



TIPS FOR TENNESSEE TEENS

Winter 2011/2012



Shape Up But Baby, It's Cold Outside! Keeping Winter Workouts Warm

The weather outside might be frightful, but that doesn't mean your exercise routine has to suffer. Winter can be a great time to work out and improve your fitness – and even try some new sports.

Don't let the weather be an excuse to stop working out! In addition to helping you stay fit year-round, cold-weather workouts can boost your mood and help you beat the winter blues.

Keep your workouts warm and safe this winter with these tips:

- **Stay hydrated** – It might not feel like it, but your body still sweats when you work out in cold weather. Be sure to drink plenty of water before, during and after you work out to keep your body hydrated.
- **Don't skip your warm up** – Even if you're working out indoors, warm up for at least 10 minutes. The cold can make muscles tighten up which increases your risk of getting hurt. Warm up before you work out by walking or pedaling on a stationary bike. And stretch *after* you warm up – not before – to prevent injuries.
- **Layer it on** – If you're going to exercise outside, dress in layers. Layered clothing traps air and keeps you warm.

Plus, you can shed layers as your body temperature rises. Athletic clothing made from material that wicks sweat from your body will also help keep you warm and dry.

- **Protect your skin** – Being sun smart isn't just for summer. It's important to protect your skin year-round, so wear sunscreen even in the winter. Cold air and hot showers can dry out your skin, so take extra care to keep your skin and lips moisturized.

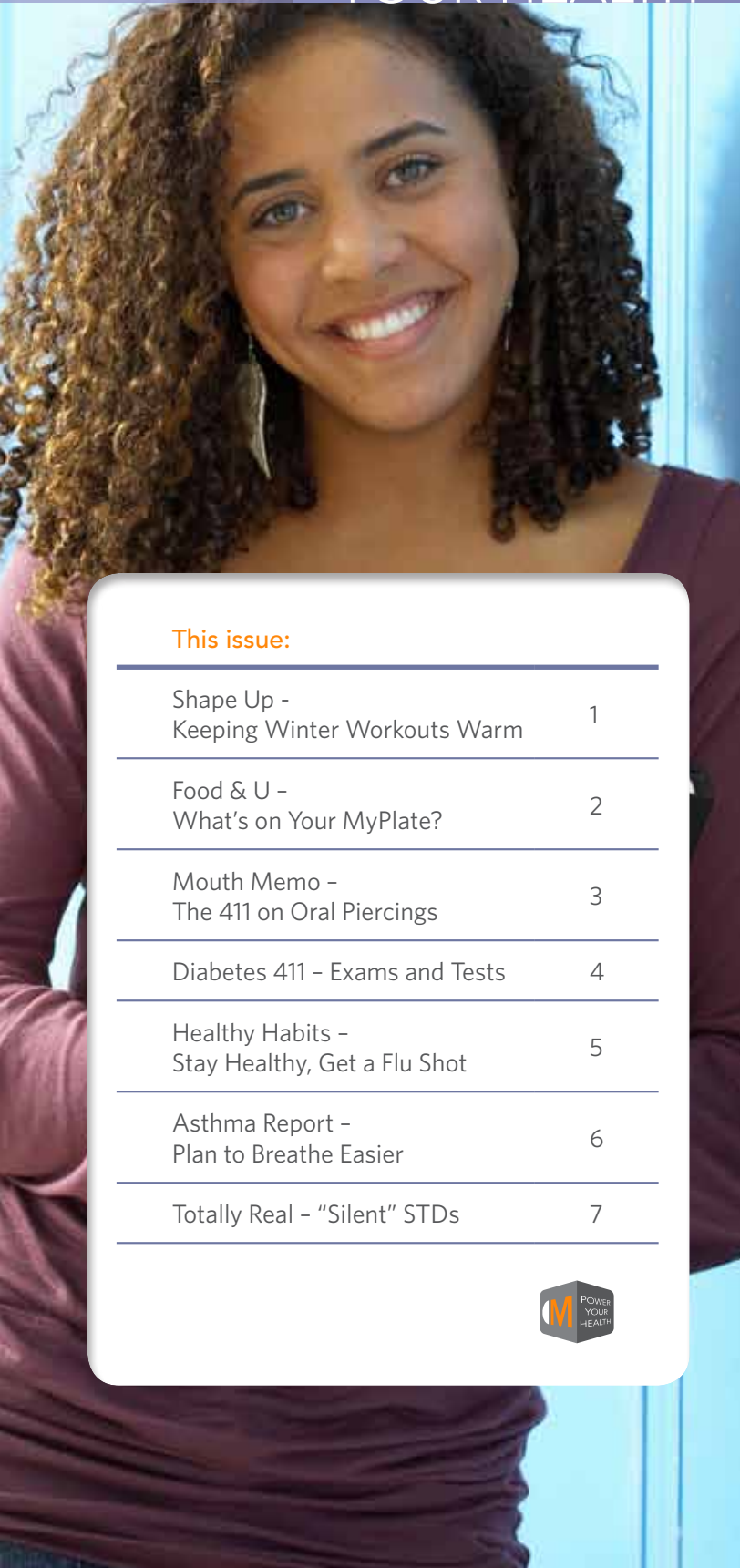
Source: KidsHealth.org (Nemours Foundation) – kidshealth.org; LiveStrong.com – www.livestrong.com



