

ManageYour Health



SUMMER 2017

A publication of Texas Children's Health Plan

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CM-0517-302

We're giving away
school supplies

Save
the date
Saturday, August 5
10 a.m. to 2 p.m.

Almeda Mall
12200 Gulf Fwy.
Houston 77034



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Texas Children's
Health Plan

Texas Children's Health Plan
P.O. Box 301011
Houston, TX 77230-1011



Fun ways to help your child eat more vegetables

Discouraged about your child not eating enough vegetables? Here are some tips to refresh your summer veggie recipes:

Let your children help you.

From getting the fresh vegetables and fruits from the fridge, to washing them, and even dicing them (if they are old enough) children who are included on preparing meals are more likely to at least try what they helped prepare.

Have veggies ready to eat.

In a hurry? Slice cucumbers or bell peppers, celery sticks, and sugar snap peas for a quick, healthy snack. You can also toss them into a salad bowl. Add some leftover chicken pieces that you may have from the night before, a little low fat cheese, and voila!

Don't know what to do with veggies that will get bad soon?

Slice them and place them in a pitcher full of water. Refrigerate for at least one hour and treat your child to a cool, flavorful drink, after outdoor play!

Be creative and have fun!

Make yummy salads by combining fruits and vegetables. Balsamic dressings go perfect with this type of recipes. And you can't go wrong by adding some herbs for seasoning, and cheese for that salty flavor.

Have a refreshing summer!

*Donaji Stelzig, MPH, CHES, LCCE, CHWI
Health Educator
Texas Children's Health Plan*

Be active! Stay healthy! Keep fit!

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 and easy recipes.
- Fun exercises you can do at home.
- Special activities.

Sign up: [TexasChildrensHealthPlan.org/KeepFit](https://www.TexasChildrensHealthPlan.org/KeepFit) or call 832-828-1430.



Saturdays

June 3 (11 a.m. to 1 p.m.)
June 10 (11 a.m. to 1 p.m.)
June 17 (11 a.m. to 1 p.m.)
June 24 (11 a.m. to 1 p.m.)

**Mason Community Center
at Mason Park**
541 South 75th St.,
Houston, TX 77023

Saturdays

September 23 (11 a.m. to 1 p.m.)
September 30 (11 a.m. to 1 p.m.)
October 7 (11 a.m. to 1 p.m.)
October 14 (11 a.m. to 1 p.m.)

**Trini Mendenhall Community
Center**
1414 Wirt Rd.,
Houston, TX 77055

Exercise makes your heart happy

You may know your heart is a muscle. It works hard, pumping blood every day of your life. **Exercising every day for at least 60 minutes** can help decrease your risk of developing certain diseases, including diabetes and high blood pressure.

Think it's too hot to get a workout outside? Don't stress. Try this indoor routine to keep yourself cool, fit, and comfortable!

Chair Squats

- Stand tall and place chair behind you.
- Arms straight in front.
- Slowly lower your bottom toward the chair without sitting down.
- Slowly rise to standing.

High Knees

- Stand straight with feet shoulder width apart.
- Jump from one foot to the other at the same time lifting your knees as high as possible.

Sit Backs

- Sit on the floor with your legs bent.
- Place your arms straight out front.
- Keep your arms straight and your stomach tight.
- Slowly lean back as far as comfortable.
- Slowly return to sitting position.

Jenny Rowlands, MPH, CHES, Health Educator
Texas Children's Health Plan



If you are diabetic, Texas Children's Health Plan has partnered with Exam One/Quest to offer you a health screening in your home. We will come to you at a time that is good for you. The results of the screening will be shared with your doctor or nurse. Be on the lookout for mail and a phone call from Exam One.

Watermelon fruit pizza

What you need:

- ½ cup low-fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- 1 cup sliced strawberries
- ½ cup halved blackberries
- 2 tablespoons torn fresh mint leaves

What to do:

1. Combine yogurt, honey and vanilla in a small bowl.
2. Spread ¼ cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint.

Source: eatingwell.com



So many apps, so little time!

Often we intend to exercise and get fit but there are so many options that we feel overwhelmed. There are many apps out there to give us new ideas. But how do we end up picking just one? Here are the highlights of a few apps that are great for you and your kids! Give one or two of them a try.

