



# KidsFirst

SEPTEMBER 2019

A PUBLICATION FOR TEXAS CHILDREN'S HEALTH PLAN CHIP AND STAR MEMBERS AGES 7-12 AND THEIR PARENTS

## Get up to \$110 toward your child's glasses or \$90 toward contacts/contact fitting!

If your child wears glasses or contact lenses, a yearly eye exam with a vision provider is important. When your child gets a yearly eye exam, you can get up to \$110 toward your child's glasses or \$90 toward contacts/contact fitting!

Call Envolve Vision to schedule a yearly eye exam with a vision provider.

- STAR Members: **1-844-683-2305**
- CHIP Members: **1-844-520-3711**

During your child's eye exam, tell the vision provider that you would like to take advantage of the extra benefit of either up to \$110 toward glasses or \$90 toward contacts/contact fitting.

Extra benefit available to active CHIP and STAR members ages 0 to 18 years. Extra benefit available from September 1, 2019 to August 31, 2020.



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# Does your child need a flu shot? Texas Children's Health Plan makes it easy!

Flu season starts in October and continues through March. For most people, the flu causes a fever, body aches, and other cold-like symptoms that will get better in a week. Some people, though, might have to go to the hospital because they become seriously ill after getting the flu. The flu is especially dangerous for kids who have serious medical conditions like asthma. **Getting a flu shot is the single best way to protect your child and your family from getting sick with the flu.**

The Centers for Disease Control and Prevention (CDC) recommends a flu shot for everyone 6 months of age and older. But it's especially important for those who are at greater risk of developing health problems from the flu, including:

- All kids 6 months through 4 years old (babies younger than 6 months are also considered high risk, but they cannot receive the flu shot)
- All women who are pregnant, are considering pregnancy, have recently given birth, or are breastfeeding during flu season

- Anyone whose immune system is weakened from medications or illnesses
- Anyone (adults, teens, and kids) with a chronic medical condition, such as asthma
- Kids or teens who take aspirin regularly and are at risk for developing Reye syndrome if they get the flu
- Caregivers or household contacts of anyone in a high-risk group (like children younger than 5 years old, especially those younger than 6 months, and those with high-risk conditions)

Certain things might prevent a person from getting the flu shot. Talk to your doctor about the flu shot if your child:

- Has ever had a severe reaction to a flu shot
- Has had Guillain-Barré syndrome

**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.

## Have a health care visit – online



For non-emergencies, skip the ER and use Texas Children's Anywhere Care.

When you or your child need medical treatment quickly, what's your first line of defense? Urgent care? The emergency room? Waiting until the next available appointment?

Now, with online health care visits, Texas Children's Health Plan members can have a visit from anywhere – in minutes. For convenient, online visits with a provider\*, all you need is a smartphone, tablet, or computer and you can access providers 24/7. Providers can recommend treatment and prescribe medication, if necessary.

**The benefits of online health care visits:**

- 24/7 access to trusted providers.
- Great for non-emergencies, such as vomiting and diarrhea, rashes, pink eye, colds, coughs, and more.
- Prescriptions, if necessary, sent to the pharmacy of your choice.



- Face-to-face online provider visits via smartphone, tablet, or computer.

Next time you or your child need medical help for a non-emergency, try an online health care visit by downloading our Texas Children's Anywhere Care app today. We are always here for you and your family.

To learn more, visit

[texaschildrenshealthplan.org/anywherecare](https://texaschildrenshealthplan.org/anywherecare)

\* Texas Children's Anywhere Care providers may include doctors and advanced practice providers.

# Screen time guidelines for big kids

By the time kids reach grade school, most are very familiar with things like TVs, tablets, and smartphones. Chances are they'll want to spend a lot of time using those devices, too. But kids' bodies and minds are still growing at this age. It's important for them to get plenty of exercise and lots of unstructured, screen-free playtime alone or with friends.

For kids this age, screen time — time spent looking at or interacting with any device with a screen — can include things like doing homework or researching a school project. But it also can include less productive things, like watching inappropriate TV shows or playing violent video games. Parents need to set limits and know what their kids are watching or playing, and how they're interacting on the Internet.