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"Like" us on Facebook and get a special health, nutrition or fitness tip posted to your wall each day. We are listed on Facebook as BCBST, or www.facebook.com/bcbst. This is the only official page for BlueCross BlueShield of Tennessee.



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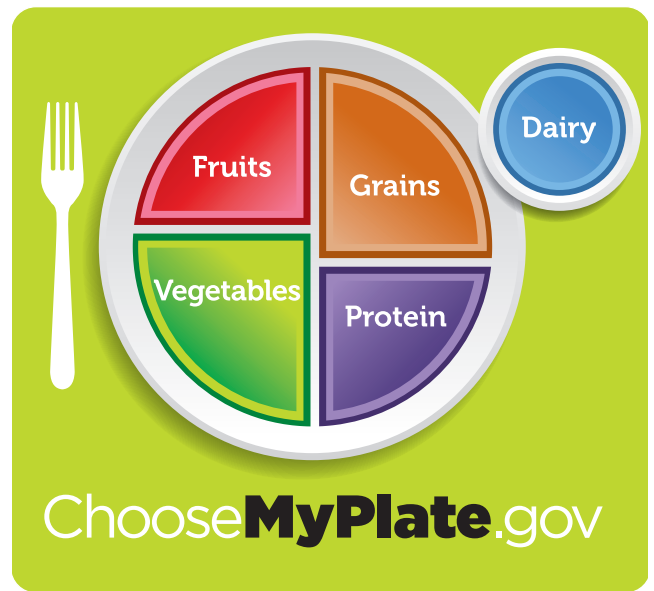


What's on Your MyPlate?

Remember that old pyramid of food groups that helped you learn how to eat a healthy diet? It recently had a makeover. The old food group pyramid is now a plate, making it even easier for you to make smart food choices at every meal.

Building Your MyPlate

The new MyPlate recommendations and icon are designed to help us all make healthier food choices - like eating more fruits and veggies.





Use the MyPlate recommendations at each meal to build a healthier diet:

- Make half your plate fruits and vegetables
- Balance the other half of your plate with lean protein and grains – make at least half of the grains whole grains
- Include a “side” of low-fat dairy, like two-percent milk, or low-fat yogurt or cheese

How Big Should My Plate Be?

It’s also important to watch how much you eat. The amount of food people need each day is different for everyone. The good news is there are online tools that can help you know how much food is right for you.

Get a free, personalized daily eating plan

- Go to www.choosemyplate.gov
- Click on “Get a personalized Plan”
- Answer the questions in the online tool and click “Submit”

Your eating plan will tell you exactly how much of each food group you should eat each day.

The next time you sit down for a meal, eat smart. Remember the MyPlate recommendations, and don’t forget that how *much* you eat is just as important as *what* you eat.

Source: United States Department of Agriculture – www.choosemyplate.gov

The 411 on Oral Piercings

Tongue and lip piercings may look cool, but did you know they can have really lame effects on your teeth and mouth?

Piercing any part of your body comes with risk, especially infection. Your mouth is an ideal place for bacteria to hang out, so tongue, cheek and lip piercings are prone to getting infected. Infections can quickly become very serious – even life threatening – if they aren’t treated quickly.

Oral piercings carry the risk of endocarditis. This is an inflammation of the heart valves or tissues caused by bacteria entering your bloodstream from the piercing site and traveling to your heart. This infection can be very serious for people who have heart conditions – and can even lead to death.

Oral piercings can also have some unattractive effects on your appearance:

- Excessive drooling
- Chipped or cracked teeth
- Damage to gums and fillings
- Increased saliva
- Sensitivity to metals
- Scar tissue
- Nerve damage

Tongue, lip and cheek piercings can also interfere with your speech and ability to chew or swallow.

Still want to get a piercing?

Be responsible and informed:

- Talk to your parents. Many piercing professionals will not pierce people under 18 without parental permission.
- Do not do the piercing yourself or allow a friend to do it. Go to a professional.
- Make sure you are up to date on all immunizations, especially hepatitis B and tetanus.
- Make sure the shop and piercing professional are clean. Your piercing should be done with a new and sterilized needle, **not** a piercing gun. The piercing pro should wash his/her hands with soap and wear latex gloves. The shop should also properly dispose of needles, gauze and other items that could have blood on them.
- Get medical care quickly if your piercing gets infected.

