

# Adolescent and teen health



Adolescence is a time of growth and exploration. Preventive (well visits) health services can affect an adolescent's immediate and life-long health. Humana Healthy Horizons® covers these well visits for our adolescent and teen members.

## Well visits

The American Academy of Pediatrics and Bright Futures<sup>1</sup> recommend annual well-care visits during adolescence. Annual well-care visits during adolescence:

- Promote healthy behaviors
- Prevent risky ones
- Detect conditions that can interfere with physical, social, and emotional development

Well-being visits can include:

- Dental screenings
- Growth measurements
- Immunizations and vaccines
- Other important tests and services
- Physical exams
- Preventive and comprehensive services
- Referrals for diagnosis and treatment, if necessary
- Vision and hearing screenings

## Remember to

- Make and keep appointments with your child's doctor when your child is well, not just when your child is sick
- Talk to your child's doctor about any concerns you have

**Learn more about what to expect during the teen years →**

**Humana**  
Healthy Horizons®  
in Florida

## Healthy eating

Children grow at different rates, so it isn't always easy to know when a child is obese or overweight. Ask your doctor to measure your child's height and weight to see if they have a healthy range.

You can encourage healthy eating by:

- Serving more fruits and vegetables
- Buying fewer sodas and high-calorie, high-fat snack foods
- Physical activity can also help your child overcome being overweight or obese. Kids need about 60 minutes of physical activity each day.

### Learn more about healthy eating during adolescence →

Our members 12 and older are eligible to participating in our weight management health coaching program. You'll have one-on-one sessions with a health coach to help you set and reach your weight goals.

Call the Member Services number on the back of your Member ID card to connect with one of our health coaches.

## High-risk substance use

High-risk substance can include:

- Misuse of prescription drugs
- Use of illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy)
- Use of injection drugs which have a high risk of infection of blood-borne diseases such as HIV and hepatitis

Youth who use high-risk drugs are more likely to also:

- Engage in risky sexual behaviors (not using a condom, multiple partners)
- Experience violence, such as physical and sexual dating violence, and being bullied, threatened, or injured
- Be at greater risk for mental health problems and suicide

A majority of adults with substance abuse disorders and addictions started during their adolescent and young adult years<sup>2</sup>. We can take steps to prevent adolescent drug use that will help them stay healthier for decades to come and perform better in school.

## Resources

**High-Risk Drug Use →**

**Substance Use and Sexual Risk Behaviors →**

### Sexual risk behaviors

Young people who engage in sexual risk behaviors and experiences can experience unintended health outcomes. According to the Centers for Disease Control and Prevention<sup>3</sup> (CDC), among U.S. high school students surveyed in 2019 (the last year for which data is available):

- 38% had ever had sexual intercourse
- 9% had four or more sexual partners
- 7% had been physically forced to have sexual intercourse when they did not want to
- 27% had had sexual intercourse during the previous 3 months, and, of these:
  - 46% did not use a condom the last time they had sex
  - 12% did not use any method to prevent pregnancy
  - 21% had drunk alcohol or used drugs before last sexual intercourse
- Less than 10% of all students have ever been tested for HIV
- Less than 10% of all students have been tested for sexually transmitted diseases (STDs) during the past year

Sexual risk behaviors place youth at risk for HIV infection, other STDs, and pregnancy.

**Learn more about preventing sexual transmitted infections/STDs →**

## Teen suicide

Suicide is the third leading cause of death in young people ages 15 to 24<sup>4</sup>. The CDC reports that:

- Boys are 4 times more likely to die from suicide than girls
- Girls are more likely to attempt suicide than boys
- Guns are used in more than half of youth suicides

The teen years are stressful and often filled with major changes, including:

- Body changes
- Changes in thoughts and/or feelings

Normal developmental changes can be very unsettling when combined with other events, such as:

- Changes in their families, such as divorce or moving to a new town
- Changes in friendships
- Problems in school
- Other losses

For some teens, suicide may seem like a solution, if these problems seem unsolvable.

Many warning signs of suicide are also symptoms of depression. If a teen expresses an interest in committing suicide, call your doctor right away.

**Learn more about risk factors, warning signs, and prevention →**

1. “Adolescent Well-Care Visits: Ages 12 to 21,” Medicaid.gov, last accessed October 24, 2022, <https://www.medicaid.gov/state-overviews/scorecard/adolescent-well-care-visits/index.html>.
2. “Youth High-Risk Drug Use,” Centers for Disease Control and Prevention, last accessed October 24, 2022, <https://www.cdc.gov/healthyyouth/substance-use/hrsu.htm>.
3. “Sexual Risk Behaviors Can Lead to HIV, STDs, & Teen Pregnancy,” Centers for Disease Control and Prevention, last accessed October 24, 2022, <https://www.cdc.gov/healthyyouth/sexualbehaviors/index.htm>.
4. “Teen suicide,” Johns Hopkins Medicine, last accessed October 24, 2022, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/teen-suicide>.

**ENGLISH:** This information is available for free in other languages and formats. Please contact our Customer Service number at **800-477-6931**. If you use **TTY**, call **711**, Monday – Friday, 8 a.m. to 8 p.m.

**SPANISH:** Esta información está disponible gratuitamente en otros idiomas y formatos. Comuníquese con nuestro Servicio al Cliente llamando al **800-477-6931**. Si usa un **TTY**, marque **711**. El horario de atención es de lunes a viernes de 8 a.m. a 8 p.m.

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## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-477-6931 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m. Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

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- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **800-477-6931** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at  
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Auxiliary aids and services, free of charge, are available to you. **800-477-6931 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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**English: ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Call **800-477-6931 (TTY: 711)**.

**Español: (Spanish) ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-477-6931 (TTY: 711)**.

**Kreyòl Ayisyen: (French Creole) ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **800-477-6931 (TTY: 711)**.

**Tiếng Việt: (Vietnamese) CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **800-477-6931 (TTY: 711)**.