

StarBabies



NOVEMBER/DECEMBER 2018

A publication of Texas Children's Health Plan

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National Influenza Vaccination Week

The Centers for Disease Control (CDC) has designated **December 2 through 8** as National Influenza Vaccination Week. This is a national campaign that was established to focus on the importance of vaccination against the flu.

The best way to prevent the flu is to get the flu shot. It's not too late! If you haven't gotten your flu shot yet this year, call your doctor.



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Arm yourself against the flu!

Flu season is here. You can help stop the spread of flu by getting the flu shot. It's especially important for women who are pregnant to get the flu vaccine because you are at a higher risk for problems from the flu. Not only is it safe for pregnant women to get the flu shot, it could save you or your baby's life.

Don't wait. Protect yourself and your family. You can get the flu shot at your doctor's office.

Protect your family from colds and flu this holiday season

You can keep seasonal flu out of your holiday plans. The flu and colds are viruses that spread easily from one person to another. Even if you have already had the flu this year, you could get it again because there are several types each season. A lot of people spend time in crowds this time of year and the flu really starts to spread. It can be especially dangerous for pregnant women.

Here are some things you can do to help keep colds and flu from ruining your holidays.

- Get a flu shot. This is the best way to help prevent flu.
- Wash your and your child's hands often.
- Make sure people around you cover their mouth when coughing or sneezing. It is best to cough or sneeze into your elbow.
- Limit exposure to people who have a cold or the flu.
- Make sure your family eats a healthy diet, gets enough rest, and plenty of exercise to keep immune systems strong.
- Carry hand sanitizer with you. Use it often.
- Don't share food or drinks. Use separate cups and utensils for everyone.



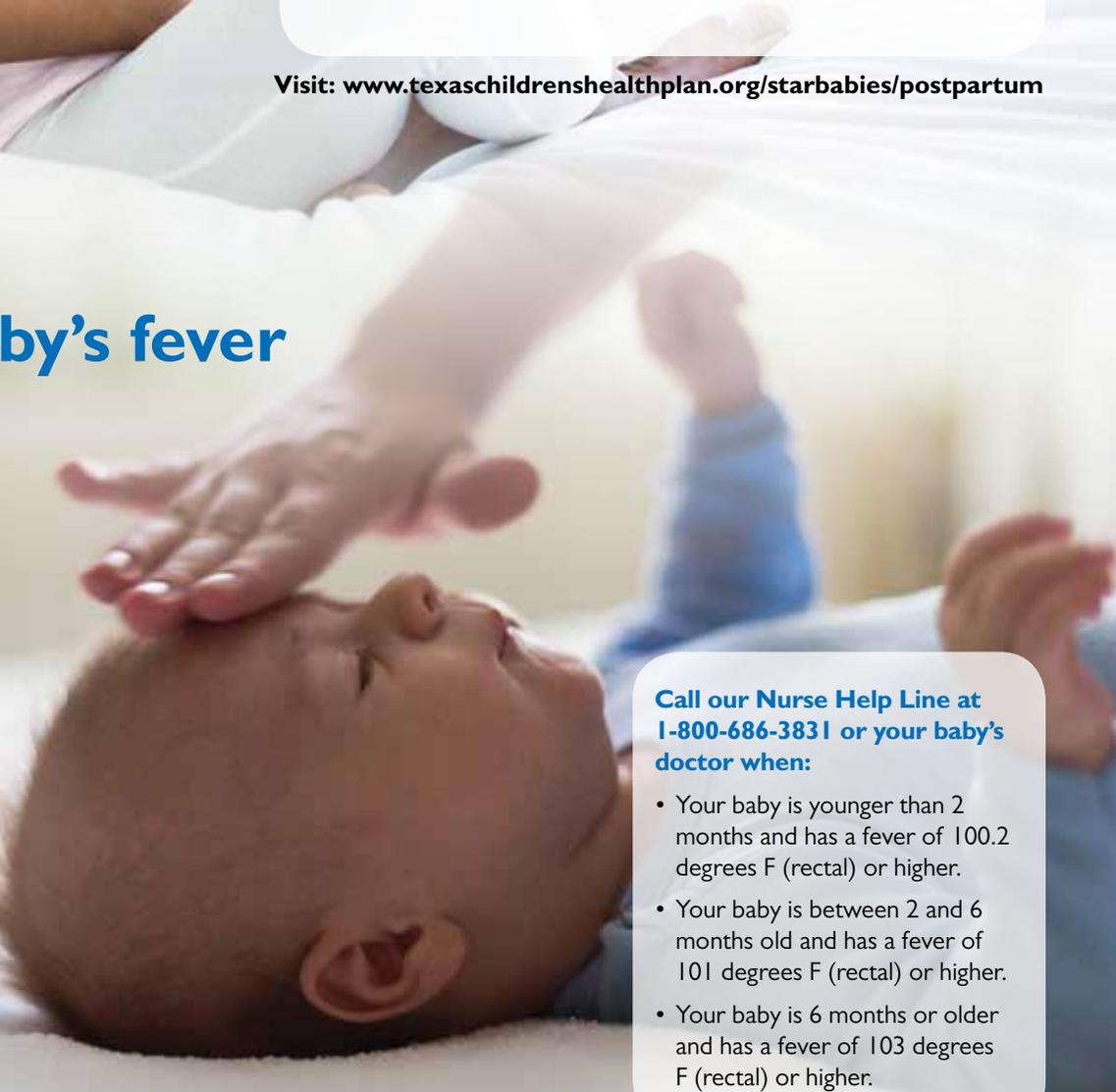
Do you have a Postpartum Plan?

