

news

**4 preteens, teens and young adults
who are tennCare members**

**4th qtr
2010**

MAPPING YOUR PATH TO SUCCESS

WHEN YOU'RE DONE WITH HIGH SCHOOL, WHICH PATH WILL YOU CHOOSE?

Will you join the military, head off to college or enter the work force right away? No matter which way you decide to go, planning ahead will be important. Use the tips under each heading below to help you map your way to success.

THE MILITARY PATH

- Talk to other current or former members of the Armed Forces
- Go online to www.military.com for more information
- Choose which branch of the military (Army, Navy, Air Force, Marine Corps, Coast Guard or National Guard) you wish to join
- Check with recruiters to see what types of jobs they are looking to fill
- Consider where you are likely to be stationed
- Ask questions and make sure you clearly understand the terms of your contract

- Talk with family members or teachers about what to expect
- Check out the admissions requirements, financial aid options and application deadlines at each school you're considering

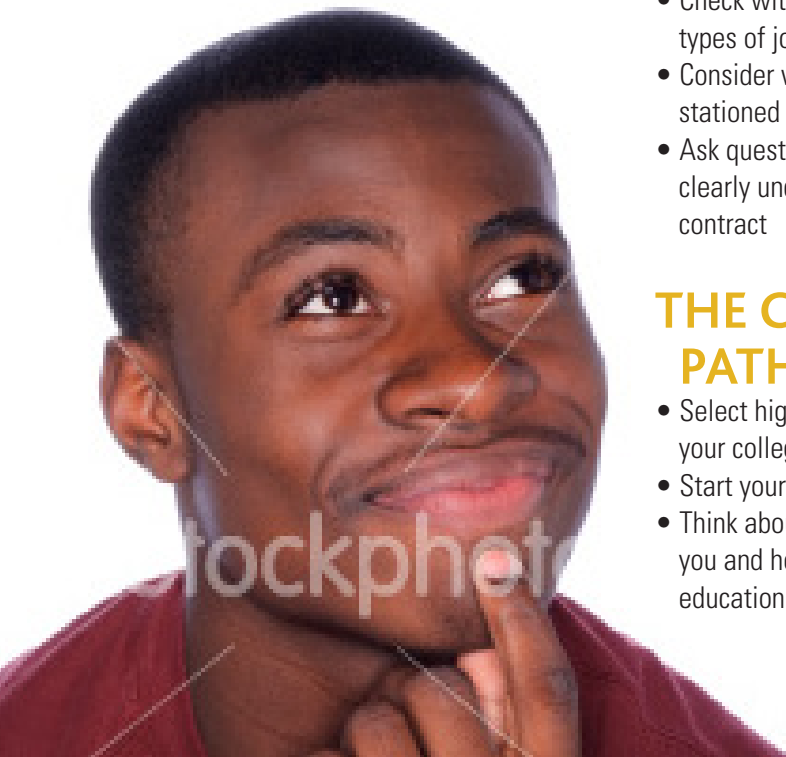
THE JOB/ CAREER PATH

- Find ways to expand your skill set and knowledge base
- Look for any networking opportunities in your area
- Ask family and friends to refer you for a position
- Start applying for jobs before you graduate
- Review jobs or careers of interest to see what qualifications are needed
- Participate in a summer internship program

THE COLLEGE PATH

- Select high school courses based on your college plans
- Start your search as early as possible
- Think about which schools appeal to you and how you plan to pay for your education

Sources:
http://kidshealth.org/teen/school_jobs/jobsafter_hs.html#
www.military.com



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Pregnant?

AmeriChoice has a maternity management program called Healthy First Steps. This program is here to help guide you through your pregnancy. We will even help you get ready to bring your new baby home.

To make it easier for members to ask general questions or get information about the program, we have created a new email box. Just send us a message and someone from our Healthy First Steps staff will address your needs. You can even use this mailbox to update your address and phone number.

If you have a detailed question about a specific health issue that you might not want anyone else to see, you can send an email and ask someone to give you a call.

The email address is HFSTN@uhc.com.



Child abuse and neglect occurs when a child is mistreated. This mistreatment results in injury or risk of harm.



ABUSE CAN BE:

PHYSICAL • VERBAL
EMOTIONAL • SEXUAL



If you are suffering from abuse, call 1.877.237.0004v

You do not have to have proof that abuse has occurred. Each concern will be reviewed on an individual basis.

