

Preventing HPV Is as Easy as 1, 2, 3

Human papillomavirus, or HPV, is a group of viruses that causes genital warts and other cancers, such as cancer of the cervix, penis, anus, mouth, and throat. It's passed from person to person during sexual contact and is very common. Because there aren't screening tests for these cancers, they're often caught at a later stage when they're harder to treat.

The good news is an HPV vaccine can help prevent many of the cancers caused by an HPV infection. It's given as a series, recommended for boys and girls at age 11 or 12 but can be started as early as age 9. Boys should be finished with the shots before they turn 13. When the shots are given at these ages, only two doses, six to 12 months apart, are needed. Catch-up vaccines are recommended for males through age 21 and for females through age 26, if they didn't get vaccinated when they were younger.

Call your or your child's primary care provider (PCP) today to ask whether the HPV vaccine is right for you or your child. If you need help making an appointment, just call our Customer Care Center at **1-800-782-0095 (TTY 1-866-368-1634)**.

Additional Resource

Centers for Disease Control and Prevention,
www.cdc.gov/std/hpv/default.htm.





Tennessee's Opioid Crisis: How You Can Help

Opioid addiction is becoming more common—and so are deaths caused from overdose. There were 1,631 Tennesseans who died from prescription drug overdose in 2016.

What Are Opioids Called?

You may know prescription opioids by names like fentanyl, hydrocodone, morphine, or oxycodone. There are also illegal opioids, like heroin. Any opioid sold without a prescription is illegal.

Drugs like fentanyl are strong medicines used to treat serious pain. That can be good when you need relief from pain. But opioids are highly addictive. That means there's a high risk of harm—even death—if you misuse them.

Are you having a mental health or substance abuse crisis? Call Tennessee's free crisis hotline any time at **1-855-CRISIS-1 (1-855-274-7471)**.

Do you have questions about substance abuse or recovery? Call the Tennessee REDLINE any time to get free, private information and referrals at **1-800-889-9789**.

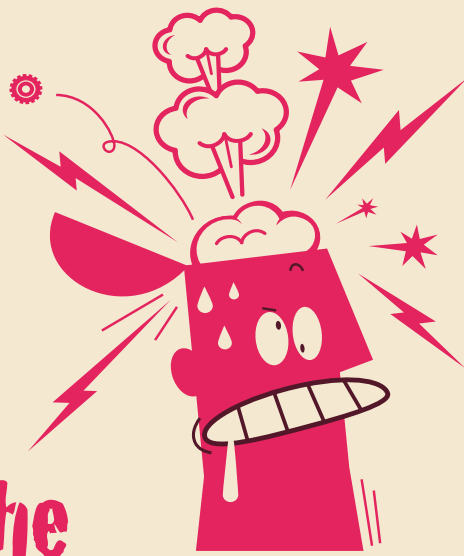
How to Talk About Drug Abuse

It's not easy to talk about hard things. But it starts with building openness and trust. The Tennessee Department of Mental Health and Substance Abuse Services has some tips to help:

- Be honest with your family. Opioid abuse, addiction, and overdose are serious and deadly. Be sure to let them know you want to talk and that you have questions.
- Be present. Do things together as a family often, like eating dinner together. You'll find it easier to have the tough conversations when you have a strong relationship.
- Include religious and spiritual practices in your family life.
- It is not OK to give medicine to someone else. And it's not OK to take drugs prescribed for others.

How to Make Your Home Safer

- Keep all your medicine—especially prescriptions—locked up in a safe place.
- Get rid of leftover medicine quickly and safely. Most hospitals, doctor's offices, and pharmacies will take it. Or go online to www.countitlockitdropit.org and find a place to drop it off.
- Talk to your doctor about other options for pain relief. Over-the-counter medicine may do the trick when your pain is not too bad. And it has less risks.



The Dangers of Doing Drugs

Doing drugs, such as marijuana or opiates, can lead to addiction. And although they may feel good at first, they can do a lot of harm to you:

- **Brain** by slowing the growth of important sections, which can cause memory loss or an inability to pay attention.
- **Heart** by raising your blood pressure and heart rate, increasing your risk of heart attack or stroke.
- **Lungs** by causing shortness of breath and scarring of your lungs, which can lead to cancer.

If you want to quit and don't know how, reach out for support by talking with your family and friends. You can also call the Substance Abuse and Mental Health Services Administration's National Helpline at **1-800-662-HELP (1-800-662-4357)**, 24 hours a day, seven days a week.

Additional Resource

National Institute on Drug Abuse, National Institutes of Health, www.drugabuse.gov/drugs-abuse.

Tooth-Friendly Snacks for Healthy Teeth

Sipping a caramel latte and eating a candy bar may taste great but what is happening to your teeth? Bacteria changes sugar into acid and the acid eats away at tooth enamel. And that's what causes tooth decay and cavities. You've been told since you were a kid to cut down on sweets to avoid cavities. That's why. Eating and drinking these sweet treats throughout the day means you are producing the acid almost constantly, which increases your chance of getting a cavity. It is hard to resist snacking, but you can snack smart by choosing popcorn, yogurt, nuts, and fruit instead of sugary snacks. If you cannot resist your sweet treats, there are some things that you can do to protect your teeth. Here are some suggestions.

