



## TennCare Kid Screening

**In addition to caring for you when you are sick**, your primary care provider (PCP) also wants to see you for regular well visits (TennCare Kid exams). These visits focus on keeping you healthy.

At these visits, your PCP will check your growth and development. He will also perform a physical exam and any necessary screening tests and check your vaccine records to make sure you are up to date. Your PCP will be there to guide you as you start making your own decisions about your health.

You may have questions about things you've heard or may be feeling, and you may want to turn to your friends for answers. While it's more comfortable to confide in your friends, they may not be able to answer those questions or have accurate information. Your PCP is the expert who can address any questions or concerns you might have. Teens need independence and privacy. You may have an easier time sharing information with your PCP in private. In doing so, you know you will get correct information while building a strong relationship with your PCP.

If you have any questions or concerns, please discuss them with your PCP. Call your PCP's office today and make an appointment for your TennCare Kid screening!

TennCare Kid exams are **FREE** preventive benefits. Call today to schedule the next checkup. Do you need help finding a PCP? Call the customer service number on your ID card.



## Avoid the Flu

**If you've ever had the flu**, then you know it makes you feel really bad. You can help avoid that misery by getting your flu shot. Getting vaccinated is important. The main reason for getting vaccinated is to spare you the misery of the flu.

**Another reason for getting vaccinated is to protect the people around you who might get seriously ill from flu**—like babies, people with serious illnesses, and the elderly. When you protect yourself with a flu vaccine, you also protect other people.

It's possible to have some minor side effects for one or two days after getting a flu shot. You may feel sore in the area where you got the shot. You may feel achy or have a mild fever after getting the shot. But the side effects aren't as bad as the flu.

Your health plan and your primary care provider (PCP) suggest that all teens get a flu vaccine every year. The flu shot is very effective. However, there are different strains of the flu so it's not always 100 percent effective. Check with your PCP to see about getting the flu shot. Keep yourself healthy and get your yearly flu shot.

## Check Up on Your Health!

You should get a TennCare Kid checkup every year. Getting a checkup is called preventive health care. We want you to stay well! So even when you feel good, you still need to get your checkup. Part of taking care of yourself is getting your screening on time. So call your doctor today and make your appointment! Remember, if you are a UHCCP member younger than age 21, TennCare Kids checkups are free.



### Primary Care Tracker

My next checkup is due \_\_\_\_\_ . Not sure when it is due?

Call your primary care provider (PCP) and ask.

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

Be prepared for your checkup. Write down questions for your PCP.

One question I have for my PCP is:

OR

Something my PCP 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 Tennessee Health Connection for free at **1-855-259-0701**.

**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 a Tennessee Health Connection al **1-855-259-0701**.

¿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 assistance in any language at **1-800-690-1606** or the numbers below. Interpretation and translation services are free to TennCare members.

#### 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
كوردی - بادینانی	(Kurdish-Badinani)	1-800-758-1638
كوردی - 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**. 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**. 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, TBI MFCU), llame gratis al **1-800-433-5454**.

Community Plan  
**UnitedHealthcare**  
If you need a ride to your doctor or health department, call **1-800-690-1606**.  
**need a ride?**

## Be SMART About Texting

**Cellphones are just a part of everyday teen life.** Seventy-eight percent of teens now have a cellphone, and almost half of those own smartphones. Are cellphones bad? Not necessarily. They come in handy when an emergency happens or when you need to reach your parents. They are great to find quick information on the Internet. But, there are some things to be aware of if you text.

