

How Risky Is Your Diet?



Every choice you make has a consequence – whether good or bad. The consequence may not be evident right away. Is your diet putting you at risk for health problems such as heart disease, obesity or type 2 diabetes? Use the survey below to find out.

- How much fresh fruits and vegetables do you eat each day?
 - More than 1 to 2 cups of each
 - Less than 1 to 2 cups of each
 - None
- How many soft drinks or sodas do you consume in a week?
 - A. 0 to 1
 - B. 2 to 5
 - C. More than 5
- How many times do you eat fast food each week?
 - A. 0 to 1
 - B. 2 to 3
 - C. More than 3
- How many servings of foods high in saturated fats (such as fried foods or potato chips) do

you have each week?

- A. 1 or less
 - B. 3 or less
 - C. 4 or more
- How many servings of whole grains do you eat each day?
 - A. 6 or more
 - B. 4 to 6
 - C. Less than 4

Scoring

For each A, give yourself one point. For each B, two points. And for each C, three points. Add up the totals and see how you rate.

5 to 7 points = low risk

You're doing great! Most days, you make good food choices. You know the importance of balance and moderation. Of the questions above, which one is most challenging for you? You can always take steps to improve your diet even more.

8 to 11 points = moderate risk

It may be time to rethink some of your dietary habits. Could you

drink more water and less soda? Maybe you could add just one extra serving of vegetables to your diet each day. If you do go out for fast food, choose healthier options from the menu. Have baked chicken or baked chips instead of deep fried. Choose whole-grain breads, pastas, cereals and rice. Start small and look for ways to make one little change at a time.

12 to 15 points = high risk

You don't want to have diabetes or heart disease or to be overweight. Yet, some of the choices you're making may lead to those types of health problems. Pick one of the questions above that you answered "C" for. Go online to www.mypyramid.gov for ideas about how you can make changes that will change your answer to "B."

Sources: *About.com - womenshealth.about.com; American Heart Association - www.heart.org; CBS Business Network (BNET) - findarticles.com; Mayo Clinic - www.mayoclinic.com; Suite101.com - www.suite101.com; U.S. Department of Agriculture (USDA) - www.mypyramid.gov; Whole Grains Council - www.wholegrainscouncil.org*

10-1879 (02/11)

Just for You

1 Cameron Hill Circle
Chattanooga, Tennessee 37402-0001

¿Hable español y necesita ayuda con esta carta? Los miembros de BlueCare pueden llamar al 1-800-468-9698. Los miembros de TennCareSelect, pueden llamar al 1-800-263-5479.

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.

Need help in another language? You can call for language assistance. BlueCare members call 1-800-468-9698. TennCareSelect members call 1-800-263-5479. Interpretation and translation services are free to TennCare members.

Volunteer State Health Plan, Inc. (VSHP), BlueCross BlueShield of Tennessee, Inc. (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

PRRST STD
U.S. POSTAGE
PAID
BLUECROSS
BLUESHIELD
OF TENNESSEE INC.



Bully Busting

Bullying is when a person is picked on over and over again by a person or group with more power, either in terms of physical strength or social standing. Bullying can be physical, verbal and emotional. It can occur at school, work, online or over the phone.



you deal with your emotions when you're being bullied. You may even discover that others are being bullied by the same person or group.

Being bullied can affect how you feel physically and mentally. No amount of bullying is OK. If it is happening often, you may need to seek help from your parents, the school or law enforcement. If you feel you are in danger, don't wait; call 9-1-1 right away. If it is not an emergency, there are other steps you can take to deal with bullying.

What Can You Do?

As a teen, it can be tough to find the right way to handle a bully. Here are some tips to help you cope:

- Ignore the bully and walk away – It can be hard to do, but it is very effective. Bullies thrive on the reaction they get. If you walk away or ignore hurtful emails or instant messages, you're telling the bully that you just don't care.
- Talk about it – It may help to talk to a guidance counselor, teacher or friend. Talking it out can help
- Find your true friends – Find one or two true friends and confide how the bully is hurting your feelings. Sticking together and hanging out with your true friends can help keep you safe, too!
- Block the cyber bully – If a bully is sending you email or text messages, report the abuse to your service provider and have the bully blocked.
- Be safe online – Password protect your cell phone and your online sites. Change your passwords often. Think twice before sharing personal information or posting photos. Save any emails, postings or messages you receive from the bully.

