



# SuperStars

WINTER 2020

A PUBLICATION FOR TEXAS CHILDREN'S HEALTH PLAN STAR KIDS MEMBERS

## 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 Envolv Vision to schedule a yearly eye exam with a vision provider: **1-844-212-7269** (STAR Kids Members).

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



MK-1911-955

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## Stay healthy and stop the flu from bugging you

Flu season is here! The flu is very contagious and can lead to serious illness caused by the influenza virus. It is more dangerous than the common cold because it can cause serious complications. Children who have trouble with their muscles, lungs, or swallowing can have worse flu symptoms.

Here are some tips to stop the flu from bugging you!

- **Get your flu shot.** We encourage everyone 6 months and older to get vaccinated against the flu. This is especially important for children with chronic health conditions. If you have concerns about the flu shot, talk to your doctor! Very few people should not get the flu shot.
- **Wash your hands often!** Flu germs can be spread from your hands or transferred to items like cell phones and doorknobs. These germs can make someone else sick. Scrub your hands for at least 20 seconds with soap and water. If you don't have a clock, sing the "Happy Birthday Song" twice while washing your hands. Alcohol-based hand washes work well, too!



- **Cover your mouth** and nose when you cough or sneeze. Coughing or sneezing into your elbow is a trick to keep your hands clean if you don't have a tissue.
- **Stay home.** If you get sick, don't spread your germs. Stay home until you are well and steer clear of others who are sick.
- **Plan ahead.** Have some food to last several days for your family and pets. Ask your work, neighbors, or friends about options for child care. Check if it is possible to work from home if your child gets the flu.
- **When to see your doctor.** It's important to make an appointment to see your doctor if your child has a weak immune system or chronic health conditions, such as asthma, heart disease, or neurological conditions, and gets sick with the flu. You should also see the doctor if your child has a fever greater than 100°F (38°C). Anti-viral medications may be needed, which are most effective when started within 48 hours of first symptoms.
- **When to go to the ER.** Difficulty breathing, chest pain, persistent vomiting, dizziness, or confusion are symptoms that require a trip to the ER!

The flu shot is a covered benefit for all Texas Children's Health Plan members. You can get the flu shot from your primary care provider (PCP). Texas Children's Health Plan members age 7 and older can also 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.

For more tips and some fun information, check out [texasflu.org](https://texasflu.org).

Remember: stopping the flu is up to you!

*Dr. Katy Ostermaier MD, FAAP  
Medical Director, STAR Kids  
Texas Children's Health Plan*

# Create your own home workout

Exercising at home is easy and fun! Choose a combination of the following exercises to do at home.

Complete 3 sets of 10 repetitions for each exercise.

## Chair pushups

Using your wheelchair or a chair with arms, place your hands slightly behind you on the arms and push up until your elbows are fully extended and your body comes out of the chair.

## Arm circles

Hold your arms straight out to the side and perform a circular motion with both.

## Biceps curls

Using a soup can, start with arms down by your side, then curl your arm up to your shoulder.

## Sitting wall pushups

Place a stationary chair next to a wall. Place your arms at chest height with elbows bent on the wall and then fully extend your elbows, pushing your body away from the wall.

## Arm jacks

Perform the motion of a jumping jack with just your arms.



## Shoulder press

With a soup can in each hand, start with your hands at shoulder height and push straight up.

## Seated crunches

From a seated position, bend over and try to touch your toes, then bring your arms up and fully extend them over your head.

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# Super spinach pie

## Ingredients:

- 3 large eggs
- 2 egg whites
- ½ cup skim milk
- ¾ cup part-skim mozzarella
- 1 cup chopped fresh or frozen spinach (if frozen, thaw and drain well)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 (9-inch) deep dish frozen pie shell

## Directions:

1. Preheat oven to 350°F (176°C).
2. In a large bowl, combine eggs, egg whites, skim milk, mozzarella, spinach, salt, and pepper. Stir until well combined.
3. Pour mixture into pie shell and bake for 40–45 minutes or until pie is set and crust is golden brown.
4. Slice and serve hot, at room temperature, or even cold.

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Note: If your child is very selective with food or has eating difficulties, make sure to include food sources of vitamins A and C, zinc, iron, and calcium regularly in his or her diet. These are found in a variety of foods like fruits, green leaves, legumes, whole grains, yogurt, eggs, fish, vegetables, and nuts.

# Texas Medicaid adds additional treatment for autism

In June 2019, the Texas state legislature approved funding to allow Texas Medicaid to cover medically necessary care for all Texas Medicaid-enrolled children with autism. This care includes applied behavior analysis (ABA). ABA is a type of therapy that helps children with autism improve social skills while decreasing unwanted behaviors through positive reinforcement. Texas Children's Health Plan is happy to announce that ABA should be available to our Medicaid members starting in 2020!



