

# Teen-Care *news*

UAHC Health Plan of Tennessee, Inc.

## A Sports Physical Is Not the Same as a Regular Physical



from a TENNderCare checkup. A sports physical focuses on your well-being as it relates to playing a sport. It's more limited than a regular physical. Even if your sports-physical exam doesn't reveal any problems, it's always a good idea to monitor yourself when you play sports. Report any changes in your condition, such as shortness of breath, to your

a TENNderCare checkup once a year, whether you play sports or not. TENNderCare checkups are FREE to TennCare members through age 20. The following things will happen at your visit:

- Health history
- Complete physical exam
- Lab tests as needed
- Shots as needed
- Vision/hearing screening
- Developmental/behavioral screening as appropriate
- Advice on how to keep healthy

You can ask your doctor to give you both types of exams during one visit. Just make sure you request both exams when you make your appointment so enough time will be allowed. \*

If you like to play school sports, more than likely you had to get a sports physical. But don't be fooled. This does not take the place of a regular checkup—also known as a TENNderCare checkup. A sports physical is different

coach or doctor. During a regular physical, your doctor will address your overall well-being, which may include things that are unrelated to sports. You should get

### Need a Ride?

If you need a ride to the doctor's office, TennCare will see that you have a ride. It is free. Just call the number of the Community Services Agency listed for your county in the UAHC Member Handbook.



*inside*

Are You Depressed? ..... 2  
 Ease Your Fear of Shots! ..... 3  
 Your Medical Home..... 4

# Are You Depressed or Just Plain Sad?

*“I feel so depressed!”*

**H**ave you ever found yourself saying or thinking that statement? Some people think depression is a very strong feeling of sadness. But, there is a difference between sadness and depression.

## SADNESS

Everyone is sad some of the time. It is a normal reaction to painful events.

Normal sadness should end when a person comes to terms with the troubles that caused him or her to feel sad.

If you have had strong feelings of sadness for a very long time, you might want to see if your sadness is linked to depression. It is most likely that you do NOT have depression if your sadness is caused by:

- the loss of a loved one (as long as symptoms do not last more than two months)
- drugs, alcohol, or medication
- a general medical condition.

Allow yourself the right to be sad. When pain-

ful events happen, being sad and crying can give you relief. Denying your feelings can be bad for you if those feelings build up and do long-term damage.

## DEPRESSION

A person who is depressed has no control over his or her feelings. Those feelings cannot be ignored and can be very disruptive. Depression can last for weeks, months or years. A depressed person usually feels helpless and hopeless. Since depression is not the same as sadness, the feeling of depression doesn't always go away on its own.

You may be suffering from depression if you have some or all the following symptoms, nearly every day:

- Depressed mood most of the day
- Loss of interest in most daily activities, most of the day



- Major weight changes or changes in appetite
- Change in sleep habits
- Loss of energy
- Feelings of worthlessness and guilt
- Difficulty thinking or concentrating

- Frequent thoughts of death or suicide, suicide attempt, or specific plan for committing suicide

If you think you might have depression, talk to your doctor. Simple tests can help determine if you need to be treated for depression. If you feel that you could harm yourself or someone else, seek medical help right away. \*



**Assurance of Nondiscrimination:** No person on the grounds of handicap, and/or disability, age, race, color, religion, sex, or national origin shall be excluded from participation in, denied benefits of, or be otherwise subjected to discrimination under any program or service provided by UAHC Health Plan of Tennessee, Inc. Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at **1-866-311-4287**. In Nashville, call **743-2000**. You also can visit our website at [\[redacted\]](#) and click on "Members." Then click on "Member Handbook" to read more information about your rights as a UAHC member.

# A Moment of Pain For a Lifetime of Protection

If you don't like to get shots, you're not alone. But shots to protect you from serious diseases are important. Diseases like measles, mumps, and whooping cough are making a comeback at schools because many teens are not up-to-date on their shots. Are you?

New immunizations may now be recommended that were not available when you were younger. The good news is that you can still get a shot if you've missed it. And if you've missed some shots in a series of vaccines, you don't need to get the whole series again—you can simply pick up

where you left off.

Doctors now recommend that all teens receive a full course of shots against the following diseases:

- Diphtheria, tetanus, and pertussis (called the DTaP vaccine)
- Measles, mumps, and rubella (the MMR vaccine)
- Hepatitis B
- Meningococcal infection
- Human papilloma virus (HPV), for girls
- Varicella (chickenpox), if you have not had the disease

Remember, shots are FREE if you are a TennCare member under the age of 21. \*

## Manly Men Afraid of Doctors?

Think you're indestructible? Can't be harmed? Sure, that's what many advertisers, pop culture, and peers will have you think.

