

# KidsFirst

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

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## Keep track of your healthcare!

Did you know that you can have your health care information at your fingertips? It's easy to keep track of your health care with Texas Children's Health Plan's member portal. This interactive tool lets our members play an active role in their health care. You can change your main doctor, keep track of your appointments, access your shot records and so much more.



It's easy! Just go to our website [TexasChildrensHealthPlan.org](http://TexasChildrensHealthPlan.org) and click the Member Login link at the top of the page to get started.

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## Start the new year with preventive care

Is one of your New Year's resolutions to have healthier children in 2016? Seeking preventive care is one of the best ways to stick to your goal.

Preventive care consists of various forms of important medical or dental care that supports the healthy development of your child. By visiting your doctor for a well-child visit, you can identify problems and reduce the risk of illness.

Children, 2 to 12 years old, need to visit the doctor for a well-child visit once a year. A wellness visit occurs when you take your child to the doctor for a checkup to make sure he or she is healthy and developing normally. This is different from other visits to the doctor for sickness or injury.

Well-child visits give you an opportunity to ask questions about your child's development, behavior and overall well-being. Many parents also use these checkups to schedule routine vaccinations.

Seek preventive care to give your child a healthy start to the New Year! Call your doctor today! If you have problems, call Texas Children's Health Plan at 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).

We want your children to stay well and be healthy in the New Year!

# 2017

## Well-child visits: Here's what to expect

From your child's birth to young adulthood, you'll be visiting the doctor regularly to make sure that your son or daughter is healthy and developing well.

It can be tough to remember what each visit will entail or which topics you want to discuss with the doctor. Here's a preview of what to expect at your child's next well child visit.

### Your doctor and/or nurse will probably...



1. **Check your child's weight and height**, calculate body mass index (BMI), and plot the measurements on growth charts.
2. **Check your child's blood pressure** using standard testing equipment.
3. **Ask questions, address concerns, and offer advice** about your child's
  - **Eating.** Schedule three meals and one or two nutritious snacks a day. Serve your child a well-balanced diet that includes lean protein, whole grains, fruits and vegetables, and low-fat dairy. Kids this age should get 3 cups of low-fat milk daily. Aim for 5 servings of fruits and vegetables per day. Limit foods and drinks that are high in sugar and fat, and offer no more than 8 ounces of juice per day.
  - **Sleeping.** Kids this age generally need about 10-11 hours of sleep per night. Lack of sleep can make it difficult to pay attention at school. Set a bedtime that allows for adequate sleep and encourage your child to follow a relaxing bedtime routine.
- **Physical activity.** Children this age should get at least 60 minutes of physical activity per day. Limit screen time, including TV, DVDs, video games, smartphones, tablets, and computers, to no more than 2 hours per day of quality children's programming.
4. **Perform a physical exam.** This will include listening to the heart and lungs, examining the back for any curvature of the spine, and checking for the signs of puberty.
5. **Update immunizations.** Immunizations can protect kids from serious childhood illnesses, so it's important that your child receive them on time. Immunization schedules can vary from office to office, so talk to your doctor about what to expect.
6. **Order tests.** Your doctor may assess your child's risk for anemia, high cholesterol, and tuberculosis and order tests, if needed.

Source: KidsHealth.org

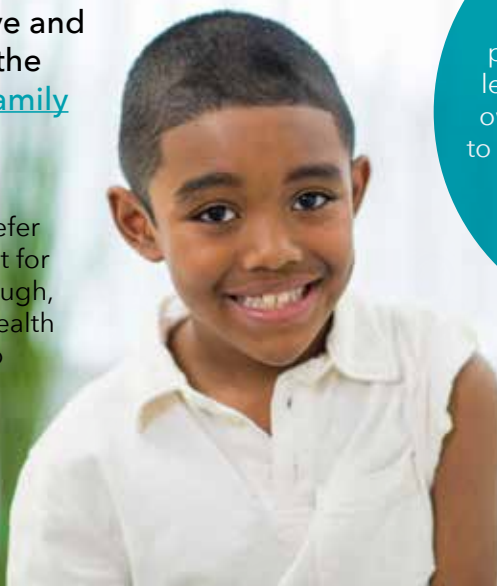
## Does your child need a flu shot?

Have you gotten a flu shot? Most kids have and there's good reason. Getting a vaccine is the single best way to protect you and your family from contracting the flu.

No one likes shots. The good news is that the flu vaccine also can be given in a nasal mist. If you prefer it, you can ask your doctor if the nasal spray is right for you. This type of vaccine contains live flu virus, though, and shouldn't be given to kids who have certain health problems – or even kids who live with people who could get very sick from the flu.

In most people, the flu causes a fever, body aches, and other cold-like symptoms. A person who has the flu will sleep a lot and feel sick, but will get better in a week.