Sources: U.S. Department of Health & Human Services in partnership with the Department of Education and Department of Justice - www.stopbullyingnow.hrsa.gov; Education.com - www.education.com; U.S. Department of Justice - www.cops.usdoj.gov; KidsHealth.org (Nemours Foundation) - kidshealth.org

Fold bottom up to this line

Chance to Win

\$100 Gift Card

What would you buy with a \$100 gift card? School clothes, CDs, athletic equipment, electronics? This could be your decision if you're the lucky winner.

How to be eligible to win

Just get your TENnderCare well-care checkup from your doctor or health clinic before September 30, 2011.

Two ways to enter

- Call us at **1-800-333-3819**. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.
- Or fill out this form. Cut this page out of the newsletter. Fold into thirds with the address on the outside. Tape shut. Drop in the mailbox. Be sure to mail your entry no later than October 1, 2011.

We'll put your name in the drawing for the gift card.

Remember, the checkup is free for TennCare members under the age of 21. And a yearly checkup is important – even if you're feeling well. It also gives you a chance to ask your doctor about any of your questions or concerns. Summer is a great time to get a checkup – before the school year starts.

Your address: _____

Street _____

City _____ State _____ ZIP _____

Phone _____

I received my yearly well-care checkup on _____ (date)

At _____ (where)

By _____ (name of doctor or nurse)

BlueCare or TennCareSelect Member Name _____

Member's ID Number (look on your health care ID card) _____



BlueCare® TennCareSelect
a state of Tennessee program



Para información acerca de
TennCare in español,
llame al 1-866-311-4290.

411 4U

I don't need to worry about eating a healthy diet. I'll eat better when I'm older.

The 411: It's easy to think the unhealthy choices you make today won't matter when you're an adult.

Eating an unhealthy diet now can set you up for life-long health problems like high blood pressure, heart disease, diabetes and other diseases.

Try these tips to set yourself up for a healthier future:

- Get moving and stay moving!** Walk your dog. Walk, run or pedal with friends.
- Reduce screen time.** Limit screen time to less than two hours a day.
- Watch portions.** Average meal portions are often enough for two or three people. Choose smaller portions – or share with a friend.
- Eat 5 servings of fruits and vegetables every day.** Have an apple for a snack, or add berries or a banana to your morning cereal.
- Eat breakfast.** It gives your body energy for the day, and you'll be less likely to overeat later.

Developing healthy habits, like eating right and exercising, is a lot easier when you're younger. Don't put off good health until you're older!

Wondering how healthy your diet is?
Take the quiz on page 5.

Sources: American Academy of Family Physicians - familydoctor.org; kidshealth.org (Nemours Foundation) - kidshealth.org; National Heart, Lung and Blood Institute (National Institutes of Health) - www.nhlbi.nih.gov

Teen Checkups

Each year, it is important to see your doctor for a TENNderCare wellness checkup. These annual visits help keep you healthy and help your doctor catch health problems early. As a teen, you may also have other special needs when it comes to preventive health care. It is normal to feel embarrassed or scared about certain tests, exams or topics. Just remember, your doctor is a professional and has most likely seen and heard it all many times before.

Teen **girls** should first see a gynecologist or OB/GYN between ages 13 to 15. The OB/GYN will talk to you about your development. He or she will also do a breast exam. After doing the breast exam, your OB/GYN will show you how to examine your own breasts each month. You may also need to get the HPV vaccine. This vaccine helps protect you from the human papillomavirus, the main cause of cervical cancer in women.

If you have ever had sex, you will need to have a pelvic exam. You may also need to be tested for sexually transmitted diseases or STDs. A Pap test to screen for cervical cancer may be done during the pelvic exam. You should have your first Pap test within three years of having sex or by age 21 and then every year after that.

Teen **boys** should have a testicular exam as part of their yearly TENNderCare wellness checkup. If you have ever had sex, your doctor may also want to test you for sexually transmitted diseases or STDs.

Both girls and boys should talk to their primary care provider about certain immunizations they may need such as a yearly flu shot or the meningococcal vaccine.

Sources: Centers for Disease Control and Prevention – www.cdc.gov; Kidshealth.org (Nemours Foundation) – kidshealth.org

Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- Information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format, if needed
- A ride (if you need one) to your doctor or health department

Just call: 1-800-468-9698 if you are a BlueCare member; 1-800-263-5479 if you are a TennCareSelect member.