Sources: American Dental Association – www.ada.org; KidsHealth.org (Nemours Foundation) – kidshealth.org



Making the Grade on Diabetes Exams and Tests

If you're one of the 215,000 people under the age of 20 who have diabetes, you know it's important to take care of yourself – and your diabetes – every day.

Besides taking steps each day to manage your diabetes, you also need to get certain medical exams and tests regularly. These tests help your doctor monitor your health and how your treatment plan is working for you.

Diabetes Exam Schedule

This chart shows you what exams and tests your doctor should do – and when. It's also a good idea to see your dentist twice a year for a checkup.

Text or Exam	When
Check your blood pressure	At every visit
Check your feet for sores	At every visit
Do a hemoglobin A1C test	At least twice a year or every three months
Test your blood and urine to check kidney function	At least once a year
Check blood lipids (fats) – including cholesterol (LDL “bad” cholesterol and HDL “good cholesterol”) and triglycerides	At least once a year
Dilated retinal eye exam	Talk with your doctor

Prep for Future Tests

Over time, diabetes can cause many different health problems. As you get older, you'll need to get other care and tests to protect your health.

You'll need to talk with your doctor about getting flu and pneumonia shots each year to avoid getting sick. And you'll want to protect your sight by getting an annual dilated eye exam. This test checks part of your eye for damage that can lead to blindness.

You don't need to get these shots and exams now unless your doctor thinks you need them. Just know these exams are in your future.

Knowledge is Power

Managing your diabetes is a big responsibility. But you're not alone. Your doctor is your partner in health. Be sure your doctor does the right tests and exams at the right time. And don't be afraid to ask questions! With the right knowledge, you have the smarts to successfully manage your diabetes today – and into the future.

Sources: Centers for Disease Control and Prevention – www.cdc.gov; KidsHealth.org (Nemours Foundation) – kidshealth.org; National Diabetes Education Program – ndep.nih.gov



Ace Diabetes Care Every Day

Be smart about managing your diabetes each day by:

- Taking any medicines as prescribed by your doctor
- Checking your blood glucose level
- Making healthy food choices
- Eating the right amounts of food
- Being active
- Staying at a healthy weight

Source: National Diabetes Education Program - ndep.nih.gov

Stay Healthy this Holiday Season - Get a Flu Shot

You probably have a list of things you'd like to get this holiday season. The flu probably isn't one of them.

Give yourself a flu-free holiday and winter - get a flu shot. The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months old get a flu shot - including teens. And this year, one shot will protect you against three different strains of the flu virus.

There's nothing festive about getting the flu. Talk to your doctor about getting your flu shot if you haven't already. It only takes a couple of minutes, and you'll be protected all winter long.

Source: Centers for Disease Control and Prevention (CDC) - www.cdc.gov



Plan to Breathe Easier this Winter

Ah, winter. Cold weather. Winter sports. The holidays. And colds and the flu. If you have asthma, winter is one of the most important times of the year to stick to your asthma action plan.

Asthma makes your lungs sensitive to irritants, especially viruses like the cold and flu. And if you do get sick, it can be harder and take longer to get well. Cold air can also make asthma worse.

The good news is there are things you can do to breathe easier this winter:

- Take your asthma medicines. Just because you feel good, doesn't mean your asthma has gone away.
- Follow your asthma action plan:
 - ◆ Know your asthma triggers and avoid them.
 - ◆ Know what symptoms, like coughing, wheezing or shortness of breath, might mean your asthma isn't controlled.
 - ◆ Know what to do when your asthma is getting worse.
 - ◆ Know what to do in case of an asthma attack. Always have your fast-acting medicine on hand.

Go with the Peak Flow

Use a peak flow meter and these three "breathing" zones to help you track how well your asthma is under control:

Green Zone – Peak Flow reading of 80 – 100 percent of your "personal best" reading. In this zone, your asthma is well-controlled.



Yellow Zone – Peak Flow reading of 50 – 80 percent of your usual peak flow reading. If your readings are in this zone, your asthma could be better controlled. You may or may not be having symptoms like coughing or wheezing. If your readings are in this zone, take steps to control your asthma based on the action plan you and your doctor set up.

Red Zone – Peak Flow reading of less than 50 percent of your usual reading. If your readings are in this zone, your asthma is not under control. You might need rescue medicine. Follow your asthma action plan when using rescue medicines and get medical help.

During cold and flu season, the American Lung Association recommends staying in the Green Zone. If you drop into the Yellow Zone, call your doctor.