For all ages:

Sworkit - Simply work it with personalized video workouts that feel like having your own personal trainer! You can use the 20 pre-built workouts or create your own. You can set your workout length and watch the exercises before you do them. There is also a Sworkit Kids app for kids ages 7-14.

Cost: Free features and Premium Features (for purchase)

Available for iPhone, iPad, Android and Web and in multiple languages (including Spanish)

www.sworkit.com

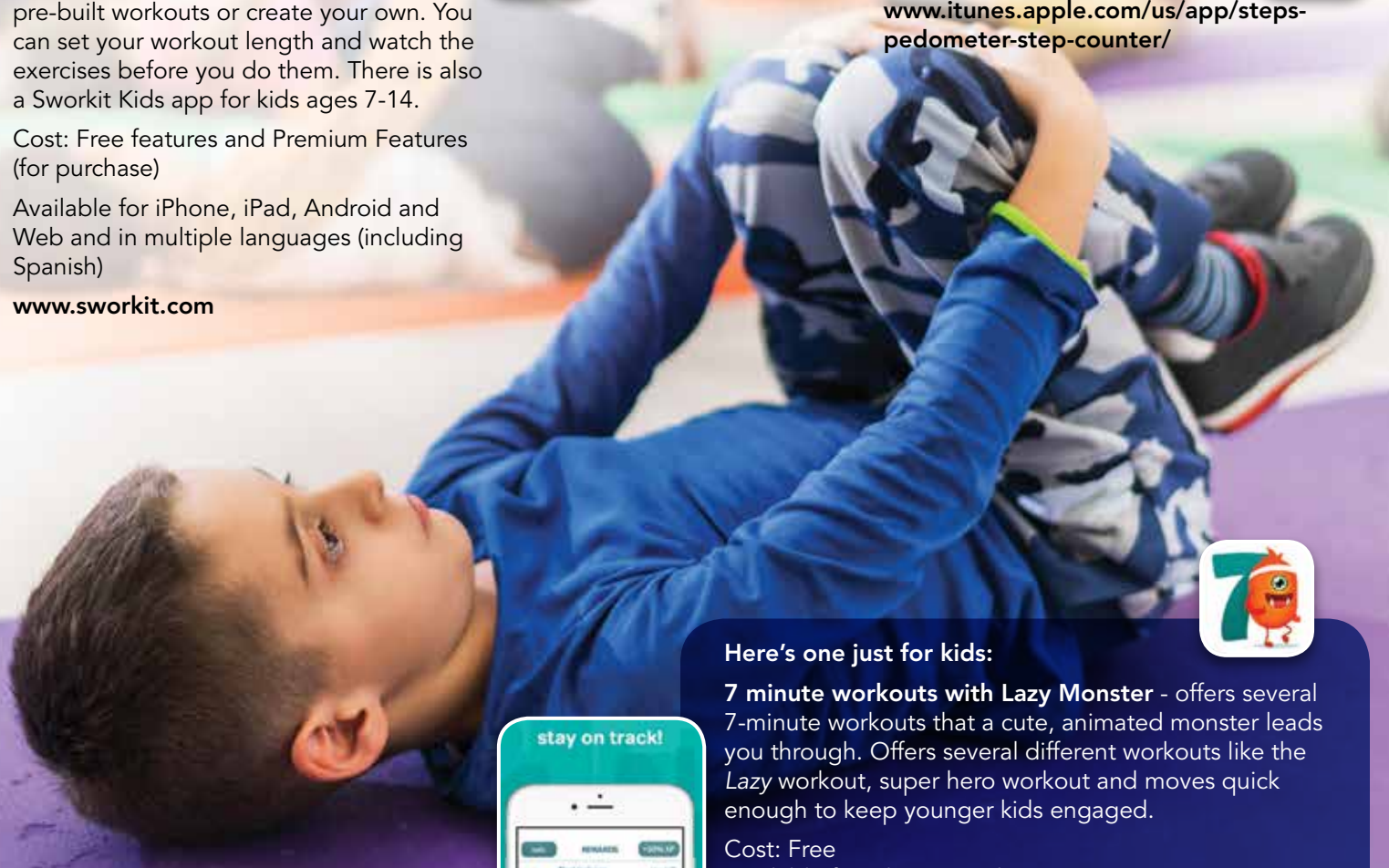


Steps Pedometer and Step Counter Activity Counter - tracks your steps to help you reach the daily goal of 10,000 steps. Set step goals, track calories burned, and challenge yourself to take more steps.

