

Teen Health Beat

Quarter 3, 2017

Empire 
BLUECROSS BLUESHIELD

An Anthem Company

What can you do to help prevent asthma attacks?



It can be hard to breathe easy when you're living with asthma. But taking a few steps can help you gain control, prevent asthma attacks and avoid unnecessary trips to the emergency room.

Learn your triggers.

Tobacco smoke, pet dander, mold, pollen and smog are common asthma triggers. It is important to find out what triggers your asthma attacks so you can avoid them.

Take your medicine.

Some asthma medicines need to be taken even when you feel well. Be sure to keep all of your prescriptions filled and use them as your doctor directs. Consider ordering a 90-day supply of your asthma medicines.

See your doctor.

Going for regular checkups can help keep your asthma under control. You can talk to your doctor about things like your asthma action plan and getting a flu shot.

Call Member Services at **1-800-300-8181 (TTY 711)** to speak with a case manager and learn more about controlling your asthma.



Inside:

- You have better things to do than be sick with the flu
- Why should you go to the doctor if you're not sick?

HNY-NL-0006-17

Member Services
24/7 NurseLine
1-800-300-8181 (TTY 711)
www.empireblue.com/ny



How to deal with bullying



Bullying can be stressful and scary. These tips can help:

- **Resist the urge to fight back.** Whether it's online or in person, fighting the bully or responding with messages often makes things worse. Taking a break puts you back in control.
- **Ignore it.** Don't respond to the bully. If they don't get a response, they may get bored and go away. If you're being bullied in person, walk away. If you're being cyberbullied, block the person.
- **Tell someone.** Tell an adult you can trust, such as your parents, caregiver or guardian. Report it to your school. If there's a threat to your safety, tell the police.
- **Try something new.** Joining a club, class or gym can be a fun way to build confidence, meet new people and learn new skills.

What if I'm the bully?

If you're dealing with stress, frustration and anger, it might be tempting to take that out on someone else. But bullying doesn't help — it doesn't solve the problem that's stressing you out, and it usually makes everyone feel worse.

What can you do?

Talk with someone you respect. This could be a friend, coach, teacher, guidance counselor, or someone else. It takes courage, but talking can help you see how bullying would hurt others, and it can help you find a better way to work through your stress.

What is bullying?

Bullying is repeated, aggressive behavior toward another person. It can include:

- Calling names or teasing
- Spreading rumors or leaving someone out on purpose
- Punching, hitting, or physically hurting someone
- Cyberbullying



You have better things to do than be sick with the flu



What do you do in a typical week — school, homework, sports or activities, work? What would you miss out on if you were sick with the flu for a week or more?

When you're sick, you can miss out on a lot. But what if you could help keep yourself from getting the flu in the first place?

Getting a flu shot is the best protection from the flu. You might have minor side effects for a couple of days after getting your shot, but these aren't as bad as having the flu. It doesn't take long to get a flu shot. You can get one from your primary care provider (PCP) or from an in-network pharmacy.

What else can you do to protect yourself and others from getting sick?



Wash your hands.



Eat healthy foods.



Get plenty of sleep.



Avoid close contact with others if you're sick.

For more information about flu shots and staying healthy during flu season, talk to your PCP or visit [cdc.gov/flu](https://www.cdc.gov/flu).

If you, or someone you're helping, has questions about Empire BlueCross BlueShield HealthPlus, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-300-8181 (TTY 711).

ENGLISH

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Empire BlueCross BlueShield HealthPlus, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-300-8181 (TTY 711).

SPANISH

如果您或您幫助的人有關於 Empire BlueCross BlueShield HealthPlus 的問題，您有權利免費取得您所使用語言的幫助和資訊。如需口譯員服務，請致電 1-800-300-8181 (TTY 711)。

CHINESE

Если у Вас или у того, кому Вы помогаете, появятся вопросы о Empire BlueCross BlueShield HealthPlus, у Вас есть право бесплатно получить помощь и информацию на Вашем языке. Чтобы поговорить с переводчиком, позвоните 1-800-300-8181 (TTY 711).