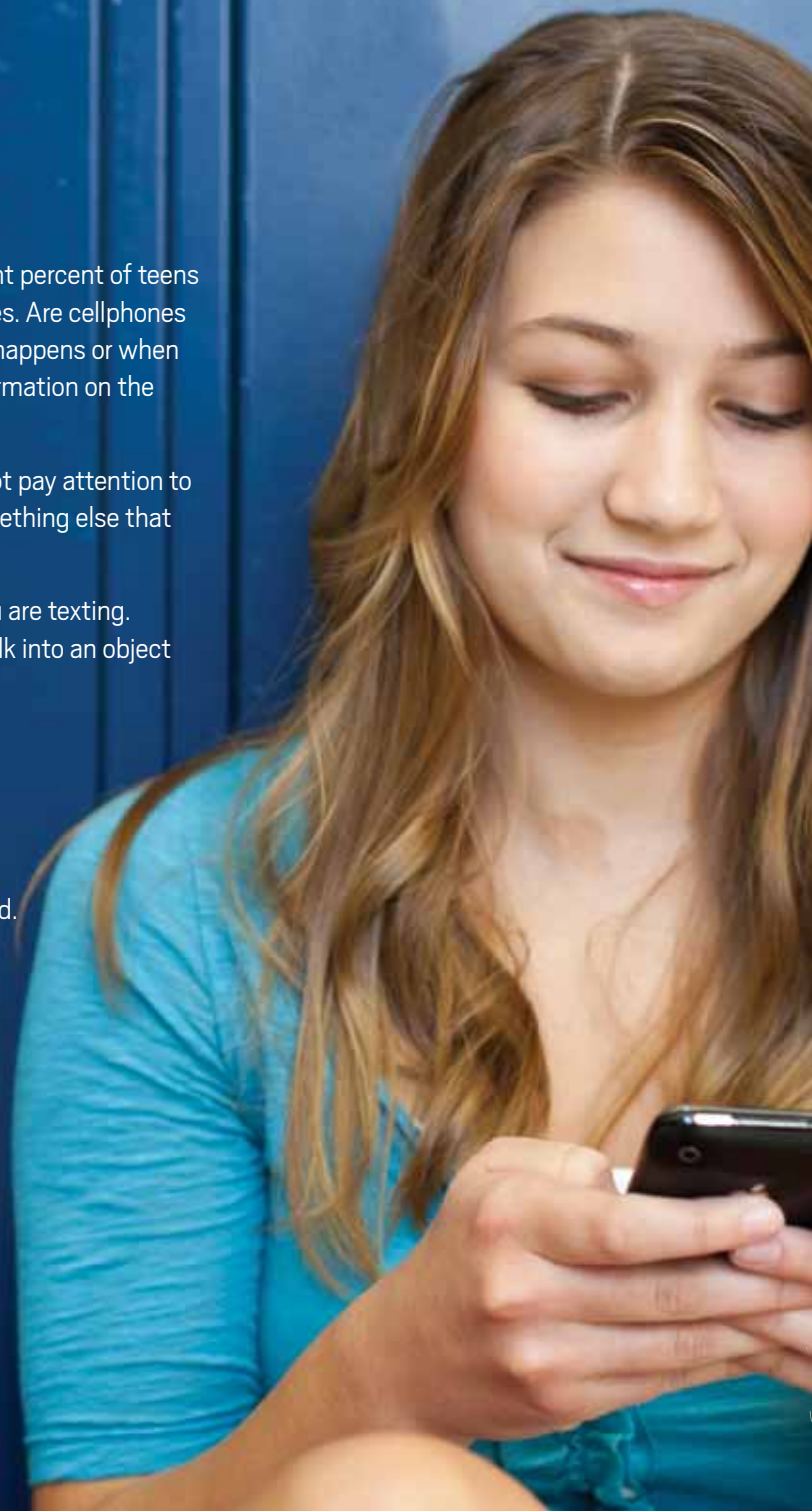
**1** Multitasking is not possible. When you are texting, you cannot pay attention to other things. This can be very dangerous if you are doing something else that requires complete attention.

**2** You will not be as aware of things going on around you if you are texting. You may not notice a stranger walk up to you or you may walk into an object or someone and get hurt.

**3** Late night texting can lead to sleep deprivation, resulting in poor grades.

**4** Texting while doing anything else can potentially lead to your death or someone else's. When people text and drive, they're focusing their attention on the phone rather than the road.