You may feel perfectly fine. But you may actually be at a higher risk for health problems if you're a male between 15 and 19 years old. Unfortunately, many teenage

males think it is "unmanly" to see a doctor. If you're one of them, keep reading.

Based on a study of males ages 15 to 19 years old, most thought health care was not an important part of being a man. However, more than half of those surveyed said they were sexually active. And, about 20 percent answered "yes" to two or more of the activities below:

- Used alcohol
- Smoked tobacco
- Used cocaine
- Had been diagnosed with a sexually transmitted infection
- Had forced someone else to have sex

These risky behaviors make it more important than ever to

## Tips to Ease the Fear of Shots

- Distract yourself while you're waiting. Bring along a book or game—something you'll get completely caught up in so you're not sitting in the waiting room thinking about the shot. Or listen to a relaxing CD.
- Tell your doctor (or nurse) if you're nervous. Medical professionals are used to people who fear shots, and they'll be able to help you relax.
- Concentrate on taking slow, deep breaths. Breathe all the way down into your belly. Deep breathing can help people relax—and you will be focusing on something other than the shot.
- Relax your arm. If you're tense—especially if you tense up the area where you're getting the shot—it can make it more painful.
- Promise yourself a treat. Give yourself a reward and some praise afterwards!

get regular checkups. Even if you are not doing any of these activities, it is still important to get a checkup every year.

Step up to the plate:

- Call your doctor.
- Say you want to schedule a TENnderCare checkup. The checkup is free to TennCare members under age 21.
- Develop a positive and friendly relationship with your doctor.

Teenage males who have good health habits now can greatly reduce the risk of health problems throughout their lives. \*



# Medical Home: Your First Stop for Health Care

**D**o you have a medical home? Your medical home is the first place you should go when you are sick or injured. This is usually referred to as your primary care provider, or PCP. Your primary doctor should be able to take care of most of your medical needs. This includes preventive care and treatment for new medical problems.

If you do not have a medical home, it is important for you to find one before you get sick. When you become sick or injured, you will need, and want, to see a doctor who already

knows your health history. Having regular checkups with the same doctor can help him or her find health problems and give you advice. Your primary doctor can be a general internist, pediatrician, or family practice doctor. Women may choose a gynecologist to be their primary doctor.

Even if you think you need a specialist, your medical home should be your first call when you are sick. Your primary doctor can refer you to a specialist if your problem is rare or difficult to manage. You also may feel more at ease talking about your health with a doctor who knows you.

You should see your doctor at least once a year for a checkup, especially if you have existing health problems. If it has been more than a year since your last doctor visit, call and schedule a checkup. Together, you and your doctor can work on a plan to improve your health and prevent disease. And that means a happier life ahead! \*

**Myth:** Mononucleosis, or mono, is a kissing disease.

**Fact:** Mono is a virus-caused illness that can be spread in a variety of ways. A person can spread mono even if they have never had mono. The best way to treat mono is to get plenty of rest.

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## Important Numbers

### 24-Hour Nurse Hotline

1-800-876-6498

### Member Services

901-260-4400 or

1-800-876-9758

### Hearing Impaired

1-800-876-9763

### To get help with Dental or Pharmacy services, please call:

Doral Dental Services

1-888-233-5935

Pharmacy Services

1-888-816-1680

### Need a Translation?

Interpretation and translation services are FREE to the enrollee.

Please call Member Services at **901-260-4400**

if you live in Shelby County or **1-800-876-9758** if you live outside Shelby County.

### Need to report a change?

Have a question? Need help? Call us. The Family Assistance Service Center: **1-866-311-4287**. In Nashville, call **743-2000**.

### Need a TENNderCARE Appointment or Transportation?

We can help! Call Member Services at **901-260-4400** or **1-800-876-9758**. Be sure to ask for extension **4495** or **4464**.

### Servicios al miembro

(Marque 2 para español)

**901-260-4400** ó **1-800-876-9758**.

### Have you been treated unfairly?

You have the right to file a complaint. Call **1-800-876-9758**.

### ¿Le han tratado injustamente?

Tiene derecho a presentar una queja. Llame al **1-800-876-9758**.



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