



# KidsFirst

JANUARY 2019

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN CHIP AND STAR MEMBERS AGES 13-18 AND THEIR PARENTS.



## Keep track of your healthcare!

Did you know that you can have your child's health care information at your fingertips? It's easy to keep track of your child's health care with Texas Children's Health Plan's Member Portal.

This interactive tool allows you to play an active role in your child's health care. You can change his or her main doctor, keep track of appointments, access shot records, and so much more.

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

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- 4 T-shirt contest
- 4 Sweet potato and black bean stew
- 3 Adolescent well-child checkups
- 2 Does your child need a flu shot?
- 2 Start the new year off right with preventive care

**Take a look inside!**

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# Start the new year off right with preventive care

Is one of your New Year's resolutions to have healthier children in 2019? Seeking preventive care is one of the best ways to make this happen!

Preventive care is important medical or dental care that supports your child's healthy development. One of the most important parts of preventive care is making sure your child visits your main doctor for regular checkups. By visiting your doctor regularly, you can identify problems and reduce the risk of illness before your child gets sick.

Kids from ages 12 to 20 need to visit the doctor for an adolescent well-child checkup once a year. This visit is a checkup to make sure your child is healthy and developing normally. A well-child checkup is different from other visits to the doctor for illness or injury.



Adolescent well-child checkups give you an opportunity to ask questions about your child's development, behavior, and overall well-being. You can also use these checkups to schedule routine vaccinations (shots).

Preventive care is the best way to give your child a healthy start to the new year! If you need help scheduling an adolescent well-care visit, call 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).

## Does your child need a flu shot? It's not too late!

Has your child gotten a flu shot? Most kids have and there's a good reason. Getting a flu shot is the single best way to protect your child and your family from getting sick with the flu.

In most people, the flu causes a fever, body aches, and other cold-like symptoms, but will get better in a week. Some people, though, get really sick from the flu and might have to go to the hospital. The flu is especially dangerous for kids who have serious conditions like asthma.

**Great news!** Texas Children's Health Plan members age 7 and older can now get a flu shot at their local pharmacy. Get your flu shot today by visiting your local pharmacy or visit [texaschildrenshealthplan.org/flu](https://texaschildrenshealthplan.org/flu) to find a provider near you.

### It's a new year – be active, stay healthy, Keep Fit!

Do you want to help your child learn fun, easy ways to stay active and make smart food choices? Then check out Texas Children's Health Plan's Keep Fit Program!

The Keep Fit Program offers:

- Four health and fitness sessions
- Health coaching
- At home workout materials
- A quarterly newsletter

**All at no cost to your family!**

The Keep Fit Program is available to Texas Children's Health Plan members ages 10-18 with a BMI of 28+. To learn more or sign up, call 832-828-1580 or visit [TexasChildrensHealthPlan.org/KeepFit](https://TexasChildrensHealthPlan.org/KeepFit).

# Adolescent well-child checkups: What to expect

You've brought your child to the doctor regularly since birth, but you should continue to bring your child to the doctor for yearly adolescent well-child checkups as he or she enters the teenage years. Significant growth and development happens during adolescence, so it's important for teenagers to get checked at least once a year.

To help you remember what the visit will include and some topics you might want to discuss with the doctor, here's a preview of what to expect at your child's next adolescent well-child checkup.



**1. Check your teen's weight and height,** calculate body mass index (BMI), and plot the measurements on growth charts.

**2. Check your teen's blood pressure** and possibly hearing.

**3. Give a screening test** to check for signs of depression.

**4. Ask questions,** address concerns, and offer advice about your teen's:

- **Eating.** Teens should begin making healthy food choices on their own. Explain that eating five servings of fruits and vegetables per day and avoiding sweet, salty, and fatty foods not only is better nutritionally but will support a healthy weight. Calcium and iron are important for the growth spurts of adolescence. Aim for three daily servings of low-fat dairy products (or dairy alternatives) to provide 1,300 milligrams of calcium. Include enough lean meats, poultry, and seafood in the diet to reach 8 milligrams of iron per day.
- **Sleeping.** Teens need about 9 to 11 hours of sleep per night. Poor sleep is common and can hurt grades and athletic performance. Biological changes make teens want to stay up later, but early school start times can make it hard for them to get enough sleep. Encourage your child to follow a relaxing bedtime routine, and keep TVs and all digital devices out of your teen's bedroom.
- **Physical activity.** Aim for 60 minutes of physical activity per day. Set daily limits on screen time, including TV, DVDs, video games, smartphones, tablets, and computers.

• **Growth and development.** By age 13, it's common for teens to:

–show signs of puberty:

–In boys, testicular enlargement is the first sign of puberty, followed by penile lengthening and the growth of pubic hair.

–In girls, breasts development and pubic hair grows. About 2 years later, the first menstrual period comes.

–have oily skin and/or acne

–not always connect their actions with future consequences

–want to be independent and fit in with peers

–focus on personal appearance and behavior

–want to engage in risky behaviors

**5. Do a physical exam.** This will include looking at the skin, listening to the heart and lungs, checking the back for any curvature of the spine, and looking for puberty development. A parent, caregiver, or chaperone should be present during this part of the exam, but siblings should remain outside in the waiting room to give your teen privacy.

**6. Update immunizations.** Immunizations can protect people from serious illnesses, so it's important that your teen get them on time. Immunization schedules can vary from office to office, so talk to your doctor about what to expect.

**7. Order tests.** Your doctor may check your teen's risk for anemia, high cholesterol, tuberculosis, and sexually transmitted diseases (STDs) and order tests, if needed.

To read more about what to expect during your teen's well-child checkup, visit <https://kidshealth.org/en/parents/checkup-13yrs.html#catcheckupsubcat>.

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# Sweet potato and black bean stew

## Ingredients

2 tbsp vegetable oil  
½ small chili pepper, whole  
1 ¼ cups fresh onions, peeled, diced  
1 tsp ground cumin  
1 ½ cups fresh sweet potatoes, peeled, ½ inch cubes  
6 cups canned low-sodium black beans, drained, rinsed  
¾ cup orange juice  
1 cup low-sodium chicken stock  
1 tbsp red wine vinegar  
¼ tsp salt  
¼ tsp ground black pepper  
4 cups fresh Swiss chard, no stems, chopped

## Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.

May serve over brown rice or whole-wheat couscous.

Source: U.S. Department of Agriculture



## Get ready, get set, draw!

### We want your child to enter the **Texas Children's Health Plan Annual T-shirt Design Contest!**

Your child won't want to miss the chance to be the winning artist for our 2019 T-shirt Design Contest. Every member who enters the contest will get a gift. We'll pick the winners in spring 2019. The winners' designs will be printed on a Texas Children's Health Plan T-shirt! The winners will also get prizes and have his or her drawings published in future editions of our newsletters.

Entries should be sent in on white, unlined letter-sized paper. You can use crayons, markers, pencils, or paints.

### **The deadline for entry is April 15, 2019.**

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



Please mail entries to:  
**Texas Children's Health Plan**  
**Member Engagement Department**  
**P.O. Box 301011, WLS 8366**  
**Houston, TX 77230-1011**