A postpartum plan can help parents reduce stress and ease the transition period by identifying resources before they're needed. Key aspects include:

- **Rest.** Finding help during the day and night following the birth of a baby is important. Prepare a list of names and contact information of people available to help you during these times.
- **Nutrition.** Plan to have meals prepared and/or delivered for the first weeks after the baby arrives.
- **Support for older siblings.** Find people who will be able to spend quality time with older children, as well as drive them to school, daycare, and activities.

Remember to schedule a postpartum visit between 21-56 days after the delivery of the baby and when requested by your provider.

Visit: www.texaschildrenshealthplan.org/starbabies/postpartum



Check your baby's fever

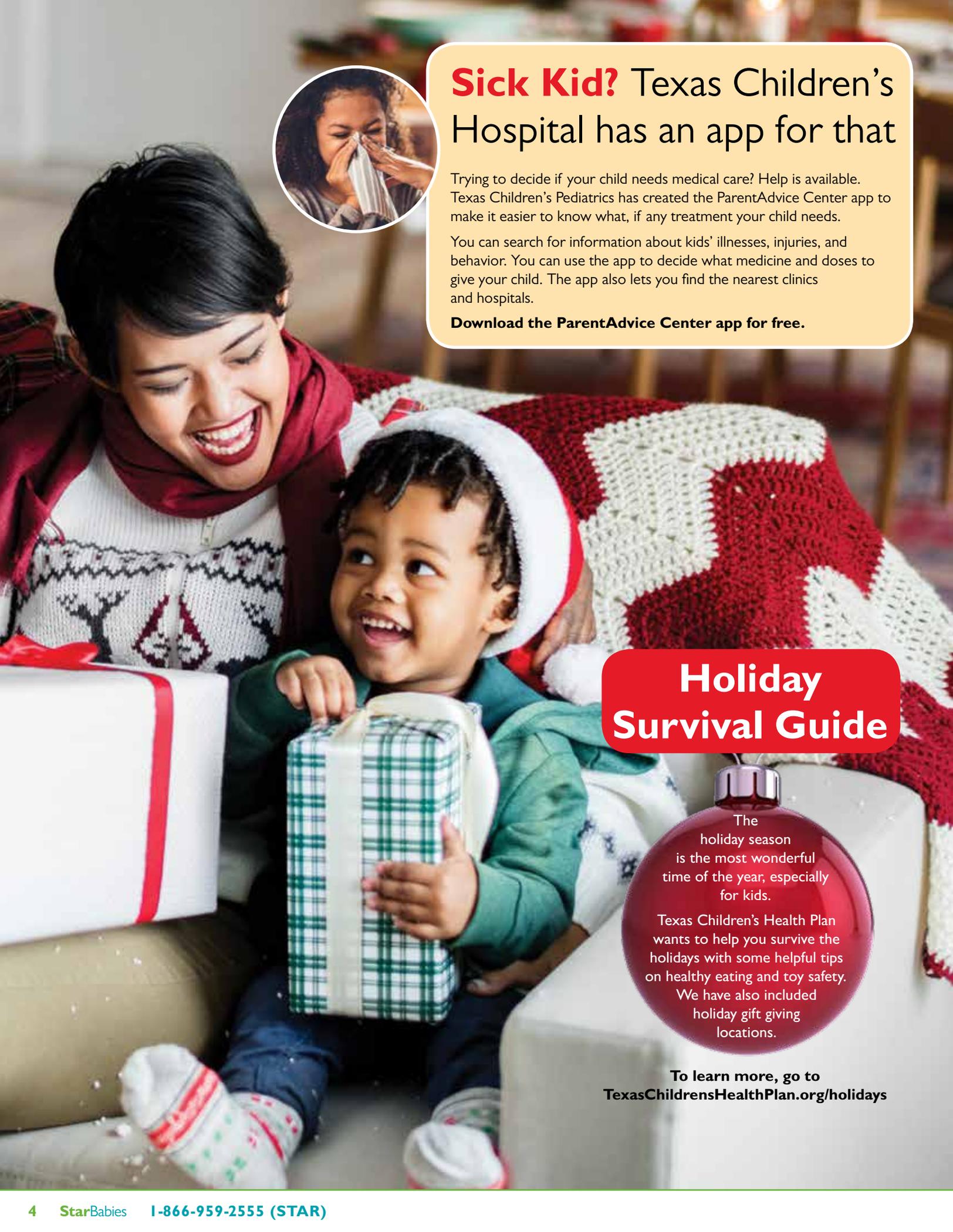
When your baby is not feeling well, one of the first things you should do is check for a fever. Although a fever isn't an illness itself, it is usually a sign that the body's immune systems are fighting against an infection.

