

KidsFirst

April 2016



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 7-11 and their parents.

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Tired of getting bills for covered medical services?

Follow these steps to reduce the number of medical bills you receive.

- Check with your doctor to be sure he is in our network.
- Be sure you show your Texas Children's Health Plan ID card when checking in for your appointment.
- Remember to notify your provider of any changes to your insurance.
- Contact your provider before your appointment to make sure that they have authorization (if required) for your treatment. Ask for the authorization number.
- If you don't have an ID card, you can register and log on to our (new) Member Portal to get one. Or call Member Services toll-free at 1-866-959-2555 for help.



Member Services Department
P.O. Box 301011, NB 8360
Houston, TX 77230-1011

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Play it safe on the play ground

Playgrounds and outdoor play equipment offer kids fresh air, friends, and exercise. So it's important for parents to make sure that broken equipment, dangerous surfaces, and careless behavior don't ruin the fun.

Use the following tips to keep your child safe on the playground!

1. Actively supervise your children on the playground.
2. Take your kids to playgrounds with shock-absorbing surfaces such as rubber, sand, wood chips, or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
3. Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment.
4. Teach children that pushing, shoving or crowding while on the playground can be dangerous.

Child Abuse Prevention Month

April is Child Abuse Prevention Month. This month, we are taking time to acknowledge the importance of families and communities working together to prevent child abuse and neglect.

If you know any children in need, contact the Childhelp National Child Abuse Hotline at 1-800-422-4453.

Your Opinion Matters

We want to give your family the best experience possible when you are part of Texas Children's Health Plan. If you have suggestions on benefits we could offer, events we can have, or any customer service that didn't meet your expectations then I want to hear from you. You can email me at klcover@texaschildrens.org and I'll be sure to respond.

Kristen L. Cover
Texas Children's Health Plan

Director of Marketing, Communications and Customer Service

April
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It's Earth Day

It's a day to reflect on our planet, our environment and what we can do to help keep them healthy.

You can make a difference by:

- » Saving water and energy.
- » Recycling.
- » Reducing pollution.
- » Protecting our animals, trees and plants.

Fix the Itch—Tips for Treating Ringworm

Ringworm is a common fungal infection of the skin seen most often on the scalp, body, feet, or groin. Ringworm actually isn't a worm at all – its name comes from how it looks, like a red ring or group of rings with clear centers.

SYMPTOMS

ON THE SKIN

- Starts as a red, scaly patch or bump.
- Itching.
- Discomfort.
- Circular pattern with raised, bumpy, borders.

ON THE SCALP

- May start as a round, reddish, pimple-like sore.
- Becomes patchy, flaky, scaly, or crusty (may first be mistaken for dandruff).
- Causes swelling, tenderness, redness, bald patches, and broken hairs.

What to do?

- Call your doctor if you think your child has symptoms of ringworm.
- Follow the doctor's treatment instructions carefully. Depending on the type and site of the infection, these may include using over-the-counter or prescription cream for the skin, or prescription oral medication for the scalp.
- Discourage your child from picking at the infected area since this could cause infection.
- Contact your doctor if increasing redness, swelling, or pus occurs.

Think Prevention!

Prevent ringworm by encouraging your kids to:

- Avoid sharing combs, brushes, hair accessories, pillows, hats, and headphones.
- Wear flip-flops at the pool or in the locker room shower.
- Wash sports clothing regularly.
- Shower after contact sports.
- Wash hands well and often.

Source: KidsHealth.org

Don't feel the burn! Tips for treating sunburn

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! Sunburn can happen within 15 minutes of being in the sun, but the redness and discomfort may not be noticed for a few hours.

SYMPTOMS

Mild:

- Skin redness and warmth.
- Pain.
- Itchiness.

Severe:

- Skin redness and blistering.
- Pain and tingling.
- Swelling.
- Headache.

What to Do?

- Remove your child from the sun right away.
- Place your child in a cool (not cold) shower or bath – or apply cool compresses as often as needed.
- Give extra fluids for the next 2 to 3 days.
- Give your child ibuprofen if needed, to relieve pain.
- Use moisturizing creams or aloe gel to provide comfort.
- When going outside, all sunburned areas should be fully covered to protect the skin from the sun until healed.



Raising **Earth-Friendly** Kids

How do parents get kids to reduce, reuse, and recycle and embrace the other basics of environmental responsibility? The best way to teach your kids to protect the environment is to be a good role model yourself. By showing that you care about and respect the environment, your kids will do the same.

Here are some suggestions you can try as a family:

- **Teach respect for the outdoors.** This can start in your own backyard. Help kids plant a garden or tree. Set up bird feeders, a birdbath, and birdhouses. Kids can clean out and refill the bath daily, and clean up seed debris around feeders and restock them.
- **Recycle.** Don't just toss everything in the trash, start recycling at home. Get your kids involved in the process. Give your kids a sense of responsibility and accomplishment by letting them collect recyclables or take out the recycling bins each week.
- **Lend a hand.** Many communities sponsor green activities, like pitching in to help clean up a local park or playground. Maybe the area around your child's school could use sprucing up.

Source: KidsHealth.org

Strawberries and Cream Tea Sandwich

Ingredients

- 2 slices whole-grain sandwich bread, crusts removed
- 2 tablespoons whipped cream cheese
- 1 teaspoon honey
- 4 strawberries, sliced

Directions

1. Toast the bread.
2. Top with the cream cheese, honey, and strawberries.
3. Cut sandwich in half