Texting while driving is against the law in 41 states, **including Tennessee**, and the District of Columbia. Text safely and only when you're not putting yourself or others in harm's way.







# Make Healthy Eating Choices

**Teens are busy and love to eat!** You are always on the go and may feel like you don't have time to eat healthy. But what you eat and how much you eat strongly affect your health! Today, food portions have increased compared to the past. Therefore, it's easy to take in more calories than what you need. This can lead to you becoming overweight.

Unfortunately, being overweight often leads to diabetes, high blood pressure, and heart disease. So it's important to learn about healthy food choices and serving sizes. Check out the labels on food you eat to see how many calories and how much sugar, fat, and salt are in it per portion size. Remember if you eat two portions, then you are eating twice the calories listed on the package.

To help control your portions:

- Try eating on a smaller plate.
- Only take a handful of chips rather than an entire bag.
- Stop eating when your stomach says you are satisfied.

Instead of grabbing fries and a soda or energy drink, try a healthy alternative like grapes, peanut butter, and water. Keeping some snacks in a ready-to-go bag makes it even easier to eat healthy when you are rushed! So remember, your diet should consist of fruits, vegetables, grains, proteins, and dairy products on a daily basis. Eat smart and stay healthy!

## 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)**.

## 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. There is nothing that you can do or say to deserve being abused. The abuse is never your fault. Everyone has the right to a safe and healthy relationship.

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.

# Watch What You Eat for the Sake of Your Teeth

**You probably know that what you eat (and don't eat) affects the health of your mouth.** But how, why, and what can you do about it?

The second you eat certain foods, chemical changes occur in your mouth. Bacteria begin changing sugar and carbs into acid, and the acid eats away at tooth enamel. And that's what causes tooth decay and cavities. You've been told since you were a kid to cut down on sweets to avoid cavities. That's why.

But there are foods that are good for oral health because they can actually protect and even restore tooth enamel, a process called "remineralization." These foods include chicken and other meats, cheese, nuts, and milk.

Crunchy fruits and most vegetables are good because they have a high water content and promote saliva flow. This naturally dilutes the effect of sugars and can buffer the acids in food.

*Crunchy fruits like apples are good for your teeth.*



The best beverage for oral health? Water. It will help cleanse your teeth of sugars and acids. Milk and unsweetened tea are good, too. Avoid soft drinks, lemonade, and coffee or tea with sugar—especially if you tend to sip all day. Every time you sip a sugar-containing drink, that acid attack starts right up again!

Need help finding a dentist or scheduling an appointment? Call us at **1-855-418-1622** or **TTY 1-800-466-7566**.

## DentaQuest



**For More Information, Try These Helpful Resources**

**For suicide prevention information:** 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)**. Or you can visit the website of the Tennessee Suicide Prevention Network at **www.tspn.org**.

**Need Help to Quit Smoking?** Call the Tennessee Tobacco QuitLine at **1-800-QUIT-NOW (1-800-784-8669)**.

**For a mental health or substance use crisis:** Call the Tennessee Statewide 24/7 Crisis Line toll-free at **1-855-CRISIS-1 (1-855-274-7471)**.

# Alcohol and Teen Drinking

## **Deciding whether to drink alcohol is a personal decision** that we each have to make. Alcohol is the most widely used drug by young people between the ages of 12 and 17 years. So during the teen years, you may be around friends who choose to drink or use other drugs. Always remember, it's OK to say NO to drugs. Some important questions to ask yourself are:

- Do you hang out with a drinking or drug-using crowd?
  - Have you ever missed school because of drinking alcohol or using other drugs?
  - Have you ever gotten into trouble for using alcohol or other drugs?
- Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol and other drugs are:
- Curiosity
  - To feel good, reduce stress, and relax
  - To fit in
  - To feel older

It takes courage to admit you have a problem. If you think you have a drinking problem, get help as soon as possible. Don't be afraid to speak up and seek help for yourself or a friend. The best approach is to talk to an adult you trust. If you can't approach your parents, talk to your doctor, teacher, school counselor, clergy member, aunt, or uncle.