Having asthma isn't always easy. But if you stick to your asthma action plan, you can stop big problems before they start.

Source: WebMD – www.webmd.com

Don't have an asthma action plan?

Talk to your doctor or nurse. You can download a plan to fill out at: www.nlm.nih.gov/health/public/lung/asthma/asthma_actplan.pdf



“Silent” STDs

What you need to know about Chlamydia and HPV

Did you know two of the most common sexually transmitted diseases (STDs) often have no symptoms?

Many people infected with Chlamydia and genital human papillomavirus (HPV) have no idea – and can pass these STDs on to their partners without knowing it.

Chlamydia is caused by a bacteria spread through all types of sex. Anyone who is sexually active can become infected. Women can get re-infected – even after they’ve been treated for the disease.

Chlamydia usually doesn’t cause any symptoms. But if not treated, it can lead to long-term health problems, like infertility in women (trouble getting pregnant) and problems during pregnancy.

The Centers for Disease Control and Prevention (CDC) recommends that sexually active women 25 years old and younger get tested for Chlamydia every year. Talk to your doctor about whether or not you should get tested.

HPV is a virus. There are many different strains (types) of HPV that can be spread through all types of sex.

Most people who get HPV don’t even know it. In 90 percent of cases, the body’s immune system gets rid of the infection in a couple of years. But for some people, their body doesn’t clear the infection. In these cases, HPV can cause genital warts, warts in the throat, and cervical and other cancers.

There is no way to tell if someone infected with HPV will develop cancer or other problems.

Luckily, there are vaccines that can protect you from some types of HPV. Talk to your doctor to see if a vaccine is right for you.

Source: Centers for Disease Control and Prevention – www.cdc.gov

FYI 4 U

Want more information on topics in this newsletter? Check out these websites:

- **Managing Diabetes**
 - ◆ American Diabetes Association – www.diabetes.org
 - ◆ Centers for Disease Control and Prevention – www.cdc.gov
 - ◆ KidsHealth.org (Nemours Foundation) – kidshealth.org
- **What’s on Your Plate?**
 - ◆ United States Department of Agriculture – www.choosemyplate.gov
 - ◆ Let’s Move! – www.letsmove.gov
- **The 411 on Oral Piercings**
 - ◆ KidsHealth.org (Nemours Foundation) – www.kidshealth.org
 - ◆ American Dental Association – www.ada.org
 - ◆ WebMD – www.webmd.com
- **Keeping Winter Workouts Warm**
 - ◆ KidsHealth.org (Nemours Foundation) – kidshealth.org
 - ◆ LiveStrong.com – www.livestrong.com
 - ◆ Runner’s World – www.runnersworld.com
- **Plan to Breathe Easier this Winter**
 - ◆ American Lung Association – www.lungusa.org
 - ◆ WebMD – www.webmd.com
 - ◆ National Heart, Lung and Blood Institute (National Institutes of Health) – www.nhlbi.nih.gov
- **“Silent” STDs**
 - ◆ Centers for Disease Control and Prevention – www.cdc.gov
 - ◆ Mayo Clinic – www.mayoclinic.com
 - ◆ U.S. Department of Health and Human Services Office on Women’s Health – www.womenshealth.gov

CoverKids & HealthyTNBabies Frequently Dialed Numbers

- At [BlueCross BlueShield of Tennessee](#)
(8 a.m. to 6 p.m. ET, Monday through Friday)
- Member Services (for benefits information)
[1-888-325-8386](tel:1-888-325-8386)
 - TTY/TTD (for the hearing impaired)
[1-866-591-2908](tel:1-866-591-2908)
 - Email coverkids@bcbst.com
 - Web Site bcbst.com
 - 24/7 Nurseline [1-866-904-7477](tel:1-866-904-7477)
 - Health Information Library [1-800-999-1658](tel:1-800-999-1658)
 - Drug Benefit Appeal [1-888-343-4232](tel:1-888-343-4232)
(fax number)

- Care Management [1-800-225-8698](tel:1-800-225-8698)
- CareSmart® Disease Management
[1-888-416-3025](tel:1-888-416-3025)

- At CoverKids & HealthyTNBabies
- Email cover.tennessee@tn.gov
 - Web Site coverkids.com
 - Customer Service (for eligibility enrollment and renewal questions) [1-866-620-8864](tel:1-866-620-8864)



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Call 1-888-325-8386 if you need help or need to speak with someone in
español (Spanish), کوردی - بادینانی (Kurdish-Badinani), کوردی - سورانی (Kurdish-Sorani),
or another language. TDD/TTY users should call 1-866-591-2908. These services are free to enrollees.

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This document is classified as public information.

The information in this newsletter is not meant to take the place of your health care provider's advice.