- Drink, don't sip.
- Use a straw to minimize the amount of sugar that comes into contact with your teeth.
- Rinse your mouth with water after consuming sugary food or drinks.
- Brush your teeth after consuming sugary foods or drinks.
- Substitute with sugar-free foods and drinks.
- Limit the amount of sweet foods and sweet drinks.
- Chew sugar-free gum.
- Choose water.

Follow these tips, brush your teeth, and visit your dentist for a checkup to keep your smile bright and healthy. If you need help finding a dentist, call DentaQuest at **1-855-418-1622**.

Additional Resources

American Academy of Pediatric Dentistry, www.aapd.org/media/policies_guidelines/g_adoleshealth.pdf.

Mouth Healthy, American Dental Association, www.mouthhealthy.org/en/nutrition/food-tips/sugary-drinks?source=promospots&content=rotator&medium=sugary_drinks.

National Center for Biotechnology Information, U.S. National Library of Medicine, National Institutes of Health, www.ncbi.nlm.nih.gov/pmc/articles/PMC4717883.

Prevention, www.prevention.com/health/things-dentists-never-do.

Tips for Naturally Cleansing Your Skin

Cleansing, toning, moisturizing, and exfoliating consistently is key when it comes to healthy, glowing skin. If you're ready to try alternative products with ingredients you can actually pronounce, below are a few tips.



Cleansing

A natural oil, like olive or coconut, or raw honey can help break down built-up oil in your pores. Try massaging your face with a small amount (the size of a quarter) for about 30 seconds. Then use a warm towel to open your pores. Wait another 15 to 30 seconds before patting dry with a washcloth.



Toning

A toner can help remove residue your cleanser might have missed. Try mixing apple cider vinegar with water as an astringent to maintain your skin's natural balance.

For sensitive skin:

1 part apple cider vinegar with 4 parts water

For normal skin:

1 part apple cider vinegar with 2 parts water

For oily skin:

1 part apple cider vinegar with 1 part water



Moisturizing

You can give your skin a protective layer and lock in hydration by using a plant-based moisturizer. Applying small amounts of shea, avocado, or cocoa butter not only protects your skin but helps cleanse it as well.



Exfoliating

Exfoliating two to three times a week helps remove dead skin and keep your pores clean.

Oatmeal, sugar, baking soda, salt, and coffee grounds are just a few natural alternatives you can mix with essential oils, honey, or yogurt to improve your skin's circulation and complexion.

Additional Resource

SkinVision, www.skinvision.com/library/natural-skin-care-routine.

Medicine to Manage Your Mood

When you have a condition, like bipolar disorder, that affects your mood, the medicine you take to manage the condition works best if you take it the way your provider prescribed. People don't take their medicine for many reasons, including simply forgetting. The good news is there are things you can do to remember to take it.



Put a check beside the steps you're willing to try. **I will:**

- Use a pillbox labeled with the days of the week and put the medicine for each day in the box.
- Have a caregiver or family member remind me to take it.
- Mark on the calendar the dates and times I need to take my medication.
- Set my watch or phone alarm for the time each day I need to take my medicine.

Remember to talk with your provider before changing or stopping your medicine. Changing or stopping your treatment can cause your symptoms to start again or create other health problems.

Additional Resource

National Institute of Mental Health, National Institutes of Health, www.nimh.nih.gov.

Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions.

These are typical teen pressures. Worrying about them is normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem. Mental health issues are real, painful, and sometimes severe, but they can be treated.

Where to Find Help

If you or someone you care about is in crisis, please seek help immediately.

- Talk to your parents or an adult you trust.
- Call **911**.

- Visit a nearby emergency department or your primary care provider's office.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)**.



Checkup Check List

My next checkup is due _____.

Not sure when it is due?

Call your primary care provider (PCP) and ask.

Not sure who your PCP is?

To find out, call your health plan at
1-800-690-1606.

Be prepared for your checkup.

Write down questions for your PCP.

One question I have for my PCP is:

OR

Something my PCP needs to know about me is:

TennCare Kids Reminder

It is important to get your well-care TennCare Kids checkup every year. Remember, these checkups are at no cost to you for United Healthcare Community Plan members through the age of 20 years. Call your primary care provider today to set up your appointment. If you need help making an appointment, call **1-800-690-1606**.

Are You Dealing with Abuse?

Abuse of children can take many forms. All forms of abuse are serious. It may be emotional, sexual, verbal, or physical. **There is nothing that you can do or say to deserve being abused. The abuse is never your fault.** Everyone has the right to a safe and healthy relationship.

To report suspected child abuse, call **1-877-237-0004**. If you are in immediate danger, call **911**. You do not have to have proof that abuse has occurred. Each concern will be reviewed on a personal basis.

Need a ride to your checkup?

Call **1-866-405-0238**. This service is free to all members younger than 21. If you are younger than 18, you can have a parent or guardian ride with you. Your parent or guardian needs to schedule the ride.

Spanish: Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-259-0701 (TTY: 711).

Kurdish: کوردی

ئاگاداری: نەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاریه‌کانی یارمەتی زمان، بەخۆرای، بۆ تۆ بەردەستە. پەیوەندی بە
1-855-259-0701 (TTY: 711) بکە.

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at:
800-690-1606 (TTY: 711)

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call UnitedHealthcare Community Plan at 800-690-1606 or TennCare 855-857-1673 (TTY: 711) for free.