

# ManageYour Health



SPRING 2016

A publication of Texas Children's Health Plan

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Events listed on back cover.

CM-0316-241

## Be active. Keep fit! Stay healthy.

### Learn how to live a healthier life!

Members from 10 to 18 years old can sign up for our **Keep Fit Club** and learn fun, easy ways to stay active and make smart food choices. And it's no cost to you!

### Keep Fit offers:

- Healthy cooking demos.
- Fun exercises you can do at home.
- Special activities.



### When: Saturdays

May 7 (10 a.m. to 1 p.m.)  
May 21 (10 a.m. to 12 p.m.)  
June 4 (10 a.m. to 12 p.m.)  
June 18 (10 a.m. to 1 p.m.)

### Location: Marian Park

11000 South Gessner  
Houston, TX 77071

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Texas Children's  
Health Plan



PO Box 301011, NB 8360  
Houston, Texas 77230

# Enjoy the spring weather with these outdoor games

Now that the weather is nicer, you will want to spend more time outside. Playing outdoor games lets you breathe fresh air and get some exercise. Here are some easy and fun outdoor games for you to try.

*Jenny M. Rowlands,  
MPH CHES,  
Health Educator*

## **BLANKET DERBY**

**Supplies:** Old blankets that you don't mind getting dirty.

**How to play:** Get in groups of two. Have one child sit and hold onto the blanket while the partner pulls the blanket across the lawn as fast as they can!

## **WATER BALLOON**

### **DODGE BALL**

**Supplies:** Water balloons

**How to play:** Fill up the water balloons and put them in a line or in buckets in the middle of where you plan to play. Make 2 teams of players. Decide on borders. Line up on either boundary line, then race to the middle to pick up balloons and toss at the other team. Remember, don't aim for the face!

A healthy recipe for kids  
with diabetes

## Strawberry Graham Dip

### **Ingredients:**

½ cup low-fat vanilla yogurt  
¼ cup fat-free, nondairy whipped topping  
½ cup strawberries, chopped  
8 graham crackers (2 sheets broken into 4 crackers each)

### **Directions:**

1. Put the yogurt, whipped topping, and strawberries in the blender.
2. Blend until smooth.
3. Dip graham crackers in the strawberry mix.





### **FROZEN T-SHIRT RACE**

**Supplies:** Old t-shirts, and gallon-sized Zip-top bags.

**How to play:** Soak a bunch of t-shirts in water, squeeze excess water out and fold up. Place wax paper between shirts, place in plastic bags, and put in freezer overnight. See who can put on the frozen shirt the fastest and run across the finish line.

### **LADDER TOSS**

**Supplies:** Ladder, beanbags or tennis balls, paper, marker, and tape.

**How to play:** Set up a ladder outside. Label each rung of the ladder with points and try to toss the ball or bags between the rungs to get points.

### **KICK, BOUNCE OR THROW A BALL**

The great part about playing with a ball is you can make up your own games. And, you can play by yourself or with others. The spring weather is great, so get out and move!



# Understanding ADHD

**Attention Deficit Hyperactive Disorder (ADHD)** is a common problem in young children and adolescents. Estimates show that there are about 6.5 million kids in the United States with this disorder.

Ongoing research has improved understanding of ADHD. In fact, just recently some more changes occurred in the definition. ADHD is now divided into three different types:

- **Inattentive.** This replaces Attention Deficient Disorder (ADD). A child with this type of ADHD is easily distracted, very forgetful, has trouble with organization, loses items often, has a hard time following instructions, and avoids tasks that require long periods of mental effort.
- **Hyperactive-Impulsive** children are very talkative, have a hard time waiting or staying seated, constantly interrupt others, and are unable to play quietly or take part in leisure activities.
- **Combined** means that a child has behaviors or symptoms that are found in both Inattentive as well as Hyperactive-Impulsive.

Once a specific type of ADHD is diagnosed, then a severity level of Mild, Moderate, or Severe is added. The good news is that there are treatment options regardless of the type of ADHD. ADHD can only be diagnosed by a health care professional. If you think your child may have one of the types of ADHD, make an appointment to see his main doctor. If you would like to learn more about ADHD, visit [www.navigatelifetexas.org](http://www.navigatelifetexas.org) or <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/>.

*Christopher M. Smith, LMSW, LMFT, CCM*

*Sources: ADHD and ADD: Differences, Types, Symptoms, and Severity by Tricia Kinman*

*Medically Reviewed by Steven Kim, MD on May 14, 2015  
Diagnostic and Statistical Manual of Mental Disorders – 5th Edition [DSM-5].*

*What is Attention Deficit Hyperactivity Disorder (ADHD, ADD)? By National Institute of Mental Health*

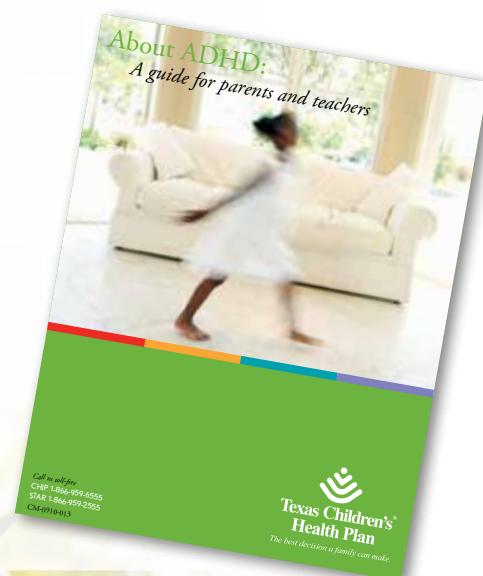
## Treat your child's ADHD

If your child has ADHD and has been getting treatment, be on the lookout for a welcome packet from Texas Children's Health Plan ADD/ADHD Program.