For more information, visit these helpful resources.

To view the teen website visit:
<https://www.uhcrivervalley.com/Just4Teens/>

For teen resources from the State of Tennessee visit:
[\[Redacted\]](#)

For accurate information that helps you better understand your sexual health visit:
<http://www.plannedparenthood.org/health-topics/index.htm>

Healthy First Steps program gives pregnant mothers and mothers-to-be the information, education, and support they need. For more information visit:
https://www.uhcrivervalley.com/TennCare/Health_Programs/Pregnancy_Management.html

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

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<http://www.tspn.org/>

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.

TENNderCare Screening Reminder

Adolescence is a time when you begin making independent choices concerning your own health and health care. Teens need a TENNderCare check up every year. You may feel healthy. But you could still have a health problem. Regular checkups help find problems early before they become serious. Make the decision to visit your doctor regularly. Visiting your doctor helps keep you healthy. The good news is that the checkup is FREE if you are a TennCare member under the age of 21.

Nourishing your body and mind

Are you depressed, overwhelmed or just feeling like you can't cope with life? Mental health is just as important as physical health. Signs of depression or mental illness should never be ignored. If you think you may need help, take action. Please contact your primary care provider. They can get you the help you need. You can also visit <http://www.cdc.gov/Features/Depression/> or

for more information.

Protecting Yourself from Seasonal Flu

Have you ever been sick with the flu or known someone who has? If so, then you know it is no fun. Teenagers who get sick may be out of school for days or weeks. It can also mean missing out on sporting events, work or other important after school activities.

In some cases, the flu can lead to serious health problems or even death. The good news is there are steps you can take to help protect yourself this season. The two most important things you can do are:

- **Get a flu shot as soon as possible**
- **Wash your hands often**

The Centers for Disease Control and Prevention (CDC) has issued new vaccine recommendations for the 2010-2011 flu season. The CDC now says that all people aged 6 months and older should get a flu shot. So remember to get your TENNderCare checkup and find out if the flu shot is appropriate for you. Just one trip to the doctor can help you stay well all winter!

Sources:
Centers for Disease Control and Prevention
<http://www.cdc.gov/>
www.kidshealth.org



START to Quit

You've thought about quitting...but it just seems too hard. AmeriChoice wants you to know that when you're ready, you can do it, and we're here to help.



So, what are the secrets to success? Before you quit, **START** by taking these five important steps:

- S** = Set a quit date
- T** = Tell family, friends and coworkers that you plan to quit
- A** = Anticipate and plan for the challenges you'll face while quitting
- R** = Remove cigarettes and other tobacco products from your home and car
- T** = Talk to your doctor about getting help to quit

When you're ready to quit, start by setting a quit date. Choose a date within the next two weeks. It may help to write down the date and put it somewhere you will see it often.

Once you've chosen a date, tell family or friends about your plans. Tell them how they can help you. Join a support group or call the Tennessee Tobacco Quitline toll free at 1-800-784-8669. Quitting smoking is much easier with the support of others.

How will you handle cravings? What will you do if someone else is smoking around you? Some days will be harder than others. It is a good idea to plan ahead and think it through.

It is important to remove the temptation. With no tobacco products around, it is much easier to stay quit, especially in moments of weakness.

TennCare may cover some types of nicotine replacement therapy. Talk to your doctor. He or she can help you find a stop-smoking aide that is right for you.

Sources:
<http://www.stqp.org/quitsmokingtimeline.asp>
www.kidshealth.org
<http://www.smokefree.gov/qg-preparing-steps.aspx>

What Do You Know About S-E-X

What have you been told about sex? Is it the truth? Take our quiz to check your facts.

From the list below, which is the best source of information about sex or sexual activity?

- A) TV or internet
- B) Your doctor or nurse practitioner
- C) A friend who is sexually active
- D) A sex partner

The only way to completely prevent pregnancy and/or contraction of a sexually transmitted disease (STD) is through:

- A) Use of a condom
- B) Birth control pills
- C) Abstinence (not having sex)
- D) None of the Above

True or False? What you discuss with your doctor about sex can stay between the two of you.

Which of the following behaviors puts you at higher risk of getting an STD?

- A) Sexual activity at a young age
- B) Lots of sex partners
- C) Unprotected Sex
- D) All of the above

True or False? Couples who use condoms each time they have sex don't really love or trust each other.

