Just because you’re a teen doesn’t mean you don’t still need the protection of vaccines to keep you healthy. Teens are still at risk for illness. As you get older, protection from some childhood vaccines may begin to wear off. So, some vaccines work better when given during adolescence.

What Vaccines Do You Need?

- **One** shot of Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough).
- **Two** shots of Meningococcal vaccine to protect against meningococcal disease. This disease can lead to an infection of the fluid and lining around the brain and spinal cord or a bloodstream infection.
- **Three** shots of Human papillomavirus (HPV) vaccine. This protects against HPV infection and cancers caused by HPV.
- **One** shot of Influenza vaccine every year. This protects against the flu.

There are many chances to get vaccines. So take advantage of TennCare Kids checkups, sports, or camp physicals to ensure you receive the recommended vaccines.
What to Eat and Drink – and What Not to – for Good Oral Health

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.

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, energy drinks (which are loaded with sugar), 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/TDD 1-800-466-7566. Or visit our website at www.dentaquest.com.
Heads Up!

Accidents happen! And sometimes the accident may result in hitting your head. A concussion is a traumatic brain injury that affects the way your brain functions. Concussions are common in contact sports, PE classes, falls and car accidents. Luckily, effects are usually temporary. There are several ways to help prevent concussions.

- Wear properly fitting sports headgear
- Buckle your seatbelt
- Exercise regularly to strengthen your neck muscles and improve your balance

Symptoms of a concussion might include headaches, problems with attention, memory, balance and coordination. If you think you might have suffered a concussion, you should never return to physical activity the same day. When in doubt, sit it out!

How much do you know about concussions? Test your knowledge!

1. A concussion is caused by a bump, jolt or blow to the head. T or F
2. All concussions are serious. T or F
3. Most concussions occur with loss of consciousness. T or F
4. Sometimes symptoms of a concussion don’t occur until days later. T or F
5. It’s ok to return to regular activities the same day of the injury. T or F

If you think you have a concussion, don’t hide it. Seek medical attention right away and take time to recover.

Teens and Depression

What is depression?
Depression is a serious mental health problem that makes you sad and not want to participate in activities. It also affects how you think and act, and can cause physical problems.

How do I know if I’m depressed?
• Feeling mad, sad, or hopeless all the time
• Nothing is fun anymore
• Sleeping or eating habits change
• Headaches or other physical problems when you’re not sick
• Problems paying attention
• Thinking about death or suicide

What can I do if I am depressed?
• Talk to someone (parent, teacher, school counselor, or someone at church).
• See your primary care provider (PCP) and tell him/her how you’re feeling. He/she can also help set up a meeting with a therapist.

What will help me feel better?
Your treatment plan depends on what kind of depression you have. Talk therapy and medication, such as Prozac or Lexapro, can help. If you’re in danger of hurting yourself, you might have to stay in the hospital or outpatient treatment program for a while. Everyone is different, so finding the right treatment takes time.

Remember: suicide is NEVER the answer. ALWAYS seek help.

Access trained telephone counselors 24 hours a day, 7 days a week:
National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Tennessee Statewide 24/7 Crisis Line:
1-855-Crisis-1 (1-855-274-7471)
Or visit the Tennessee Suicide Prevention Network at tspn.org

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);
As a teen, you have a very busy schedule! Juggling activities is not always easy. But as you mature, you should begin to add new tasks to your daily routine. Taking on new tasks shows you are becoming more responsible. These tasks will change with age. But learning to be a responsible teen helps you develop into a responsible adult. Here are a few ways you can show responsibility.

1. Visit your primary care provider (PCP) regularly.
2. Focus on your schoolwork.
3. Practice good hygiene.
4. Avoid drugs and alcohol. Avoid situations where it might be available.
5. Be neat and tidy.
6. Drive safely, wear your seat belt and follow the speed limit.
7. Follow your families’ rules.
8. Avoid gangs or any criminal activity. Do not carry or use weapons of any kind.
9. Be on time for your curfew.
10. If you choose to be sexually active, use condoms or other barriers correctly.

Talk with your primary care provider about other ways to improve your health decision making skills. As you become more responsible, you will gain the respect of others and more independence. These choices you make now, will possibly affect the health of your future.
Why Get Screened?
You think you know what will make you healthier, but are you sure? Seeing your primary care provider (PCP) while you are well is very important. Take a stand in staying healthy. Quitting bad habits and getting health screenings helps keep you healthy. Early intervention is important. It is important to get your well-care TennCare Kids checkup every year. Remember, if you are a United Healthcare Community Plan member under age 21, these checkups are at no cost to you! Call today to set up your appointment.

Check Up Check List
My next checkup 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 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:
_________________________________________________________________________________

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.

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 le han tratado injustamente? ¿Tiene más preguntas o necesita más ayuda? Si piensa que le 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:

<table>
<thead>
<tr>
<th>Language</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>العربية</td>
<td>1-800-758-1638</td>
</tr>
<tr>
<td>Bosanski</td>
<td>1-800-758-1638</td>
</tr>
<tr>
<td>فارسی</td>
<td>1-800-758-1638</td>
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<td>Soomaali</td>
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<td>Español</td>
<td>1-800-758-1638</td>
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<tr>
<td>Nguoi Việt</td>
<td>1-800-758-1638</td>
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</tbody>
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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 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 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.