

# StarBabies



JULY 2017

A publication of Texas Children's Health Plan

## In this ISSUE

- 2 Have you heard about the Baby Box?
- 3 What can I expect in my sixth month of pregnancy?
- 4 What can I do about these leg cramps?
- 5 Childbirth classes
- 6 Moody Gardens

Events listed on back cover.  
CM-0517-304

## Get your insect repellent for Zika prevention at no cost to members

Texas Children's Health Plan now covers the cost of mosquito repellents to help prevent members from getting Zika virus.

Eligible members include all pregnant women, females ages 10 to 55 years old, and males ages 14 years and older.

You do not have to have a prescription. You can go to your pharmacy, present your member ID and you can get one bottle or can of insect repellent. You are able to get up to two containers per month.

**Take advantage of this benefit and help keep your family and community safe.**



NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 1167  
N. HOUSTON, TX



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



## a note from Dr. Hollier

Texas Children's Health Plan is excited to partner with the Baby Box University program to help teach new parents about safe sleeping for their babies. Our own Dr. Hollier, Chief Medical Officer of Obstetrics & Gynecology for Texas Children's Health Plan and Medical Director of The Center for Children and Women, endorses the program. She encourages all parents-to-be to get their **free Baby Box**, which is full of useful information and supplies to help care for their newborn.

"We are very proud to be partnering with what I feel is a much needed program in the Texas healthcare system," she says. "Our members and patients are what matters most to us, and to be able to provide such a benefit to our pregnant mothers warms my heart and fits in with our primary goal and promise, which is to help create a healthier future for our children."

*Dr. Lisa Hollier*

*Chief Medical Officer of Obstetrics/Gynecology  
Texas Children's Health Plan*



## Have you heard about the Baby Box?

**Have you heard about the Baby Box**, which promotes safe sleep for infants? Texas has become the 4<sup>th</sup> state to launch Baby Box University, which helps new parents give their babies a healthy start in life. The Baby Box program is designed to encourage mothers to get prenatal care and promote a good relationship between moms-to-be and their doctors.

Texas Children's Health Plan is proud to be a partner in the Baby Box program. Thanks to the support of all the program's partners, all new and expecting parents in Texas will get a free Baby Box this year.

The baby box is made of sturdy cardboard and meets the highest level of safety standards. The mattresses are firm foam pads that are non-toxic and safe. The box also comes with educational resources for new parents and plenty of gifts to give your baby a great start in life. Some of the gifts include diapers, wipes, a onesie, and a tote bag.

### Here's how you can get your Baby Box at no charge:

- Register online at **BabyBoxUniversity.com** as a Texas resident. Be sure to include your correct contact information, including your mailing address.
- Watch the 10-to-15-minute Texas syllabus at **BabyBoxUniversity.com**. After taking a short quiz, you will get a certificate of completion and be able to select local pick up or direct delivery of your Baby Box.
- If you select direct delivery, your Baby Box will ship to the address you provided when you registered on **BabyBoxUniversity.com**. If you select local pick up, bring your Baby Box University certificate to the closest distribution site to get your Baby Box. Locations are listed on the website.



**Sign up to get your Baby Box today!**



# What can I expect in my...

## 6<sup>th</sup> month of pregnancy?

**Welcome to the last month of your 2<sup>nd</sup> trimester!** In your 6<sup>th</sup> month, you are now looking pregnant and you may even have that glow about you! No doubt the movements you feel in your tummy are getting stronger as baby grows and gets more active. Did you know baby might even get hiccups?

Your baby may also:

- Start to open her eyes.
- Have eyelashes and eyebrows, and hair on her head.
- Have air sacs developing in her lungs.

**During this month's visit, your doctor will check your:**

- Weight and blood pressure.
- Urine for protein for sugar and protein.
- Belly for size and position of baby.
- Baby's heartbeat.
- Hands and feet for swelling.
- Unusual symptoms.

It's time for you to start looking into childbirth classes, and ask your provider about questions you have about labor and delivery. Sign up for classes at [TexasChildrensHealthPlan.org/events/member/childbirth-education](https://www.texaschildrenshealthplan.org/events/member/childbirth-education)

## Look at what your baby is doing!

Week 24



1 ½ pounds



8 ½ inches

Baby is gaining 6 ounces a week!  
She now has eyelashes, eyebrows, and some hair on her head.

Week 25



1 ¾ pounds



9 inches

Tiny blood vessels are forming under his skin. He will begin taking practice breaths and his vocal cords now work.

Week 26



2 pounds



9 ½ inches

Baby's eyes are beginning to open. She can see now! You may feel her get more active if you bring a bright light to your belly.

Week 27



over 2 pounds



15 inches

Baby has more taste buds than he will have at birth. Baby can taste what you eat! If you eat something spicy, he might kick hard.





# 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 checkup.** 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](http://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](http://TexasChildrensHealthPlan.org) under "Find a Doctor" or call Member Services at **1-866-959-2555** (STAR) or **1-866-959-6555** (CHIP). For help scheduling an appointment, you can call Member Services, email us at [HealthPlan@texaschildrens.org](mailto:HealthPlan@texaschildrens.org), or we can offer a 3-way call with you and the provider.

## What can I do about these leg cramps?

Some pregnant women in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters report having leg cramps that keep them up at night. These painful spasms can go up and down your calves and wake you up out of a deep sleep.

Although no one is quite sure what causes these cramps, there are a few things you can do to help ease the pain.

- When a leg cramp strikes, straighten your leg and flex your ankle and toes slowly up towards your nose.
- Before you go to bed, do some stretching exercises. Stand about 2 feet away from a wall and put your palms flat against it. Lean forward, keeping your heels on the floor. Hold stretch for 10 seconds, relax for 5. Do this 3 times.
- During the day, put your feet up as often as you can.
- Standing on a cold surface can sometimes stop a spasm.
- Make sure you drink at least 8 glasses of fluids a day.
- Eat a balanced diet that includes calcium and magnesium.