Answer Key:

B. Your doctor or nurse practitioner is the best person to help answer your questions about sexual activity. Whatever your concerns, he or she has most likely seen or heard it all before. Your doctor is there to help, not judge or punish. A parent or other trusted adult is another good option. A friend or sex partner may not really know the answers you're looking for.

C. Abstinence or not having sex is the only way to completely prevent

pregnancy or contraction of a sexually transmitted disease. If you do have sex, use a condom along with another form of birth control for the best protection against both STDs and pregnancy.

True. You can ask to speak with a doctor in private. What you discuss can stay between you and your doctor. You may even be able to get a prescription or treatment without your parent's permission.

D. All of the above.

False. Couples who use condoms each time they have sex do it because they love each other so much. They want to be safe and protect each other.

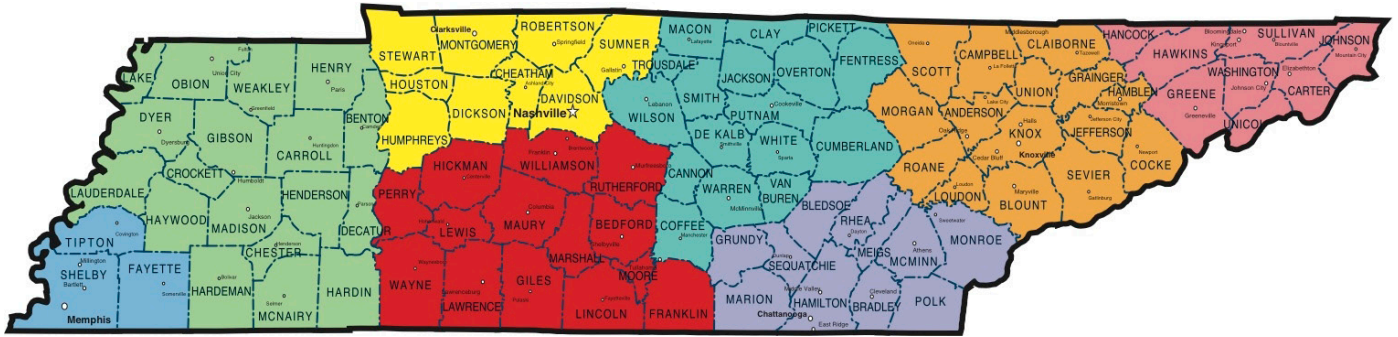
Do you have more questions or need more answers? If so, talk to your doctor or go online to www.kidshealth.org.

DO YOU NEED HELP?

Do you think you or someone you know may have an alcohol or drug problem? If so call: Tennessee Red Line, Alcohol and Drug Help: 1-800-889-9789

Suicide is the 3rd leading cause of death for youth aged 15 to 24. If you are suicidal, or if you know someone who is suicidal, call: Suicide Prevention (national number): 1-800-273-TALK (8255)

Are you feeling severely depressed or out of control? Are you fighting with your peers at school or your parents at home? Call Youth Villages! Below you will find the Youth Villages Crisis Line in your area:



Youth Village Crisis Lines:

Knoxville region: 866-791-9224
 South Middle TN: 866-791-9222
 Southeast TN region: 866-791-9225

Rural West TN region: 866-791-9227
 Upper Cumberland: 866-791-9223
 Memphis region: 866-791-9226

North Middle TN: 866-791-9221
 Northeast TN region: 866-791-9228

Need help in another language? You can call AmeriChoice for language assistance at 1-800-690-1606 or the numbers below. Interpretation and translation services are free to TennCare members.

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 Partners Advocacy Line can help you. Call them for free at **1-800-758-1638**.

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our **TTY/TDD** number is **711**.

Hay una línea telefónica en español para los consumidores hispanos de TennCare. Llame a los servicios al cliente 1-800-690-1606 para más información.

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**.

No permitimos el tratamiento injusto en TennCare. Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, idioma, sexo, edad, discapacidad o religión. ¿Cree que lo han tratado injustamente? ¿Tiene más preguntas? ¿Necesita más ayuda? Usted puede llamar gratis al Centro de Servicio para Asistencia Familiar al 1-866-311-4290. En Nashville, llame al 743-2001.



UnitedHealthcare Plan of the River Valley, Inc.

need a ride?

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



AmeriChoice
by UnitedHealthcare

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