



news

 2nd qtr
 2013

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://childdevelopmentinfo.com/child-teen-health/seasonal-allergies-2.shtml>



Sports Physicals Don't Replace Yearly Checkups

If you have played school sports, then you have had a sports physical exam. This is so a doctor can tell if you are at risk for illness, injury or sudden death during sports activities. A doctor will ask you questions about your medical history. He or she will pay special attention to your heart and muscles.

Do I still have to get a regular physical?

Even if you have already had a sports physical, you still need to have a yearly TENNderCare checkup. It may seem like too much. But a sports physical is different from a complete physical. During a sports physical, a doctor is trying to find out if you are healthy enough to play sports. Your TENNderCare checkup may involve other things that are not just related to sports. Your yearly TENNderCare checkup will include:

- 1 Health history
- 2 Complete physical exam
- 3 Lab tests as needed
- 4 Shots as needed
- 5 Vision and hearing screening
- 6 Developmental/behavioral screening as needed
- 7 Advice on how to stay healthy



These checkups are free for TennCare members under 21. TENNderCare also pays for medical services that are needed to treat problems found at the checkup.

Whether you play sports or not, you need a checkup once a year. If you have not had a checkup lately, call your doctor for an appointment.

Need help making an appointment or getting a ride to your checkup? Call Customer Service at: **1-800-690-1606**.

The hours are 8:00 am to 5:00 pm.

Sources: <http://www.tssaa.org/handbook/handbook.pdf>; http://kidshealth.org/teen/food_fitness/exercise/sports_physicals.html#

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.

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/top10tnlaws.shtml>; http://kidshealth.org/teen/safety/safebasics/texting.html?tracking=T_RelatedArticle#

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>



Healthy lifestyle choices help keep you healthy! UHCCP encourages you to play an active role in your health care. Take the time to get the recommended preventive health screenings. TENNderCare screenings are FREE! If you need help making an appointment, call **1-800-690-1606**.

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.

Sources: http://kidshealth.org/teen/school_jobs/school/after_hs.html?tracking=T_RelatedArticle

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.

Teen Mental Health

Being 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)**

My next check up is due _____.

Not sure when it is due? Call your Primary Care Provider (PCP) and ask.

Not sure who your Primary Care Provider is? To find out, call your health plan at **1-800-690-1606**.

Be prepared for your check-up. Write down questions for your PCP.

One question I have for my Primary Care Provider is:

Or, something my Primary Care Provider needs to know about me is: _____

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**.

¿Habla 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.

Foreign Language Lines

Call is 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 – سۆرانی	(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**.

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 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 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**.



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

UnitedHealthcare
Community Plan



UnitedHealthcare Plan of the River Valley, Inc.