



AMERIGROUP[®]

Community Care

LIVE WELL • VIVA BIEN

R-E-S-P-E-C-T

Respect is an attitude. It is acknowledging that something or someone has value. Being respectful helps you succeed in life. If you don't have respect for friends, authority or yourself, it's almost impossible for you to succeed.

A respectful person takes care of belongings and responsibilities, and a respectful person gets along with peers.

How Can You Show Respect to Others?

- Be honest – If you do something wrong, admit it and apologize.
- Be polite – Use “please” and “thank you.”
- Be reliable – Keep promises. Show others that you mean what you say.
- Be a good role model. Remember others look up to you.

- Be caring – Show concern for people, animals and the environment.
- Obey laws – Follow rules.
- Don't bully or pick on others.

Self-respect is one of the most important forms of respect. There is no pride in stealing, cheating, or lying. Once we respect ourselves, it is easier to respect others.

Whenever you are in doubt, keep in mind the saying “Do unto others as you would have them do unto you.”

Are You a Respectful Person?

Go to the following link to take the self-evaluation and find out what values help promote respect.

<http://www.goodcharacter.com/ISOC/Respect.html>

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Member Services: 1-800-600-4441

TTY: 1-800-855-2880

24-hour Nurse HelpLine



Artificial Tanning Booths

Artificial tanning is long-term exposure to artificial sources of ultraviolet rays such as tanning beds. It increases the chance of skin cancer in both men and women.



According to the National Cancer Institute, more than 1 million people are diagnosed with skin cancer every year. Skin cancer can be deadly.

Who is at Risk?

Anyone who uses a tanning bed increases the risk of developing skin cancer.

Others at higher risk are:

- Those with fair skin
- Those with light hair, red hair or blonde hair
- Those with blue, green or grey eyes

Can it be prevented?

Stay away from tanning beds. It will decrease your risk of skin cancer. Instead, use sunless tanning lotions or sprays.

So, what's the bottom line?

- Do not use tanning beds
- Look for any changes in the size, shape or color of a mole
- Call your doctor for a TENNderCare checkup if you find any changes related to your skin.
- Resource: National Cancer Institute

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.

Eating Disorders

Teens and pre-teens sometimes develop serious problems with eating habits.

This is called an eating disorder.

People who have eating disorders may have odd eating habits. Sometimes they hardly eat anything at all. Sometimes they eat too much then make themselves throw up. Some people exercise for very long periods of time after eating.

People with eating disorders also think about their weight all the time. They don't have a true picture of how their body looks. When they look in the mirror, they see a body that is heavier than the rest of the world sees. They become obsessed with losing weight.

Having an eating disorder can be serious. It can lead to problems with your health, schoolwork, behavior and relationships. Some people even die from the disorder if it is not treated by a doctor. A person with an eating disorder **MUST** get help. Often people

with eating disorders have emotional problems that they want to control. Be sure to talk with your parents, your doctor or another adult you trust if you think you have a problem with eating or body image.

Sometimes it seems like everyone in magazines and on television is very thin. Maybe they seem to be more popular for being thin. That might make it hard to feel good about your body unless it's very thin. But, it's most important to be healthy, not very thin. Focus on being healthy, not on exactly how much you weigh. Healthy bodies come in lots of shapes. And remember: weight and size are not the way to judge whether or not someone is a good person.



What is Preventive Dentistry?

Preventive dentistry means a healthy smile for you. You should go to your dentist every six months for a checkup. You will learn how to protect your teeth.

The earlier you begin visiting the dentist, the better to prevent dental disease and help you be cavity-free.

Preventive dentistry includes:

- Seeing the dentist every 6 months
- Brushing
- Flossing
- Fluoride treatments
- Sealants
- Proper Diet
- Parent involvement

Dentists have known for a long time that having a healthy mouth helps you have a healthy body.

If you have a healthy mouth you can:

- Chew more easily
- Speak clearly
- Have better general health
- Have confidence in your appearance

If you are on TennCareSM you have TENNderCARE (EPSDT) dental services until you reach the age of 21. These services include regular 6 month checkups at no charge, fluoride treatments and sealants.

If you have TennCareSM call Doral Customer Service at 1-888-233-5935 or visit our Website at www.doralusa.com

- **For help finding a dentist**
- **For questions about your TennCareSM dental benefits**



- **For help with interpretation and translation**
- **For help with transportation**

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 keep your child 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

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Be Wise, Immunize!

Vaccines give you a healthy start in life. Teenagers are busy. There is not time in their schedule for illnesses. Vaccinations are one way to help keep you well.

Getting vaccinated on time is important. Even if shots are accidentally missed, it is still very important to get the vaccine.

Vaccines are very safe and effective. If you have not been vaccinated and are exposed to a germ, your body may not be strong enough to fight the disease. Vaccinating you against disease also helps to protect others.

Vaccines also slow down or stop disease outbreaks. Remember, getting the disease is much more dangerous than getting the vaccine.

So, the key to staying healthy is to get regular physicals and vaccinations.

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.