## How much is too much?

The American Academy of Pediatrics (AAP) recommends that parents of kids and teens 5 to 18 years old place consistent limits on the use of any media. This includes entertainment media (like watching TV and movies), as well as educational media (like researching a school report on the Internet).

Not all screen time is created equal. It's up to parents to decide how (and how often) their kids use screens and whether screen time is positive or negative. For instance, time spent on homework or other educational activities might not need to be as restricted as time spent playing video games. For kids of all ages, screen time should not replace time needed for sleeping, eating, playing, studying, and interacting with family and friends.

## Screen time tips

The same parenting rules apply to screen time as to anything else — set a good example, establish limits, and talk with your child about it. To make your child's screen time more productive:

- **Research video and computer games before getting them for your child.** Look at the ratings, which can run from EC (meaning “early childhood”) to AO (meaning “adults only”). Kids in grade school should probably be limited to games rated EC, E (meaning “everyone”), or E 10+ (meaning “everyone 10 and older”).
- **Preview games and even play them with your child to see what they're like before you let your child play alone.** The game's rating may not match what you feel is appropriate for your child.
- **Make sure kids have a variety of free-time activities,** like spending time with friends and playing sports, which can help them develop a healthy body and mind.
- **Turn off all screens during family meals and at bedtime.** Also, keep devices with screens out of your child's bedroom after bedtime, don't allow a TV in your child's bedroom, and turn off entertainment media when kids are doing homework.
- **Spend time together with your child watching TV, playing games, or going online.** Use screen time as a chance to interact and communicate with your child.
- **Preview TV programs** to make sure they're appropriate before your kids watch them.
- **Use screening tools** on the TV, computers, and tablets to block your child's access to inappropriate material.
- **Teach your child about Internet safety** and proper social media use.
- **Keep the computer in a common area** where you can watch what's going on.

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# How to help your child with school struggles

It's hard to see your child having a tough time in school, but it's important to remember that you can help her. The first step is to ask her what is making it hard for her to learn. You can start with questions like:

- Is it hard for you to see the board from where you sit in class?
- Do you feel nervous or scared about going to school every day?
- Is it hard for you to sit still and focus when you're in class?



Once you know why your child is struggling in school, you should schedule an appointment with:

- **Her primary care provider (PCP).** Your child's PCP can examine her to see if she has a physical problem, like trouble with her vision or hearing. The doctor can also help figure out if your child might have an issue with her development or behavior.
- **Her school principal.** It's important that your child's school plays a part in helping her do better in the classroom. Talk to your child's principal about what is going on. Then ask if your child can get a referral for an educational evaluation so that a professional can find out if she has any learning difficulties.

Your child's PCP and school principal can help you make a plan to support your child so that she can learn more and do better in school.

Talk to your child's teachers, check her homework grades, and read her progress reports and report cards. It's important to help your child however you can as soon as you notice she's struggling so that she doesn't fall behind.

## Vegetarian stuffed peppers

### Ingredients:

- 3 bell peppers
- 15-ounce can black beans, drained and rinsed
- 1 cup corn
- 1 cup cooked rice
- ½ cup onions, finely chopped
- 1 ½ teaspoons cumin
- 1 ounce light cheddar cheese, grated
- 1 ounce jalapeño Jack cheese, grated
- 2 cloves garlic, minced
- 1 teaspoon cilantro
- ¼ cup water
- Nonstick cooking spray

### Directions:

1. Preheat oven to 350°F (176°C). Spray 9"x 13" pan with nonstick cooking spray.
2. Cut peppers in half lengthwise and remove seeds.
3. In a large bowl, combine remaining ingredients except cheese.



4. Fill each pepper half with bean mixture and place in pan.
5. Pour ¼ cup water into the pan around the peppers.
6. Cover with aluminum foil and bake for 30 minutes.
7. Remove foil and sprinkle each half with cheese. Bake uncovered for 5 minutes or until cheese is melted.

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