

Teen Health Beat



An Anthem Company

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Inside: NYC Youth Connect, Teen immunizations

Preventive care visits for teens

As you get ready for the next school year, you probably have a lot of things to do. Did you add a visit to your primary care provider (PCP)? This is a good time to get information on recommended preventive care visits and vaccines.

At your checkup (at least once a year), your PCP can also provide these recommended assessments and counseling services to keep you healthy:

- Body Mass Index (BMI) assessment (ages 3-17)
- Nutrition (ages 3-17)
- Physical activity (ages 3-17)
- Depression (ages 12-17)
- Sexual health and sexually transmitted infections (STIs) (ages 12-17)
- Substance use (ages 12-17)
- Tobacco use (ages 12-17)



Are you thinking about getting a flu shot?

It really is the best protection from the flu. For more information about flu shots and staying healthy during flu season, **talk to your PCP or visit cdc.gov/flu.**



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

Spotting someone in crisis



A crisis is more about a person's response to a traumatic event than it is about the event itself. One person may be deeply affected, while another person suffers no ill effects. Any situation in which people's behaviors put them at risk of hurting themselves or others can be called a crisis.

What are the signs?

For someone living with a behavioral health condition like depression, bipolar disorder or schizophrenia, many events can lead to a crisis. Some of the warning signs include:

- Not being able to cope with daily tasks
- Change in personal hygiene
- Changes in appetite
- Excessive sleep or insomnia
- Change in energy level
- Rapid mood swings
- Angry speech, threats or violent behavior
- Confusion/inability to focus



Emergency action is needed when someone is:

- Talking about suicide
- Displaying threatening behavior
- Hurting themselves



What should I do?

- Call 911
- Call Mobile Crisis number 1-855-CRISIS-1 (1-855-274-7471)
- Take them to an emergency room
- Call a suicide hotline



Managing stress and anxiety

Everyone feels stressed or anxious sometimes. How can you deal with these feelings? These are some ways that can help.



Stay connected to others.

Talking with someone can help you figure out ways to feel better or deal with a specific stressful event.

Who can you talk to?

- Friend
- Parent
- Teacher
- Coach
- Guidance counselor
- Who else?



If you're not sure where to turn, call your local crisis intervention center or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Get active.

Trying a new activity can be a good way to handle your feelings and relieve stress.

What activities could you try?

- Go for a walk
- Play sports
- Write a play or poem
- Play a musical instrument
- Join an after-school club or group
- Volunteer
- What else?

Take care of yourself.

Keeping your body healthy can make it easier to handle a tough time.

Which of these could you try?

- Get enough sleep
- Eat right
- Exercise
- Keep a normal routine
- Avoid drugs and alcohol



Take some deep breaths.

It sounds simple, but breathing slowly and deeply can help your whole body relax.

NYC Youth Connect and IncludeNYC

What goals, dreams and ambitions do you have?



With NYC Youth Connect, you can:

- Learn about internships, education and college prep programs.
- Find information about scholarships and mentoring programs.
- Discover things to do in NYC (free and low-cost programs for sports, arts, fitness)

For more information on NYC Youth Connect:

- Call toll free: 1-800-246-4646
- Email: YouthConnect@dycd.nyc.gov
- Visit: <http://www1.nyc.gov/site/dycd/connected/youth-connect.page>



Check out IncludeNYC for programs and year-round activities for young people with disabilities.

- Free workshops
- Resources
- Conferences
- College action planning
- Events

Stay connected

- Visit www.includenyc.org.
- Follow @NYCYOUTH on Instagram for updates!
- Also explore #NYCYOUTH to discover more in NYC.

Think you're at high risk for contracting HIV?

PrEP and PEP may help! Though there is no cure for HIV, there are ways of protecting yourself. While safe sex and not sharing needles are the best way, there is also treatment as prevention. Both are a combination of antiviral medications taken to protect against infection. PrEP is taken routinely before exposure occurs and PEP is taken after potential exposure. Be sure to speak with your doctor if you feel you may be at risk.

For more information on PrEP, visit:

<https://www.hivguidelines.org/prep-for-prevention/>

For more information on PEP, visit:

<https://www.hivguidelines.org/pep-for-hiv-prevention/>



PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) can help reduce the risk of getting HIV.

Protect yourself for the future (Teen immunizations)

Where do you see yourself in a year?
How about after that? Staying healthy is important to reach the goals you set for yourself.

These health care services are recommended for children by age 13.

You can put a check in the box next to any that have already been completed.

- ☐ **Tetanus, diphtheria and pertussis (Tdap)** vaccine — may be required for entry into school, sports and day care programs
- ☐ **Meningococcal conjugate** vaccine (MCV4) — protects against bacteria that causes meningitis
- ☐ **Human papillomavirus (HPV)** — recommended for girls and boys as a three-dose series from 11 to 12 years
- ☐ **A yearly wellness exam**

Which boxes were left unchecked?

This is a good time to call your primary care provider (PCP) to schedule a visit for any missing services.



Renewing your coverage

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

Visit mss.empireblue.com/ny/pages/renew.aspx

- Go to Enroll & Renew, then select **How to Renew Your Coverage**
- Call **1-888-809-8009 (TTY 711)**
- Visit an Empire Community Service Center near you

Test your knowledge about hookah and vaping

How much do you know about the risks of smoking hookah or vaping?

True or false: Hookah and vaping don't have nicotine.

False. E-cigarettes can still contain nicotine. The tobacco smoked in hookah pipes does too. Why is nicotine so bad? It can hurt your brain's development. It can also cause addiction.

True or false: I can't get addicted to vaping.

False. E-cigarettes contain nicotine, which is highly addictive. Once you've started using it, quitting is almost never easy. The best way to avoid getting addicted is to not start.

True or false: Even if I use a nicotine-free, tobacco-free e-cigarette, it can still hurt my lungs.

True. Even if you get an e-cigarette without nicotine or tobacco, it still has chemicals that can hurt your lungs if you inhale them. Many of the "safe" ingredients in e-cigarettes are only safe if you eat them, not breathe them.

For more information, visit:

kidshealth.org/en/teens/hookah.html?WT.ac=ctg

kidshealth.org/en/teens/e-cigarettes.html?WT.ac=ctg#cattobacco