RUSSIAN

Si ou menm, oswa yon moun w ap ede, gen kesyon konsènan Empire BlueCross BlueShield HealthPlus, se dwa ou pou yo ede ou ak ba ou enfòmasyon nan lang ou gratis. Pou pale ak yon entèprèt, rele 1-800-300-8181 (TTY 711).

HAITIAN CREOLE

귀하 또는 귀하가 도움을 주고 있는 다른 사람이 Empire BlueCross BlueShield HealthPlus 에 대한 질문이 있는 경우, 귀하는 무료로 귀하가 사용하는 언어로 도움을 받고 정보를 얻을 수 있는 권리가 있습니다. 통역자와 통화하려면 1-800-300-8181 (TTY 711) 로 전화하십시오.

KOREAN

Se lei o qualcuno che sta assistendo dovesse avere domande relative a Empire BlueCross BlueShield HealthPlus, ha il diritto di ottenere aiuto e informazioni nella sua lingua senza alcun costo aggiuntivo. Per parlare con un interprete, contatti 1-800-300-8181 (TTY 711).

ITALIAN

אויב איר אדער עמיצער וועם איר העלפט האט פראגעס איבער Empire BlueCross BlueShield HealthPlus, האט איר די רעכט צו באקומען הילף און אינפארמאציע אין אייער שפראך פריי פון אפצאל. צו רעדן מיט א דאלמעטשער רופט 1-800-300-8181 (TTY 711).

YIDDISH

যদি আপনার, বা যাকে আপনি সাহায্য করছেন তার, Empire BlueCross BlueShield HealthPlus সম্পর্কে কোনো প্রশ্ন থাকে, তাহলে আপনার ভাষায় বিনামূল্যে সাহায্য ও তথ্য পাবার অধিকার আপনার আছে। একজন দোভাষীর সাথে কথা বলতে, 1-800-300-8181 (TTY 711)।

BENGALI

Jeśli macie Państwo pytania lub osoba, której Państwo pomagacie, ma pytania na temat Empire BlueCross BlueShield HealthPlus, przysługuje Państwu prawo do bezpłatnej pomocy i informacji w Państwa języku. Aby skorzystać z usług tłumacza, proszę zadzwonić pod numer 1-800-300-8181 (TTY 711).

POLISH

إذا كانت لديك أو لدى أي شخص تقوم بمساعدته أي أسئلة حول Empire BlueCross BlueShield HealthPlus، فيحق لك الحصول على المساعدة والمعلومات بلغتك الأم بشكل مجاني. للتحدث إلى مترجم، اتصل على 1-800-300-8181 (TTY 711).

ARABIC

Si vous ou une personne que vous aidez avez des questions sur Empire BlueCross BlueShield HealthPlus, vous pouvez recevoir de l'aide et des informations dans votre langue à titre gratuit. Pour parler à un interprète, appelez le 1-800-300-8181 (TTY 711).

FRENCH

اگر آپ، یا جس کسی کی آپ مدد کر رہے ہیں، ان کے پاس Empire BlueCross BlueShield HealthPlus کے بارے میں کوئی سوال ہے، تو آپ کو تعاون حاصل کرنے اور کسی بھی قیمت پر معلومات حاصل کرنے کا حق ہے۔ ایک مترجم سے بات چیت کرنے کے لئے، کال کریں 1-800-300-8181 (TTY 711)۔

URDU

Kung may mga katanungan ka, o isang tao na tinutulungan mo tungkol sa Empire BlueCross BlueShield HealthPlus, may karapatan kang humingi ng tulong at impormasyon sa iyong wika nang walang gastos. Para makipag-usap sa isang interpreter, tumawag sa 1-800-300-8181 (TTY 711).

TAGALOG

Εάν εσείς ή κάποιο άτομο το οποίο βοηθάτε έχει ερωτήσεις σχετικά με το Empire BlueCross BlueShield HealthPlus, μπορείτε να λάβετε βοήθεια και πληροφορίες στη γλώσσα σας δωρεάν. Για να μιλήσετε με έναν διερμηνέα, καλέστε στο 1-800-300-8181 (TTY 711).