# 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](http://eatingwell.com)



## It's not too early to prepare for your baby's birth

Make your plans now to attend one of our childbirth classes. These classes are just one of the extra services you get for being a Texas Children's Health Plan member. Why should you take a childbirth class?

- Get useful gifts and tips for a healthy pregnancy and healthy baby.
- Comfortable environment to learn with other mothers like you.
- Your partner/family member will be able to learn with you.
- Get answers to your questions regarding healthy birth and breastfeeding.

For the breastfeeding portion of the class, you will:

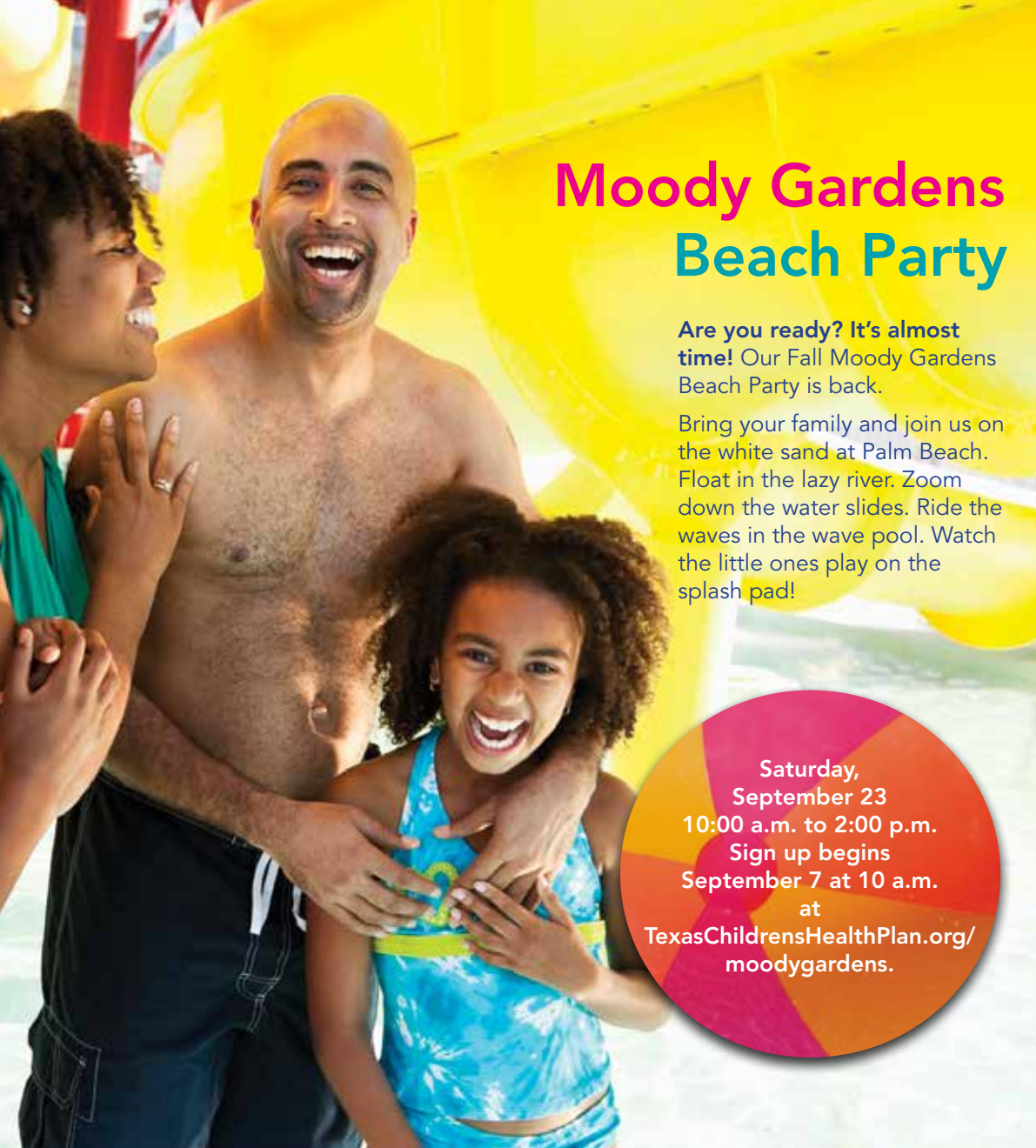
- Learn the keys to successfully begin to breastfeed.
- Increase your confidence in your ability to breastfeed your baby for as long as you desire.
- Learn what to expect, how to establish your milk supply, and how to properly latch baby to the breast.

**Sign up at [TexasChildrensHealthPlan.org/events/member/childbirth-education](http://TexasChildrensHealthPlan.org/events/member/childbirth-education)**

Source: *What to Expect When You're Expecting*







## Moody Gardens Beach Party

Are you ready? It's almost time! Our Fall 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 10 a.m.  
at  
[TexasChildrensHealthPlan.org/  
moodygardens](http://TexasChildrensHealthPlan.org/moodygardens).

## 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.

## StarBabies

is published monthly by  
Texas Children's Health Plan.

Send comments to:

**Star Babies**  
Texas Children's Health Plan  
PO Box 301011  
Houston, TX 77230-1011

## 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



Manager, Marketing  
**Parker Amis**

Editor  
**Christina Brennan**

Layout designer  
**Scott Redding**

©2017 Texas Children's Health Plan.  
All rights reserved.

PO Box 301011  
Houston, Texas 77230-1011

07/2017