-690-1606** para más información.

¿Tiene usted una **enfermedad mental y necesita ayuda con esta información?** En la línea telefónica de TennCare Advocacy pueden ayudarle. Llámelos gratis al **1-800-758-1638**.

¿Hablo español y necesita ayuda con esta carta? Llámenos gratis al **1-800-690-1606**. If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our **TTY/TDD** number is **711**.

Si tiene problemas de audición o del habla, puede llamarnos a través de una máquina de TTY/TDD. El número de **TTY/TDD** es **711**.

**Need help in another language?** You can call UnitedHealthcare Community Plan for language assistance at 1-800-690-1606. Or you can get other help with TennCare by calling the numbers below. Interpretation and translation services are free to TennCare members.

## Teen Mental Health

**B**eing a teenager is hard. You're under stress to be liked, do well in school, get along with your family and make big decisions. These are typical teen pressures. Worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem. Mental health problems are real, painful and sometimes severe. Mental health problems can be treated.

### Where to Find Help

If you or someone you care about is in crisis, please seek help immediately.

- Talk to your parents or an adult you trust
- Call 911
- Visit a nearby emergency department or your health care provider's office
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)**

## need a ride?

If you need a ride to your doctor or health department, call **1-800-690-1606**



**UnitedHealthcare**  
Community Plan

**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**.

**Para reportar fraude o abuso** a la Oficina del Inspector General (Office of Inspector General, OIG) nos puede llamar gratis al **1-800-433-3982**. O visítenos en línea en [www.state.tn.us/tenncare](http://www.state.tn.us/tenncare) y haga clic en "Report Fraud" (Reportar fraude). Para reportar fraude o maltrato de un paciente por parte de un proveedor a la Unidad de Control de Fraude Médico de la Oficina de Investigación de Tennessee (Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, TBIMFCU), llame gratis al **1-800-433-5454**.



UnitedHealthcare Plan of the River Valley, Inc.