GREEK

Nëse ju ose dikush tjetër që po ndihmoni keni pyetje për Empire BlueCross BlueShield HealthPlus, ju keni të drejtën të merrni ndihmë dhe informacione falas në gjuhën tuaj. Për të folur me një përkthyes, telefononi 1-800-300-8181 (TTY 711).

ALBANIAN

Why should you go to the doctor if you're not sick?

If you're feeling fine, going to the doctor might seem like a waste of time. But it's still important to get wellness checkups each year. Wellness checkups can help keep your health on track and find signs of health problems early, when they're easier to treat.

What happens at a wellness checkup visit?

- Your primary care provider (PCP) will check for any signs of health problems.
- You may need to get vaccines or booster shots.
- You can talk with your PCP about any health questions you may have, including topics you may not want to discuss with a parent or guardian.

When you're ready, talk with your parent or guardian about making an appointment for a wellness checkup. You can have them fill out the information below when they call. Then post it somewhere to help you remember your appointment.

Wellness visit

Date: _____ Time: _____

My doctor's name: _____

My doctor's phone number: _____

My doctor's address: _____

My transportation plan: _____

Questions to ask my doctor: _____



Renewing coverage

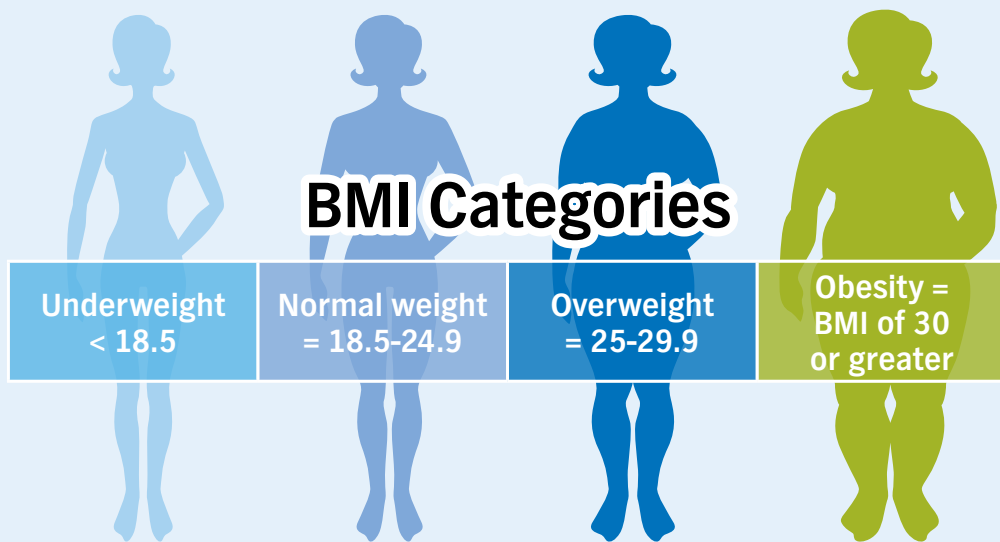
If you're a Medicaid Managed Care or Child Health Plus member, you need to renew your health insurance each year. For more information about renewing your health coverage or help completing the application:

- Visit www.empireblue.com/ny and go to **Enroll & Renew**, then select **How to Renew your Coverage**.
- Call **1-888-809-8009 (TTY 711)**.
- Visit an Empire location.

What does your BMI mean for your health?

Your body mass index (BMI) is a measurement of your height to weight ratio. It can help determine your risk for developing certain health problems.

Each year at your wellness checkup, ask your primary care provider (PCP) to check your BMI. Then discuss the results with them.



Which category is your BMI?

If you're in the overweight or obese range, how would your BMI change if you weighed 5 or 10 pounds less?

If you're concerned about your BMI or want to take steps to manage your weight, Empire has case managers who can help. Call 1-888-830-4300 (TTY 711) to learn more.



You can also use an **online BMI calculator** by visiting the Centers for Disease Control and Prevention at cdc.gov/healthyweight/assessing/bmi.