

StarBabies



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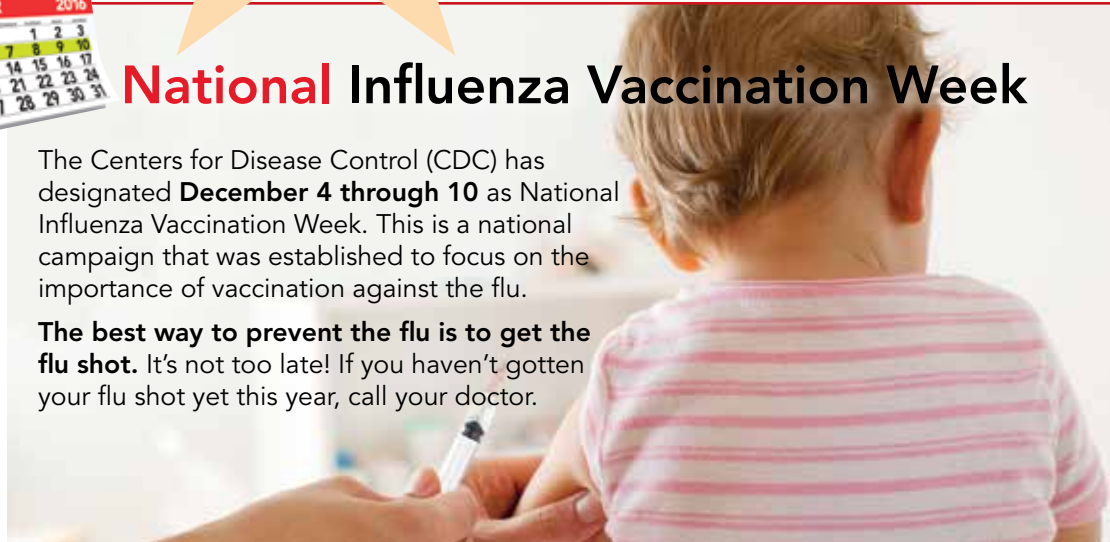
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National Influenza Vaccination Week

The Centers for Disease Control (CDC) has designated **December 4 through 10** as National Influenza Vaccination Week. This is a national campaign that was established to focus on the importance of vaccination against the flu.

The best way to prevent the flu is to get the flu shot. It's not too late! If you haven't gotten your flu shot yet this year, call your doctor.



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Protect your family from colds and flu this holiday season

You can keep seasonal flu out of your holiday plans.

The flu and colds are viruses that spread easily from one person to another. Even if you have already had the flu this year, you could get it again because there are several types each season. A lot of people spend time in crowds this time of year and the flu really starts to spread. It can be especially dangerous for pregnant women.

Here are some things you can do to help keep colds and flu from ruining your holidays.

- Get a flu shot. This is the best way to help prevent flu.
- Wash your and your child's hands often.
- Make sure people around you cover their mouth when coughing or sneezing. It is best to cough or sneeze into your elbow.



- Limit exposure to people who have a cold or the flu.
- Make sure your family eats a healthy diet, gets enough rest, and plenty of exercise to keep immune systems strong.
- Carry hand sanitizer with you. Use it often.
- Don't share food or drinks. Use separate cups and utensils for everyone.

Arm yourself against the flu



Flu season is here. You can help stop the spread of flu by getting the flu shot. It's especially important for women who are pregnant to get the flu vaccine because you are at a higher risk for problems from the flu. Not only is it safe for pregnant women to get the flu shot, it could save you or your baby's life.

Don't wait. Protect yourself and your family. You can get the flu shot at your doctor's office.

The flu shot is covered by Texas Children's Health Plan. Call your doctor today. If you have questions or need help, call Member Services at 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).

Did you know? More than 200,000 people go to the hospital for flu-like symptoms every year. And, between 4.6 and 22 percent of those hospitalized are pregnant women.



Keep your baby healthy during virus season



It is important to keep your new baby from getting sick. It can be hard during cold and flu season, but we have some things you can do to help keep her healthy.

- **Watch where you take her.** It is normal to want to show off your newborn, but many viruses are airborne, which means if she takes a breath within 4 to 6 feet of someone who is sick, she can easily catch the bug herself. So, try to keep her away from crowds and people who are coughing, sniffing, or just seem sick.
- **Be a nag about hand washing.** It is really important that you ask people to wash their hands before they hold or touch your baby. Also, remember to wash your hands after changing diapers or wiping an older child's nose.
- **Keep breastfeeding.** If you are nursing and you are sick, you should still breastfeed your baby. Your milk will pass on important illness-fighting antibodies to her.
- **Get your shot.** This means you. Babies can't get the flu shot until they are 6 months old, but you can help protect her if you get one.
- **Teach your children.** Make sure they wash their hands when they get home from daycare or school and before they touch the baby. Also have them cough into their elbow, not into their hands. Have them stay away from the baby when they are sick.
- **Vaccinate her.** Be sure that you keep up with your baby's routine shots to help her stay healthy.

