

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 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



An Anthem Company

P.O. Box 62509  
Virginia Beach, VA 23466-2509

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

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NY-Q3 2016 TEEN NL-PC-0916 CMAP HNY-NL-0002-16

# Teen Health Beat

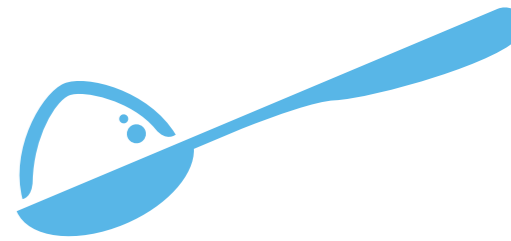
Quarter 3, 2016



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## Diabetes:

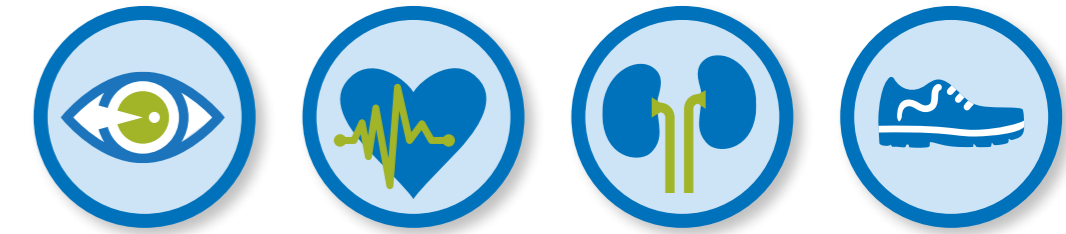
It's more than a little sugar



“That would never happen to me.” • “I’m way too young for that.”

Many teens think they're far removed from living with diabetes, but the increasing number of teens who have diabetes tells a different story.

And being a teen is hard enough without the challenge of diabetes.



Over time, diabetes can hurt your eyes, heart, blood vessels, kidneys, nerves and feet if your blood sugar isn't under control.

Seeing your doctor for regular checkups and screenings is a good way to help you stay healthy.

So what can you do?

- Talk to your doctor and your parent or guardian for more information.
- Get your eyes checked regularly. Your doctor can tell you how often you should go.
- Have your blood pressure checked at each health care visit.

- Visit the following websites for more information:
  - American Diabetes Association, [diabetes.org/living-with-diabetes/parents-and-kids/teens](http://diabetes.org/living-with-diabetes/parents-and-kids/teens).
  - Centers for Disease Control and Prevention, [cdc.gov/stltpublichealth/didyouknow/topic/diabetes.html](http://cdc.gov/stltpublichealth/didyouknow/topic/diabetes.html).
  - NYC Health, [www1.nyc.gov/site/doh/health/health-topics/diabetes.page](http://www1.nyc.gov/site/doh/health/health-topics/diabetes.page).

## 208,000

The number of U.S. teens estimated to have been diagnosed with diabetes

Why the increase?

If you're like many teens (and many adults, too), you may not know a lot about diabetes.

Did you know diabetes can affect your body from head to toe?



HNY-NL-0002-16

Member Services • 24/7 NurseLine  
1-800-300-8181 (TTY 711)

[www.empireblue.com/ny](http://www.empireblue.com/ny)

Inside:

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

Do you know your doctor's name?



# Vaccines help you stay healthy

## Did you know checkups aren't just for little kids? Healthy teens need them, too.

When was the last time you had a wellness checkup?

It's a good idea for you to see your doctor for a checkup every year.

During this yearly visit, your doctor can look for and treat health problems early, before they become serious. It's also a good time to get vaccines, or shots, and ask questions about your health.

### What exactly are vaccines?

"The vaccines for preteens and teens help protect kids as well as their friends, community and other family members from preventable diseases that could make them seriously ill," says Dr. Anne Schuchat, director of National Center for Immunization and Respiratory Diseases.

While a flu vaccine is recommended every year, there are three other vaccines for preteens ages 11 to 12 years old that are also recommended by the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), the Society for Adolescent Health and Medicine (SAHM) and the Centers for Disease Control and Prevention (CDC).

### The vaccines for preteens and teens are:

- **HPV vaccine**
  - For boys and girls
  - Protects against the types of HPV, short for human papillomavirus, that can cause several types of cancer and genital warts
  - Safe and effective
- **Tdap vaccine**
  - Protects against tetanus, diphtheria, and pertussis
  - Pertussis, or whooping cough, can keep teens out of school and activities for weeks.
  - Can be spread to babies
  - Especially serious and sometimes deadly for young children
- **Meningococcal vaccine**
  - Protects against meningococcal disease — a disease caused by bacteria and leading cause of bacterial meningitis — a serious infection around the brain and spinal cord

**Get a head start on your health today by scheduling a wellness checkup.**

To learn more about the vaccines for preteens and teens visit [cdc.gov/vaccines/teens](http://cdc.gov/vaccines/teens).



## What is your doctor's name?

Have you visited your doctor within the last six months?

Questions about your doctor may seem insignificant. Or you may wonder why you should make



time to go to the doctor if you're not sick. No doubt you have a tight schedule packed with activities and other obligations, but wellness checkups can make a huge difference in helping you live a healthier lifestyle for years to come.

Talk to your parent or guardian today about making an appointment for a wellness checkup. You can have him or her fill out the information below when he or she calls. 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:

\_\_\_\_\_

Questions to ask my doctor:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Healthy eating

Eating a healthy diet can help prevent disease and lower your weight. And the foods you eat and the way you prepare your food can help you stay healthy.

### Not sure where to start?

Put a check beside the healthy eating tips you're already doing or are willing to try.



Replace unhealthy habits with new, healthy ones one step at a time. For example, drink water instead of soda. Eat a piece of fruit instead of chips. Or help your parent or guardian plan and cook a well-balanced meal.

Eat a variety of fresh fruits and vegetables every day.

Eat only when you're hungry instead of when you're tired, anxious or sad.

Sometimes we think we're hungry when we're really thirsty. Remember to drink at least eight 8-ounce cups of water every day.

Remember, small changes to your diet can make a big difference over time. And eating healthy doesn't mean you can never eat your favorite chips or dessert ever again. It's OK to treat yourself every once in a while.



You have better things to do than be sick with

# the flu

Headaches, chills, fever — nobody likes having the flu.

When you're sick, you can miss out on fun events or fall behind in school. 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.** Minor side effects are possible a couple of days after getting your shot, but having the flu is

so much worse. Plus, it won't take much of your time: You can get a flu shot from your primary care provider (PCP).

You've got so much to do. Recovering from the flu shouldn't have to be one of them. 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.

Want more information about flu shots and staying healthy during flu season? Talk to your PCP or visit [cdc.gov/flu](http://cdc.gov/flu).