This packet has helpful information about ADHD. It also has a doctor's visit and medication log. This will help you keep track of doctor and therapy visits.

Texas Children's Health Plan and the Health and Human Services Commission (HHSC) are checking key parts of care for children who are given ADHD medication. You may get follow-up calls to help remind you about the visit.

- Your child should go to a follow-up visit by the prescribing doctor during the first 30 days from the first date the medicine was given.
- Your child should also go to 2 follow-up visits within the next 9 months from a prescribing doctor.





# Manage your asthma BETTER this spring and summer

**What is pollen?** Pollen are the tiny grains produced by plants. Weeds, grass, and trees produce pollen in the spring and summer months. Many people are allergic to pollen. Pollen can be a problem for people with asthma because it can cause wheezing, coughing, chest tightness, and difficulty breathing.

## REMEMBER

- Always have your inhaler with you.
- Stay away from things that may cause asthma attacks.
- Take your medicine as directed. Don't skip it or take less of it because you feel better.

## REMEMBER

- Follow the asthma action plan you have made with your doctor.

## THINK AHEAD

If you have asthma, summer can be season of alert. Be prepared. Talk with your doctor about goals for your asthma control. They will help you establish an asthma action plan.

## TAKE CONTROL OF ASTHMA

- Call your doctor when you start to wheeze or cough without cold symptoms.
- Know what triggers an attack and stay away from those things. Animal dander, dust, and pollen are common asthma triggers.
- Don't run out of medications. Make sure you have your medicine at all times.

If these symptoms occur, take action immediately. Often just a few puffs from an inhaler can help.

**Flare-ups can be handled, but asthma attacks can be serious. Don't ignore the attack or hope it will go away on its own.**

## Does your child have a Written Asthma Action Plan?

An Asthma Action Plan is a written guide to help keep your child well and deal with asthma problems. You make this plan with your child's doctor. The plan may change as your child's asthma needs change. You should have a copy at home and at school and with other caregivers.

### An Asthma Action Plan includes:

- A daily care plan to help keep your child well and meet goals for asthma control.
- A rescue plan to help your child deal quickly with increasing symptoms.
- A guide for asthma emergencies to help you know when to call the doctor and when you need emergency help.

Call us at  
**832-828-1430**  
if you need an  
**Asthma Action Plan.**

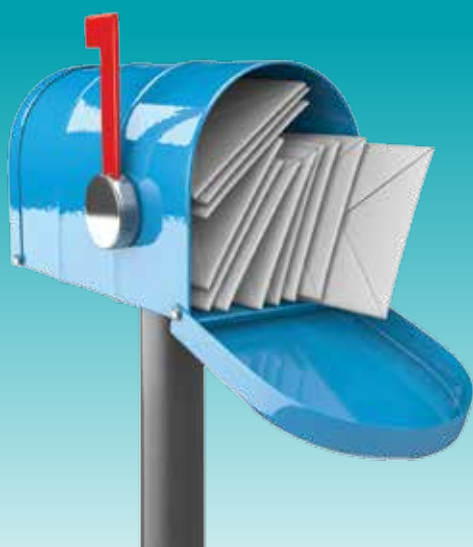




## 7- and 30-day mental health follow-up

**Has your child been in acute psychiatric care?** If so, you may have been informed that your child must have a 7- and 30-day follow-up visit with a mental health professional.

Take your child to an in-network provider within 7 days of release. And again within 30 days of release. We urge you to see a therapist for the 7-day follow-up and a psychiatrist for the 30-day follow-up. This makes sure your child is seen post release when they may be at the most risk for relapse. If needed, your child can work through any issues in therapy on an outpatient basis. And he or she can see the psychiatrist to check his or her medications.



## Tired of getting medical bills for covered services?



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

1. Check with your doctor to be sure he is in our network.
2. Be sure you show your Texas Children's Health Plan ID card when checking in for your appointment.
3. Remember to notify your provider of any changes to your insurance.
4. Contact your provider before your appointment to make sure that they have authorization (if required) for your treatment. Ask for the authorization number.
5. 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 for help.
6. If you get a bill from a doctor's office, call the phone number on the bill and request that they submit the bill to Texas Children's Health Plan. If you have any problems, call us.

### ManageYour Health

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## Take charge of your health care with our new Member Portal

Now you can have your health care information at your fingertips. Texas Children's Health Plan is thrilled to announce the launch of our member portal.

This new, interactive tool lets you play an active role in your health care. You can now 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** and click the **Member Login** link at the top of the page to get started.