Source: *TheBump.com*

Check your baby's fever

When your baby is not feeling well, one of the first things you should do is check for a fever. Although a fever isn't an illness itself, it is usually a sign that the body's immune systems are fighting against an infection.

A fever occurs when the temperature rises above its normal range. Fever is a body temperature over 99 to 99.5 degrees Fahrenheit (F), or 100 to 100.5 degrees F by rectum. The normal temperature for most children is around 98.6 degrees F.

A quick way to tell if your baby has a fever is to kiss or touch his forehead. If you think he feels hot, you are probably right. A thermometer will confirm an exact temperature reading.

Call our **Nurse Help Line** at **1-800-686-3831** or your baby's doctor when:

- Your baby is younger than 2 months and has a fever of 100.2 degrees F (rectal) or higher.
- Your baby is between 2 and 6 months old and has a fever of 101 degrees F (rectal) or higher.
- Your baby is 6 months or older and has a fever of 103 degrees F (rectal) or higher.



Take charge of your health care with our **Member Portal**

Did you know you can have your health care information at your fingertips? Texas Children's Health Plan has a member portal. This 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](https://www.texaschildrenshealthplan.org) and click the Member Login link at the top of the page to get started.

Looking for a satisfying, healthy treat? Try these...

Double Cranberry Muffins

Ingredients:

- ¾ cup whole wheat flour
- ¼ cup ground flaxseed or oat bran
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 ½ cups old-fashioned oats
- 2 large eggs
- 1 cup white grape juice concentrate
- ½ cup all-fruit cherry or raspberry preserves
- ⅓ cup canola oil
- 2 tsp. vanilla extract
- ½ cup fresh or frozen cranberries (preferably unsweetened)

Directions:

1. Preheat oven to 375°F. Line a 12-cup muffin tin with paper liners.
2. In a large bowl, combine flour, flaxseed, baking powder, soda, and salt. Stir in oats.
3. In another bowl, combine eggs, juice, preserves, oil, and vanilla until smooth. Slowly stir into flour mixture. Fold in the cranberries.
4. Spoon batter into prepared muffin tin. Bake about 18 minutes.



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
Houston, Texas 77230-1011



Choose the right toys for your baby

It's gift-giving season and it's important that the toys you get for your new baby will be safe for her to play with now and as she gets older. Chances are that whatever you give your little one to play with will end up in her mouth, so be careful of choking hazards.

In general, toys made for kids under the age of 3 should not pose a choking danger. Don't give your baby toys meant for older kids. It is important to inspect all new toys, even if they are designed for babies. Here is an easy test to try if you are unsure whether or not a toy is safe. **Try putting the toy into an empty toilet paper roll tube. If it doesn't fit into the tube, then it's safe for baby. If it does fit into the tube, put it away for later, when your child is older.**

Keep in mind that parts might break or become loose over time, so you should check them often. Some things around the house may look like toys to your baby, but can actually hurt her.

Be sure to keep remote controls, watches and flameless candles out of reach. These contain small batteries which could come out. This could make your baby choke or poison her. Make sure that things such as scissors, staples, pencils, and pens are put away. Take a look around your house through your baby's eyes. Do you see anything that might tempt your baby? If so, put it away to help keep her safe.

Source: Parents.com



Get the care you need

We want our expecting moms to have a great pregnancy. And that means it's important for you to go to the doctor. After all, a healthy mom and a happy baby begin with quality prenatal care!

Don't wait. Get seen right away. As soon as you think you're pregnant, you should schedule your first prenatal visit. Your OB/GYN will want to see you in your first trimester or within 42 days of joining Texas Children's Health Plan.

Don't forget about your postpartum check-up. It is also important for you to go for a postpartum checkup after having your baby. Your OB/GYN MUST see you within 3 to 6 weeks after delivery. To sign your newborn up for Medicaid, call 2-1-1 and report the birth of your child to Health and Human Services Commission or visit yourtexasbenefits.com.

Cervical Cancer Screening. Routine pap smears are a key to the prevention and early detection of cervical cancer. Women ages 21–29 years should be tested every 3 years. For women ages 30–65, a pap smear with testing for human papillomavirus (HPV) every 5 years is preferred but screening with just a pap smear every 3 years is OK. Plan a visit with your doctor or local community clinic.

Mammography. Women are encouraged to talk with their doctor about screening for breast cancer with a mammogram. The American College of Obstetricians and Gynecologists recommends annual mammograms beginning at age 40. Early detection can lead to improved outcomes in women diagnosed with breast cancer. Plan a visit with your doctor or local community clinic.

For help finding a doctor visit TexasChildrensHealthPlan.org under "Find a Doctor" or call 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).



Be in the know!

Call Member Services and give us your email address so we can give you updates on events, promotions, and news!

Happy Holidays!

Nurse Help Line

Call our
Nurse Help Line
24 hours a day,
7 days a week at
1-800-686-3831

to speak with a registered nurse.

Call Member Services at
1-866-959-2555 (STAR)
1-866-959-6555 (CHIP)
for help picking a doctor,
midwife, or OB/GYN.

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