Cost: Free

Available for iPhone and iPad

www.itunes.apple.com/us/app/steps-pedometer-step-counter/



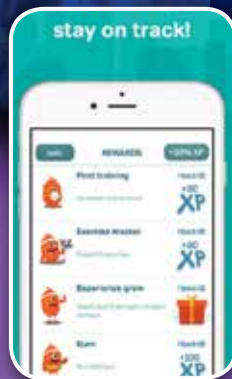
Here's one just for kids:

7 minute workouts with Lazy Monster - offers several 7-minute workouts that a cute, animated monster leads you through. Offers several different workouts like the Lazy workout, super hero workout and moves quick enough to keep younger kids engaged.

Cost: Free

Available for iPhone, iPad

www.itunes.apple.com/us/app/7-minute-workouts-lazy-monster



Jenny Rowlands, MPH, CHES, Health Educator
Texas Children's Health 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.

How to thrive this summer with ADHD

For children with ADHD, ADD or a learning disability, summer can be a challenging time. The school year has been full with scheduled class periods and activities, when your child suddenly has extended free time. Here are five tips to structure summer and help your children continue to learn and fight off boredom.

Get involved in community activities.

Find free or low cost activities in your area to attend with your kids. If your kids will be home alone or with a sitter, find activities for them to complete throughout the day. Popular local options: Discovery Green in Houston, public library, YMCA or community center.

Maintain skills learned at school.

Summer time may be a break from regular school, but not from learning! Joining your local library's summer reading club will limit their time on the computer, tablet and playing video games. It's also a great excuse to get out of the house!

Keep a daily routine.

Children do better when they know what to expect and what's expected of them. For children with ADHD or ADD, routines are very helpful. For example, your child wakes up, eats breakfast, plays outside, and helps with chores. Also, try to keep a consistent sleep schedule where your child gets 8 to 10 hours of sleep each night.

Continue taking medications.

Speak with your healthcare provider about continuing medication through the summer instead of going off of medications for three months. Remember your children will still be learning, even though they're on summer break.

Spend time together as a family.

Be intentional about spending time with your children. Choose a day each week where you can spend time together as a family while enjoying a special activity. This can help them develop healthy relationships with you and your family while making fun memories.

*Jenny Rowlands, MPH, CHES, Health Educator
Texas Children's Health Plan*

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.

Moody Gardens Beach Party

Are you ready? It's almost time! Our Moody Gardens Beach Party is back.

Bring your family and join us on the white sand at Palm Beach. Float in the lazy river. Zoom down the water slides. Ride the waves in the wave pool. Watch the little ones play on the splash pad!

Saturday, September 23

10:00 a.m. to 2:00 p.m.

**Sign up begins September 7 at
[TexasChildrensHealthPlan.org/
moodygardens](https://www.texaschildrenshealthplan.org/moodygardens).**

Does your child have a Written Asthma Action Plan?

Call us at
832-828-1430 or call
Member Services
at 1-866-959-2555
(STAR) or
1-866-959-6555
(CHIP) if you need an
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.

You are what you breathe! Breathe well, feel better

Often, what we do hurts breathing. One of the worst things you can do is smoke or be exposed to smoke. Keeping the home and car smoke free is important. It is best to be a smoke-free family. Did you know that electronic cigarettes (eCigs) and Vapes (other types of Electronic Nicotine Delivery Systems) cause breathing problems too? Their emissions are not safe to inhale. You can get help quitting. **Call 1-800-QUIT NOW (1-800-784-8669) or visit <http://smokefree.gov>**

Anything that burns is smoke. This includes barbecue pits or grills and open fires like bonfires. If you have asthma, try to stay away from these as much as you can.

Strong smelling household chemicals can also cause breathing problems. Asthma is made worse for many children by air fresheners and plug-ins. Chemicals don't make the air fresh or clean but just cover up odors. Try baking soda instead to absorb odors.

Air pollution also causes breathing problems. Air pollution in the Greater Houston area is often worse during our hot summers. You can find out about current air pollution levels at <https://airnow.gov/>. If air pollution levels are high, try to limit outdoor activities.

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