

ManageYour Health



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Nurse Help Line

Whenever you need answers, the Texas Children's Health Plan Nurse Help Line is here. Don't wait until your child gets worse. Call when the symptoms first appear. Our nurses can help you make informed decisions about your family's health.

Call the Nurse Help Line at 1-800-686-3831 to speak to a registered nurse anytime.



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Understanding ADHD

Attention Deficit Hyperactive Disorder (ADHD) is a common problem in young children and adolescents. Estimates show that there are about 6.5 million kids in the United States with this disorder.

Ongoing research has improved understanding of ADHD. In fact, just recently some more changes occurred in the definition. ADHD is now divided into three different types:

- **Inattentive.** This replaces Attention Deficient Disorder (ADD). A child with this type of ADHD is easily distracted, very forgetful, has trouble with organization, loses items often, has a hard time following instructions, and avoids tasks that require long periods of mental effort.
- **Hyperactive-Impulsive** children are very talkative, have a hard time waiting or staying seated, constantly interrupt others, and unable to play quietly or take part in leisure activities.
- **Combined** means that a child has behaviors or symptoms that are found in both Inattentive as well as Hyperactive-Impulsive.

Once a specific type of ADHD is diagnosed, then a severity level of Mild, Moderate, or Severe is added. The good news is that there are treatment options regardless of the type of ADHD. ADHD can only be diagnosed by a health care professional. If you think your child may have one of the types of ADHD, make an appointment to see his main doctor. If you would like to learn more about ADHD, visit www.navigatelifetexas.org or <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/>.

Christopher M. Smith, LMSW, LMFT, CCM
Sources: ADHD and ADD: Differences, Types, Symptoms, and Severity by Tricia Kinman
Medically Reviewed by Steven Kim, MD on May 14, 2015
Diagnostic and Statistical Manual of Mental Disorders – 5th Edition [DSM-5].
What is Attention Deficit Hyperactivity Disorder (ADHD, ADD)? By National Institute of Mental Health.

Treat your child's ADHD

Texas Children's Health Plan and the Health and Human Services Commission (HHSC) are checking key parts of care for children who are given ADHD medication. You may get follow-up calls to help remind you about the visit.

- Your child should go to a follow-up visit by the prescribing doctor during the first 30 days from the first date the medicine was given.
- Your child should also go to 2 follow-up visits within the next 9 months from a prescribing doctor.



Is sitting harmful to your health?

Research from health experts shows that sitting for long periods of time can be bad for your health.

Sitting for long periods of time can lead to:

- **Slowed thinking.** Fresh blood and oxygen are not flowing as fast while sitting.
- **Strained neck and back** while watching a screen or talking on the phone.
- **High blood pressure.** Muscles burn less fat and blood flows slowly while sitting, which can cause fatty acids to clog near your heart.
- **Diabetes.** Idle muscles respond slower to insulin that regulates sugar in your body.
- **Poor blood flow in legs.** Fluid collects in your legs and can lead to more serious problems.
- **Weak muscles.** Slouching while sitting does not use your abs or hip flexor muscles and they can easily weaken.



Parent tips:

- Limit screen time to no more than 2 hours a day. (Screen time includes TV, computer, video games, tablet, and phone.)
- Be active for at least 60 minutes each day.
- Get up and walk or do jumping jacks during commercial breaks.
- Create your own obstacle course.
- As a family, plan at least 3 fun things you want to do together this summer.
- Plan a family picnic or fun day at the park.
- Write down 10 things you like to do on strips of paper and draw from them.
- Join a local sports team through your school or community center.
- Learn a new sport with a friend or family member.
- Turn off the TV during meal time.
- Be active with your kids. Show them it is important to you too.

Source: Health & Science- The Washington Post by Bonnie Berkowitz and Patterson Clark- published Jan. 20, 2014

Be active! Stay healthy! Keep fit!

Learn how to live a healthier life.

Members from 10 to 18 years old can sign up for our **Keep Fit Club** and learn fun, easy ways to stay active and make smart food choices. And it's no cost to you!

Keep Fit offers:

- Healthy cooking and easy recipes.
- Fun exercises you can do at home.
- Special activities.

Sign up: TexasChildrensHealthPlan.org/KeepFit
or call 832-828-1430.



Does your child have a **Written Asthma** **Action Plan?**

An Asthma Action Plan includes:

- A daily care plan to help keep your child well and meet goals for asthma control.
- A rescue plan to help your child deal quickly with increasing symptoms.
- A guide for asthma emergencies to help you know when to call the doctor and when you need emergency help.

Texas Children's Health Plan is offering interactive asthma education classes for qualifying pediatric members ages 6-18. The program is a series of 6 one-hour classes held at The Centers for Children and Women. Members must attend all 6 classes in order to receive a \$50 gift card upon completion. If you have a diagnosis of asthma and are interested in participating, please call 832-828-1005 for more information.



Call us at
832-828-1430 or call Member
Services at 1-866-959-2555 (STAR)
or
1-866-959-6555 (CHIP) if you need
an Asthma Action Plan.

Routines –the secret of how to remember to take daily medicine

Many people with chronic health problems, such as asthma, high blood pressure, and diabetes, have to take daily medicine to stay well. But when you feel well, taking medicine is probably the last thing you want to do. Life gets busy and you probably have a lot to do and think about. It is hard to remember to take medicine when you feel good. The trick to taking daily medicine is to have a routine. Link taking the medicine to something that you are already doing without thinking about it. Leave it in the bathroom and take the medicine before brushing your teeth. Or, leave the medicine in the kitchen and take it before breakfast and dinner. Put an alarm in your phone to remind you.

Think of a routine that will work for you. What works for me may not work so well for you. Watch out for routines that may not work so well. If I leave it for just before going to bed, I am probably asleep before doing it. If I leave it to just before leaving in the morning, it will probably still be sitting on the kitchen table after I have left.

So, if you or your child have to take a medicine every day, think about your routines. Fitting it into your routines helps to make doing the right thing the easy thing.

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7- and 30-day mental health follow-up

Has your child been in acute psychiatric care?

If so, you may have been informed that your child must have a 7- and 30-day follow-up visit with a mental health professional.

Take your child to an in-network provider within 7 days of release. And again within 30 days of release. We urge you to see a therapist for the 7-day follow-up and a psychiatrist for the 30-day follow-up. This makes sure your child is seen post release when they may be at the most risk for relapse. If needed, your child can work through any issues in therapy on an outpatient basis. And he or she can see the psychiatrist to check his or her medications.





Tired of getting bills for covered medical services?

Follow these steps to reduce the number of medical bills you receive.

1. Check with your doctor to be sure he is in our network.
2. Be sure you show your Texas Children's Health Plan ID card when checking in for your appointment.
3. Remember to notify your provider of any changes to your insurance.
4. Contact your provider before your appointment to make sure that they have authorization (if required) for your treatment. Ask for the authorization number.
5. If you don't have an ID card, you can register and log on to our Member Portal to get one. Or call Member Services for help.
6. If you get a bill from a doctor's office, call the phone number on the bill and request that they submit the bill to Texas Children's Health Plan. If you have any problems, call us.

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