A fever occurs when the temperature rises above its normal range. Fever is a body temperature over 99 to 99.5 degrees Fahrenheit (F), or 100 to 100.5 degrees F by rectum. The normal temperature for most children is around 98.6 degrees F.

A quick way to tell if your baby has a fever is to kiss or touch his forehead. If you think he feels hot, you are probably right. A thermometer will confirm an exact temperature reading.

Call our Nurse Help Line at 1-800-686-3831 or your baby's doctor when:

- Your baby is younger than 2 months and has a fever of 100.2 degrees F (rectal) or higher.
- Your baby is between 2 and 6 months old and has a fever of 101 degrees F (rectal) or higher.
- Your baby is 6 months or older and has a fever of 103 degrees F (rectal) or higher.



Sick Kid? Texas Children's Hospital has an app for that

Trying to decide if your child needs medical care? Help is available. Texas Children's Pediatrics has created the ParentAdvice Center app to make it easier to know what, if any treatment your child needs.

You can search for information about kids' illnesses, injuries, and behavior. You can use the app to decide what medicine and doses to give your child. The app also lets you find the nearest clinics and hospitals.

Download the ParentAdvice Center app for free.

Holiday Survival Guide

The holiday season is the most wonderful time of the year, especially for kids.

Texas Children's Health Plan wants to help you survive the holidays with some helpful tips on healthy eating and toy safety.

We have also included holiday gift giving locations.

To learn more, go to TexasChildrensHealthPlan.org/holidays

Healthy eating... for two

The holidays are here with tempting treats like pumpkin pie, cookies, and candy canes. Did you know that most women should gain about 25 to 35 pounds during pregnancy? However, it is important to eat right during your pregnancy. You can avoid extra weight gain by eating balanced meals. This includes options with protein and carbohydrates such as a salad that is rich in vitamins and minerals.

Here are a few tips to avoid extra weight gain during the holidays:

- Portion control is key. You can eat the foods you like, but in moderation.
- Maintain your appetite during the day. Eat healthy snacks to avoid eating too much at big holiday meals.
- Sweet potato casserole and pumpkin pie are high in calories and sugar. Limit these foods, especially if your blood sugar is high or if you're being monitored.
- Dark meat chicken and turkey with skin are high in fat. A better choice is white meat without the skin.
- Limit sweets. Pick healthy foods on the buffet.
- Walk and exercise to stay active.

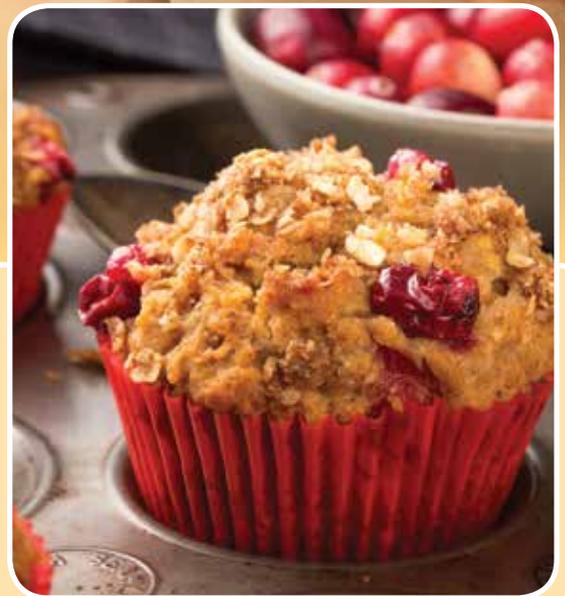


Looking for a satisfying, healthy treat? Try these...

Double Cranberry Muffins

Ingredients:

- ¾ cup whole wheat flour
- ¼ cup ground flaxseed or oat bran
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 ½ cups old-fashioned oats
- 2 large eggs
- 1 cup white grape juice concentrate
- ½ cup all-fruit cherry or raspberry preserves
- ⅓ cup canola oil
- 2 tsp. vanilla extract
- ½ cup fresh or frozen cranberries (preferably unsweetened)



Instructions:

1. Preheat oven to 375°F. Line a 12-cup muffin tin with paper liners.
2. In a large bowl, combine flour, flaxseed, baking powder, soda, and salt. Stir in oats.
3. In another bowl, combine eggs, juice, preserves, oil, and vanilla until smooth. Slowly stir into flour mixture. Fold in the cranberries.
4. Spoon batter into prepared muffin tin. Bake about 18 minutes.

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.

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 under "Find a Doctor" or call Member Services at **1-866-959-2555 (STAR)**. For help scheduling an appointment, you can call Member Services, email us at HealthPlan@texaschildrens.org, or we can offer a 3-way call with you and the provider.



Nurse Help Line

**Call our
Nurse Help Line
24 hours a day,
7 days a week at
800-686-3831**

to speak with a registered nurse.

**For help picking a doctor,
midwife, or OB/GYN,
call Member Services at
866-959-2555 (STAR)**

StarBabies

is published monthly by
Texas Children's Health Plan.

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Star Babies

Texas Children's Health Plan

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12/2018



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