The problem with the flu, is that it makes some people really sick. They are less able to get well on their own so they may need to go to the hospital. That's why a flu shot or nasal mist vaccine is **recommended for just about everyone!**



## Keep your kids healthy during flu season

When flu season strikes, your kids could be right in the line of fire. The flu virus spreads easily through the air with coughing and sneezing or through touching things such as doorknobs or toys and then touching your eyes, nose, or mouth. Here are some tips that will help protect your family from getting sick during flu season.

**1. Get a flu vaccine.** Safe vaccines are made each year to protect against the flu. Everyone should get the vaccine as soon as it is on hand in your community.

**2. Wash your hands often.** You can use soap and warm water for at least 20 seconds. That is about as long as singing the "Happy Birthday" song 2 times. An alcohol-based hand cleanser or sanitizer works well too. Put enough on your hands to make them wet. Then rub them together until dry.

**3. Teach your children to cover their mouth and nose** when coughing or sneezing. Show your children how to cough into the elbow or upper sleeve (not a hand) or use a tissue.

**4. Throw used tissues into the trash** right away.

**5. Wash dishes and utensils** in hot, soapy water or the dishwasher.

**6. Do not share** items such as toothbrushes, pacifiers, cups, spoons, forks, washcloths, or towels.

**7. Teach your children to try not to touch their eyes, nose, or mouth.**

**8. Wash doorknobs, toilet handles, countertops, and toys.** Use a disinfectant wipe or a cloth with soap and hot water to help kill germs.



### WANT TO LEARN MORE?

Visit [ColdandFluHero.org](http://ColdandFluHero.org) to get all of the resources you need to treat the cold and flu.



# Granola apple moons

## Ingredients

- 2 tablespoons semi-sweet chocolate chips
- 2-3 tablespoons peanut butter
- 1 large sliced apple
- 1/2 cup granola

## Directions

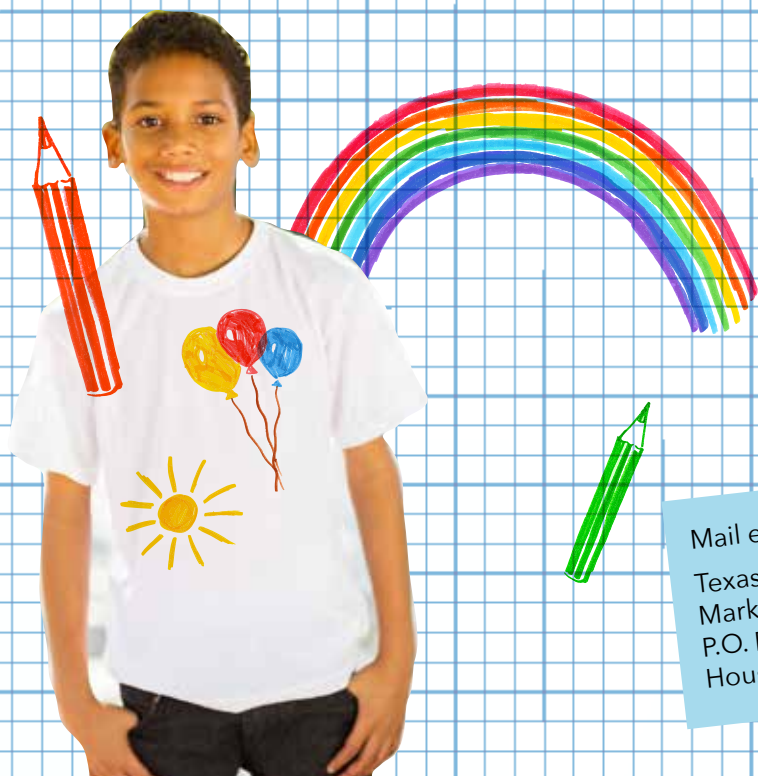
1. Take each slice of apple and carefully spread a thin layer of peanut butter on each side.
2. Once each apple slice is coated with peanut butter, sprinkle a little granola on each side.
3. Add a few chocolate chips to each side of the apple.
4. Enjoy!



## Get ready, get set

# DRAW!

We want you to you to enter our annual T-shirt design contest!



Your child won't want to miss the chance to be the winning artist for our 2017 T-shirt contest. Every member who enters the contest will get a soccer ball. We will pick a winner in February 2017. The winner's design will be printed on a Texas Children's Health Plan T-shirt. The winner will also receive prizes and have his or her drawings published in future editions of our newsletters.

Entries should be sent in on unlined, white letter-sized paper. You can use crayons, markers, pencils, or paints. The deadline is February 1, 2017.

Don't forget to include your child's name, age, and Texas Children's Health Plan Member ID number with each entry. Also, please make sure your child's drawing has our name, Texas Children's Health Plan, on it.

Mail entries to:  
Texas Children's Health Plan  
Marketing Department  
P.O. Box 301011, WLS 8366  
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