

# KidsFirst



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

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We're giving away school supplies!

### Annual Back-to-School Fair

Saturday, July 28  
10 a.m. to 1 p.m.  
Almeda Mall  
12200 Gulf Fwy  
Houston, TX 77034

Backpacks  
School supplies  
Dental screenings  
Immunizations

While supplies last.  
Child must be present.  
Must bring  
vaccination record.

[Backpacks4School.org](http://Backpacks4School.org)

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# Safe fun in the sun

You're going to spend a lot of time outdoors this summer playing sports, hanging out with friends, and spending time with family. The sun's rays are extra strong during the summer, so it's very important to make sure your skin and eyes are protected from sun damage.

Everyone needs sun protection, no matter how old you are or what your skin tone is. Even if your skin tone is dark or you easily get a tan when you spend time in the sun, it's essential to protect yourself from the sun. Any tanning or burning causes skin damage, which could lead to skin cancer when you get older. Some people even develop skin cancer in their 20s.

Too much exposure to the sun without protection can cause:

- Sunburns
- Skin damage, like wrinkles
- Eye damage, like cataracts (when the lens of your eye becomes cloudy)
- Skin cancer, like melanoma

Here's how to protect your skin and eyes from too much sun this summer:



## Use sunscreen

Doctors recommend that everyone should wear sunscreen with an SPF (sun protection factor) of 30 or higher, no matter what their skin tone is. Look for a sunscreen that's labeled "broad-spectrum" so that it protects you

from the two types of damaging sun rays. If you're going in the water, make sure you pick one that is water-resistant. Apply the sunscreen to all exposed skin at least 15 minutes before you go out in the sun, then re-apply it every 2 hours or after you get out of the water.



## Avoid the strongest sun of the day

The sun is strongest from 10 a.m. to 4 p.m., so you should try to stay in the shade during those hours.

If you do go out in the sun, apply and re-apply sunscreen. Most sun damage happens when you're doing daily activities, so it's important to protect yourself even if you're not at the beach or going swimming.



## Cover up

Make sure your clothes aren't see-through so that they protect you from too much sun exposure.

Wear a hat when you spend time outside. If you're going to an outdoor event or the beach, try to take breaks from the sun under a wide umbrella or in a shady spot.

## Wear sunglasses

The sun can damage your eyes as well as your skin. When you buy sunglasses, the price tag or a sticker will usually tell how much UV protection they give you. You'll want to buy a pair with 100% UV protection for your eyes.



## Double-check your medicines

Some medicines can make you more sensitive to the sun. Antibiotics and acne medicines often have this side effect. Ask your doctor if any medicines you are taking can make you more sensitive to the sun.



Did you know? Even when the sky is cloudy, the sun's rays can still damage your skin. Protect yourself every day, even when the sun is "invisible"!



Source: KidsHealth.org

## 4 tips for smart texting

Texting can be a great way to stay in touch with family and friends, but it can also be a distraction that puts your safety at risk. When you're focused on your phone, you can't give your full attention to anything else you're doing. That's because our brains can't focus completely on more than one task at a time. So if you're driving, walking down a sidewalk, crossing a street, or riding a bike, it's always smarter – and safer! – to put your phone away so that you and others don't get hurt.



Here are some easy steps to help you be a safe and smart texter:



Make sure you put your phone in an easy-to-find place, like a pocket in your backpack or purse, so that you can easily grab it. That way you won't be distracted while looking for it.



Sometimes you need to text right away. If you do, stop what you're doing or pull over in a safe spot while driving so that you can focus on one thing at a time.



When you're doing anything that needs your full attention, turn your phone off completely. That will make it easier to ignore texts or calls that might distract you.



If you're riding in a car with a driver who is texting or using their phone, ask him or her to stop. It's okay to speak up and tell that person you feel uncomfortable. It's also okay to try not to ride in a car with that driver again.

*Source: KidsHealth.org*

## Get a jump start on your back-to-school physical!

Make sure you're healthy before heading back to school or starting a new sports season – visit your doctor for a physical this summer! Texas Children's Health Plan members who are 5 to 19 years old can get an annual school or sports physical at no cost to your family. Call your doctor's office and ask for a school or sports physical today!

For more information, you can call Texas Children's Health Plan Member Services at 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).





# June is Vision Awareness Month for kids and teens!

Texas Children's Health Plan vision coverage is provided by Envolve Vision. If you have any questions about your coverage, you can call Envolve toll-free at 1-844-520-3711 (CHIP) or 1-844-683-2305 (STAR). You can also call Texas Children's Health Plan Member Services at 1-866-959-6555 (CHIP) or 1-866-959-2555 (STAR).

Your vision is a key part of your overall health. Even if you don't wear glasses or contacts, it's important to go to an eye doctor for an exam once a year. It's possible for your eyesight to change in one year. The eye doctor will also make sure that your eyes are healthy.

Summer is a great time to make a doctor's appointment since you won't have to miss any school. Ask your parent or guardian to help you find an eye doctor in your area and make an appointment today!

## Summer berry frozen yogurt pops

### What you need:

- 1 cup plain yogurt
- 1 medium banana
- 1 cup frozen mixed berries (unsweetened)
- 1/8 cup honey
- Small paper cups
- Popsicle sticks
- Aluminum foil

### What you do:

1. First, set aside some banana slices so you can place one at the bottom of each paper cup. The banana slice will help hold the popsicle stick in place before you freeze the pops.
2. Combine yogurt, frozen berries, the rest of the banana, and honey in a blender, then blend together until smooth.
3. Pour the mixture evenly between the paper cups.
4. Cover each cup with a small piece of aluminum foil, then poke a popsicle stick through the foil and into the mixture. The foil will also help keep each stick in place.
5. Place the paper cups in the freezer for 4-5 hours or until solid.
6. Pop the frozen yogurt pops out of the paper cups and enjoy!



Source: [SuperHealthyKids.com](http://SuperHealthyKids.com)