

# AMERIGROUP<sup>®</sup>

## Community Care

L I V E W E L L • V I V A B I E N



## I Graduated, Now What?

Graduating from high school is a major milestone in life. Holding that diploma is a reason to feel proud. It is the end of one stage in life and the beginning of another. But, like many young graduates, you may be wondering, what now? How can you decide which path to take and what to do next?

First, consider your options. You can:

- Enter the workforce
- Join the military
- Attend a vocational or trade school
- Earn a 2-year degree at a community college
- Attend a 4-year college or university
- Take a year off

Some people know at an early age what they want to do for a living. Not all of us are so sure of our plans, though, and that's OK too. What if your plans after graduation are different than what your parents had in mind? Be honest with them and yourself.

Explain why you may not be ready for that path just yet. Whatever you choose now does not have to be what you do forever. You can always go back to school or change careers—lots of people do.

### College Bound

If you do want to attend college, planning ahead is important. Which schools appeal to you? How are you going to pay for your education? Are you interested in liberal arts

or sciences or business? Do you want to stay close to home or move far away? Start by asking yourself these questions. Once you've narrowed down your choices, you can talk to a school counselor about how to pick the right school for you.

### Getting a Job

For some people, getting a job right out of high school is more realistic. Not only will a job provide you with money to meet your basic needs, but it can be a great source of real-world experience. Do your research and let friends and family know you're looking to go to work. Talk to people at the companies you want to join.

### Set S.M.A.R.T. Goals

Even if you decide to take some time off, setting S.M.A.R.T. goals can help. Pick one goal at a time. Make it, specific, measurable, attainable, realistic and timely. Write down your goal and what it will take to achieve it. Set a date and stick to it.

Whichever path you choose, staying healthy will be important. You can help keep yourself ready for college classes, work or any new challenges by going for regular health checkups. Making and keeping your TENNderCare appointments will be up to you.



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# Coping with a Crisis

Being a teen is not easy. It is common to face many new problems and pressures at this stage of life. A crisis is a major event that usually causes intense fear or pain. It may happen when you least expect it. Some examples of a crisis include:

- A serious illness or accident
- Divorce or separation in your family
- Death of a parent, close relative or friend
- Physical, emotional or sexual abuse
- Break up of a serious relationship
- Unwanted pregnancy
- Major problems at school or with grades

## What You Can Do

We all struggle with painful problems at times. Some of them are beyond our control. You do not have to deal with a crisis alone. Here are some ideas to help you cope:

- Tell someone you trust what is going on with you
- Be around people who are caring and positive
- Ask someone to help you figure out what to do about a problem you're facing
- Work with a therapist or counselor if you are becoming down or depressed

If you or someone you love has turned to using alcohol or drugs or has talked about attempting suicide, get help right away. You can call 911 for emergency services, go to the nearest hospital emergency room or call the National Suicide Prevention Lifeline at 1-800-273-8255. For help dealing with a crisis, you can also call our 24-Hour Nurse Helpline at 1-800-600-4441.

As an AMERIGROUP member you have the right to:

- Have personalized behavioral health care

- Be involved in behavioral health decisions and treatment planning. Children ages 16 and over are capable of giving informed consent, prior to receiving services and/or state who is legally authorized to make decisions on their behalf
- Choose and/or change health care providers



## Before You Leave Home, Protect Yourself!

Are you getting ready to head off to college or leave home to start life on your own? You may be prepared for just about everything. But, as a teenager, there are certain immunizations you still need. These shots can help keep you healthy as you grow into an adult.

Make sure you're fully protected. Use the chart below. Talk to your primary care provider or PCP. Find out which immunizations or vaccines you still need and why they are so important. Check them off as you receive them:

✓ Vaccines Needed for Teens and College Students		When and Why?
	Tetanus-Diphtheria-Pertussis (Tdap)	Booster dose at age 11-12 years old and every 10 years after that
	Meningococcal vaccine	Protects against meningitis (common among college Freshmen) Recommended for all teens age 11-18
	HPV vaccine series	Protects young women from cervical cancer
	Hepatitis B vaccine series	If not completed in early childhood
	Polio vaccine series	Should be completed before age 18
	Measles-Mumps-Rubella (MMR) vaccine series	Check to make sure you've had 2 doses of MMR
	Varicella (chickenpox) vaccine series	Protects against chickenpox. This is a 2 dose vaccine. If you have only had 1, you should get another now
	Influenza vaccine	Given annually to protect against flu
	Pneumococcal polysaccharid (PPV) vaccine	Protects against pneumonia. Recommended for those with chronic health conditions
	Hepatitis A vaccine series	Anyone can get Hepatitis A. Travel outside the U.S., unprotected sex and use of illegal drugs put you at higher risk

# Dental Home – What Is It? Should I Have One?

Did you know that no matter how old you are cavities can hurt your health and well-being? A dentist can stop cavities and provide the best dental care for your lifetime.