# Check out these events in your area!

## Houston area

### 14<sup>th</sup> Annual Family to Family Network Conference & Resource Fair

January 25, 2020  
9:00 a.m. – 1:30 p.m.

Houston Community College – Northwest Spring Branch  
1010 West Sam Houston Pkwy N.  
Houston, 77043

Join us as Houston Community College - Northwest Spring Branch campus is transformed into a roadmap of information and resources on special education, transition, and other disability issues for our annual conference!

\$30 family members / \$15 individuals with disabilities / \$50 community members. Free for first 200 family members/ individuals with disabilities who pre-register with stipend application.

Registration begins in December on the Family to Family Network, Inc. website: [familytofamilynetwork.org](http://familytofamilynetwork.org). Walk-ins are welcome on the day of the event.

## Beaumont area

### The ARC of Greater Beaumont Southeast Texas Self Advocates (SETX/SA)

The Southeast Texas Self Advocates (SETX/SA) is an organization of adults ages 18 and up with and without developmental disabilities run entirely by its members. The organization's goal is to improve the quality of life for people living with disabilities in Southeast Texas through leadership, education, and community service opportunities. The organization is an affiliated chapter of the Texas Advocates and a program within The ARC of Texas and The ARC of Greater Beaumont.

Southeast Texas Self Advocates meetings are held the **first Thursday of every month from 6:30 to 7:30 p.m.** at The ARC Multi-Purpose Building at 4330 Westridge Lane, Beaumont, TX 77706.

Along with the monthly meetings and community service projects, the Southeast Texas Self Advocates get to go on a day trip annually. Self Advocates have gone to NASA, Moody Gardens, and the Lufkin Zoo. Self Advocate officers visit the capitol during Texas Congressional Sessions and go to the Texas Advocate conference annually.

For details, call Brenda Sullivan at **409-838-9012** or email [bsullivan@arcofbmt.org](mailto:bsullivan@arcofbmt.org).

## Tyler area

### Challenger Baseball 2020 Spring Season with the Rose Capital East Little League in Tyler

Registration starts in February and goes through March. Baseball games start in April.

Challenger Division is a non-competitive division open to children ages 4 to 18, or if a player is still in school, to age 22. Challenger Division is available to all children who meet the age requirements and have physical or mental challenges that prevent them from playing on a competitive team. All players will need a birth certificate. If over age 18, you must have proof of attendance in school as well.

There is no league fee charged to the players. All players will be provided a game shirt and cap for the team, which they are assigned. Each player will also receive an award at the end of the season.

For registration and game dates, please check the Rose Capital East Little League website at [rosecapitaleast.com](http://rosecapitaleast.com) and click on the CHALLENGER tab at the top of the website for the Challenger webpage.

If you have any questions or need more information, please contact Lindsey Cowart at **903-504-8235** or through email at [lindseycowart@ymail.com](mailto:lindseycowart@ymail.com).



# What is the PCS benefit?

Personal Care Services (PCS) is a Medicaid benefit that helps your child with everyday tasks. These services include assisting your child with activities of daily living (ADLs), instrumental activities of daily living (IADLs), and health maintenance activities (HMAs) to support your child's care while living at home.



Examples of ADLs	Examples of IADLs	Examples of HMAs
Bathing	Preparing meals	Routine preventive skin care
Eating	Light house work	Giving a suppository
Toileting	Laundry	
Dressing	Telephone use or other communication	
Walking		

## PCS does not include:

- Services used for or intended to provide respite care, childcare, or restraint of your child
- Services used to provide total care your child needs to live at home or substitutes the primary caregiver's responsibilities in providing daily care
- Stand-by supervision related to safety
- Potty training
- Tasks for members of your family or household (Example: laundry, light house work, preparing meals, and grocery shopping)
- ADLs, IADLs, or HMAs when your child has the physical, cognitive, and behavioral ability to perform the task independently
- ADLs, IADLs, or HMAs a typically developing child of the same age would not be able to safely and independently perform without adult supervision



## Who can get PCS?

Your child may qualify for PCS if he or she:

- Is age 0 to 20 years
- Is on Medicaid
- Has completed a Personal Care Assessment with his or her health plan
- Has an identified need for assistance to perform ADLs, IADLs, and HMAs caused by a physical, cognitive, or behavioral functional limitation related to his or her disability or health condition based on the assessment findings
- Has a signed Practitioner Statement of Need (PSON) confirming his or her disability or chronic health condition

## Assessments

If you are interested in getting PCS for your child, his or her Texas Children's Health Plan STAR Kids Service Coordinator will complete a Personal Care Assessment. The assessment is a review of your child's condition to decide if he or she meets the requirements for PCS.

Your child must have an assessment:

- Every 12 months to assess continuous need for service
- When there is a change in medical condition or in your living situation
- When there is change of authorized hours for PCS

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