BUSINESS REPLY MAIL

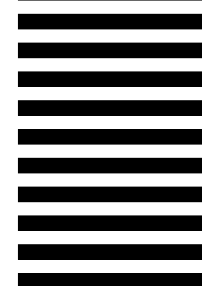
FIRST-CLASS MAIL PERMIT NO. 692 CHATTANOOGA TN

POSTAGE WILL BE PAID BY ADDRESSEE

ATTN: GOVERNMENT PROGRAMS COMMUNICATIONS
 BLUECROSS BLUESHIELD OF TN
 1 CAMERON HILL CIR
 CHATTANOOGA TN 37402-9981



NO POSTAGE
 NECESSARY
 IF MAILED
 IN THE
 UNITED STATES



Make Sure Your Mail Follows You

If you have BlueCare or TennCareSelect health coverage, make sure TennCare has your correct mailing address. If you don't, you could miss important mail about your health plan and benefits.

If you're going to move or if you've moved, call the Family Assistance Service Center at 1-866-311-4287. Make sure it has your current address. You need to call even if BlueCare or TennCareSelect already have your new address.



Like us on Facebook!

BlueCross BlueShield of Tennessee is now on Facebook! Check out our page to find the latest news on community events and to get health and wellness tips. "Like" us on Facebook and get a special health, nutrition or fitness tip posted to your wall each day. Note: we are listed on Facebook as **BCBST**. This is the **only** official page for BlueCross BlueShield of Tennessee.

Volunteer State Health Plan is a wholly owned subsidiary of BlueCross BlueShield of Tennessee.



Save the Link

Do you have **TeenHealthExplosion.com** saved as one of your favorites? This useful website just for teens gives you lots of good information about your health.

You'll find the up-to-date articles about health news you need to know. You will also find links to other informative websites to help you manage your life and your future. The key to living a long, healthy life is knowing your health risks and making good choices.

TeenHealthExplosion.com can give you the tools and information you need to be sure you are taking care of your health.

The Risks of Tongue Piercing

Tongue piercings may look cool, but there are many risks.

Risk of infection

It's very important to use a well-qualified piercer for any piercings in the mouth. Many body piercers are unlicensed and often self-trained. All body piercers must follow infection control standards. This includes sterilizing needles to help prevent the spread of diseases like Hepatitis or HIV.

The mouth is full of bacteria, which means even piercings by well-qualified piercers can become infected. Infection can lead to many health problems. The tongue has major blood vessels that can spread infection to the rest of the body.

Risk of damage to teeth

Jewelry in the mouth can chip or crack teeth. Cracking may be on the tooth surface or it may go deep into the tooth. Chips or cracks in teeth need to be fixed with fillings or crowns. Some cracks

could result in nerve damage that could lead to the need for a root canal or pulling the tooth. Most dentists discourage tongue and other mouth piercings because of these risks.

Tongue piercing can be very painful because nothing is used to numb the area. Other complications of tongue and other mouth piercings can include:

- Loss of blood during the piercing procedure
- Compromise of the airway by post-surgical tongue swelling
- Gingival (gum) tissue damage
- Increased salivary flow (drooling)
- Allergic reactions to metal in jewelry
- Impeded speech, chewing ability, and swallowing

There are a lot of risks to tongue or other mouth piercings. It's wise to think twice about whether a piercing in the mouth is best for you.



If you have TennCare, call TennDent Customer Service at 1-877-418-6886. It is a free call. Or visit the TennDent website at <http://TennDent.DeltaDentalTn.com>

- For questions or help finding a dentist
- For free help with interpretation and translation
- For a ride to the dentist

Reasons to Stay Tobacco-Free

Which of these things matter to you? Put a check in the box next to all that apply.

- Your appearance
- Having more money
- Staying active
- Living longer

Smoking or using tobacco products can give you bad breath, stain your skin and teeth and make you smell like a dirty ashtray. And those are

just a few reasons to stay tobacco free. Once you start, it's hard to stop. So, take a stand and just say "no." Do it for your looks, your wallet and your health!

To learn more about the effects of smoking and tobacco use or for tips on how to quit, go online to http://kidshealth.org/teen/drug_alcohol/ or call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW.

Sources: KidsHealth.org (Nemours Foundation) - www.kidshealth.org; Mayo Clinic - www.mayoclinic.com; National Institutes of Health (National Institutes of Health) - www.nlm.nih.gov; TeenHelp.com - www.teenhelp.com

