

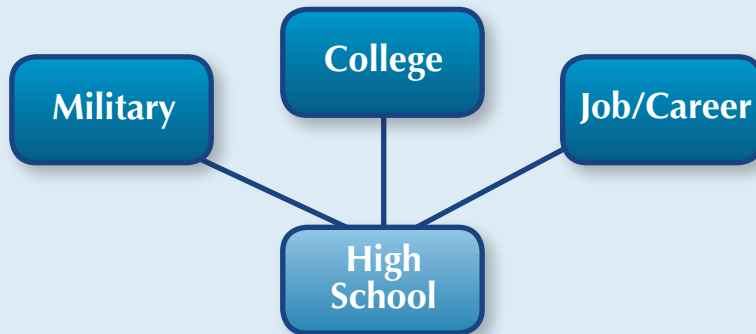
# AMERIGROUP<sup>®</sup>

## Community Care

TEEN HEALTH ■ QUARTER 4, 2010 ■ WWW.MYAMERIGROUP.COM/TN

## 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](http://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

### 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
- 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



### Inside:

What Do You Know About S-E-X?  
Protecting Yourself from H1N1 Flu

It is important to get your TENNderCARE wellness checkup every year. Remember, if you are an Amerigroup member under age 21, these checkups are free.



# START to Quit

You've thought about quitting...but it just seems too hard. Amerigroup 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.



## 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**

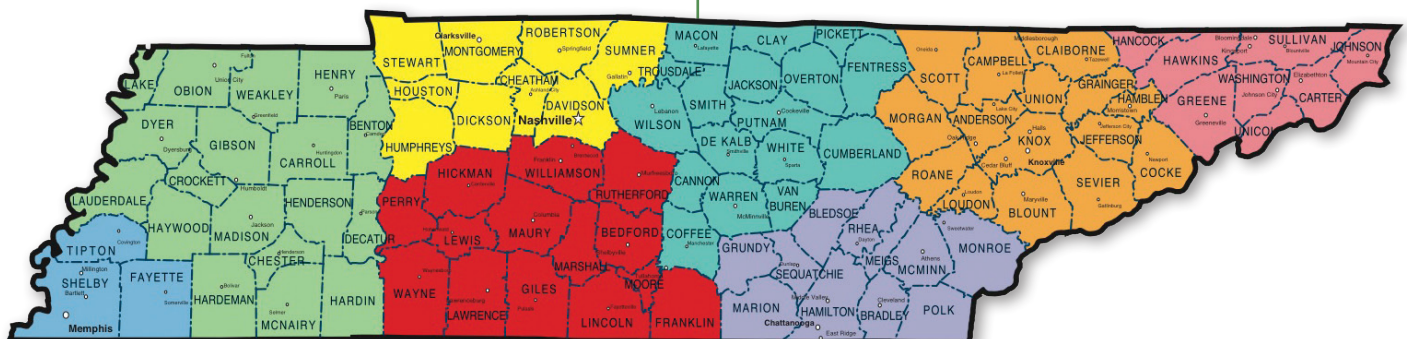
Suicide is the third leading cause of death for youth aged 15 to 24. If you are suicidal or if you know someone who is suicidal, call:

**- 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:

<b>Knoxville region: 1-866-791-9224</b>	<b>South Middle TN: 1-866-791-9222</b>
<b>Southeast TN region: 1-866-791-9225</b>	<b>Rural West TN region: 1-866-791-9227</b>
<b>Upper Cumberland: 1-866-791-9223</b>	<b>Memphis region: 1-866-791-9226</b>
<b>North Middle TN: 1-866-791-9221</b>	<b>Northeast TN region: 1-866-791-9228</b>



## 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.

- 1.) 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
- 2.) 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
- 3.) True or False? What you discuss with your doctor about sex can stay between the two of you.
- 4.) 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
- 5.) True or False? Couples who use condoms each time they have sex don't really love or trust each other.

### Answer Key:

- 1.) 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.
- 2.) 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.
- 3.) 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.
- 4.) D. All of the above.
- 5.) 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](http://www.kidshealth.org).

## TENnderCARE at a Glance

TENnderCARE is a program that provides free checkups for eligible teens under age 21. All teens need regular health checkups, even if they seem 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.



TENNESSEE'S EPSDT PROGRAM

P.O. BOX 62509  
VIRGINIA BEACH, VA 23466-2509  
WWW.MYAMERIGROUP.COM/TN



[www.myamerigroup.com/tn](http://www.myamerigroup.com/tn)

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**

Tiene derecho a presentar una queja acerca de Amerigroup o su atención. Si su queja está relacionada con la atención médica física y/o la atención médica del comportamiento, puede llamar a Amerigroup al **1-800-600-4441** o escribirnos a la siguiente dirección:

**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**.

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 1-866-311-4290. In Nashville, call 743-2001.

To report fraud or abuse to the Office of Inspector General, you can call toll free **1-800-433-3982**. Or go online to [www.oci.tn.gov](#) and click on Report Fraud. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, call toll free **1-800-433-5454**.

## Protecting Yourself from H1N1 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:

1. Get a flu shot as soon as possible
2. Wash your hands often

Teenagers and young adults are more likely than older adults to become infected with a strain of the flu known as H1N1 or swine flu. As a result, 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. In addition, this year's flu shot will offer protection for both seasonal flu and H1N1 flu.

Just one trip to the doctor can help you stay well all winter!