Starting regular dental care as soon as you can is good for your health and will save you money. The good news is if you are on TennCare<sup>SM</sup> you have TENNderCARE (EPSDT) dental services until you reach the age of 21. These services include FREE regular 6-month checkups, fluoride treatments and sealants.

So, what is a dental home? A dental home is a dentist you see regularly every six months. This dentist will take care of you by providing the dental services you need and always being available to care for you.

Should you have a dental home?

Yes, you need a dental home. If you do not get regular care by a dentist, cavities can hurt your growth and development. Some studies suggest that not brushing and flossing correctly may increase your risk of developing heart disease or suffering a stroke as an adult.

So don't wait! Find a TennCare dentist in your community today and establish a dental home for yourself. Call Doral Dental toll-free at 1-888-233-5935, and they will help you find a dentist and answer any questions you may have.

Remember a dental home provides you:

- Complete dental care
- A dental health plan designed for you

- Guidance about growth, development and diet
- How to correctly care for your teeth

If you have TennCare<sup>SM</sup> call Doral Customer Service at 1-888-233-5935 or visit the website at [www.doralusa.com](http://www.doralusa.com):

- For help finding a dentist
- For questions about your TennCare<sup>SM</sup> dental benefits
- For help with interpretation and translation
- For a ride to the dentist

## TENNderCare at a Glance

TENNderCare is a program that provides free checkups for eligible teens under age 21. Every teen needs regular health checkups, even if he or she seems healthy. These visits help your doctor find and treat problems early. TENNderCare also pays for all medically necessary care to treat problems found at the checkup.

### What happens at a wellness checkup?

- Health history
- Physical exam
- Lab tests (as needed)
- Immunizations
- Vision/hearing screening
- Developmental/behavioral screening (as needed)
- Advice on how to stay healthy

It's easy for you to get a wellness checkup. Just have your parent call your doctor and schedule a visit today. Need help making an appointment? Call Member Services at 1-800-600-4441.

If you need a ride to your doctor's office to get your checkup, call 1-866-680-0633. If you are in Nashville, the number is 615-248-0120. This is a free service to all members under age 21. If you are under the age of 18, you can have a parent ride with you. Your parent would need to call to schedule the ride.



You have a right to file a complaint about AMERIGROUP or your care. If your complaint is about either physical health care and/or behavioral health care, you can call AMERIGROUP at 1-800-600-4441, or write to us at:

AMERIGROUP Community Care  
22 Century Blvd, Suite 310  
Nashville, TN 37214

Interpretation and translation services are free to the enrollee. For details please call Member Services at 1-800-600-4441. If you are deaf or hard of hearing, please call the toll-free AT&T Relay Service at 1-800-855-2880.

No one is treated in a different way because of race, color, birthplace, language, sex, age or disability. Do you think you've been treated unfairly? 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.

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To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 1-800-433-3982 or go online to and click on "Report Fraud." To report provider fraud or patient abuse to the Medicaid Fraud Control Unit (MFCU), call toll-free 1-800-433-5454.

TN TEEN

## Safe Weight Loss Quiz

Achieving a healthy weight is hip! But, how do you do it without harming yourself? Take our safe weight loss quiz to see how much you really know.

**1.) A safe way to lose weight is by:**

- A. Taking diet pills
- B. Starving yourself
- C. Using more calories than you consume
- D. Giving up all fatty foods from your diet

**2.) Simply cutting out a can of soda or one sports drink can save you 150 calories or more each day.**

- A. True
- B. False

**3.) Some people overeat because they eat too fast and don't feel full. It takes your brain \_\_\_\_\_ minutes to recognize how much food is in your stomach.**

- A. 10
- B. 20
- C. 30
- D. 60

**4.) Which tips can help you lose weight in a healthy way?**

- A. Drink water or low-fat milk instead of soda
- B. Limit junk food
- C. Eat more fruits and vegetables
- D. Get moving
- E. All of the above

Teens that have the support of their families tend to have better results with their attempts to lose weight. After all, it is mom or dad who is most likely doing the grocery shopping. Tell your parents what you would like to do. Ask for their help. Small changes can make a big difference. Take your time, be patient and have fun. You don't have to give up your favorites.