

Manage Your Health



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It's not too late to get your flu shot!

Flu season is upon us! You can help stop the spread of flu by getting the flu shot. Everyone 6 months of age and older should get the vaccine. It is not too late to protect yourself and your family. You can get the flu shot at your doctor's office or a drug store.



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Children breathe better smoke free!

There is one thing that is good for a child to breathe – and that is clean air. Smoke in any form is bad. Smoke harms children’s lungs. Children who breathe smoke have more wheezing, more ear infections, and more lung infections. Their lungs don’t grow as well. Tobacco smoke raises a child’s risk of cancer and heart disease. Tobacco smoke increases a baby’s risk for crib death (SIDS).

Children learn what they see. A child who sees their parent smoking may become a smoker him or herself. When you smoke, your child smokes. It may be the smoke from your cigarette. It may be the smoke coming off of your clothes. It could be the smoke that is soaked up by walls, carpets, and furniture. Smoke can hurt children long after the cigarette has gone out. We call that “third hand smoke”. Keeping the home and car smoke free is a very good first step. But your child can’t be completely protected so long as close family members are smokers. The best way for a parent to protect a child is to become a non-smoker.

Get help! Becoming a non-smoker can be a lot easier said than done. Tobacco and nicotine are among the most addictive drugs known. Nicotine changes how the brain works, so the brain does not work normally without nicotine. The good news is that there are effective medicines that can make it easier to stop smoking. You can stop smoking and still be comfortable.

Talk to your doctor – or your child’s doctor – about what medicines may be best for you.

Call **1-800-QUIT-NOW** (1 800 784 8669) or **1-877-YES-QUIT** (1 877 937 7848) for free help in stopping smoking. Stopping smoking is the best thing you can do for your child – and yourself. Texas Children’s Health Plan can assist you in case you are thinking about quitting tobacco. Call 832-828-14330 or email TCHPCareManagement@TCHP.US for more information.

Harold J. Farber, MD, MSPH

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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.



5 facts about

setting goals

The new year is here! These practical tips on goal setting can help you set and reach your goals in 2018.



1

Specific, realistic goals work best. "I'm going to recycle all my plastic bottles, soda cans, and magazines" is a much more doable goal than "I'm going to do more for the environment." And that makes it easier to stick.

2

It takes time for a change to become a habit. Your brain (and body) needs time to develop a new habit. That's because your brain needs time to get used to the idea that this new thing you're doing is part of your regular routine. Usually, it takes a couple of months before your change becomes a routine part of your life.

3

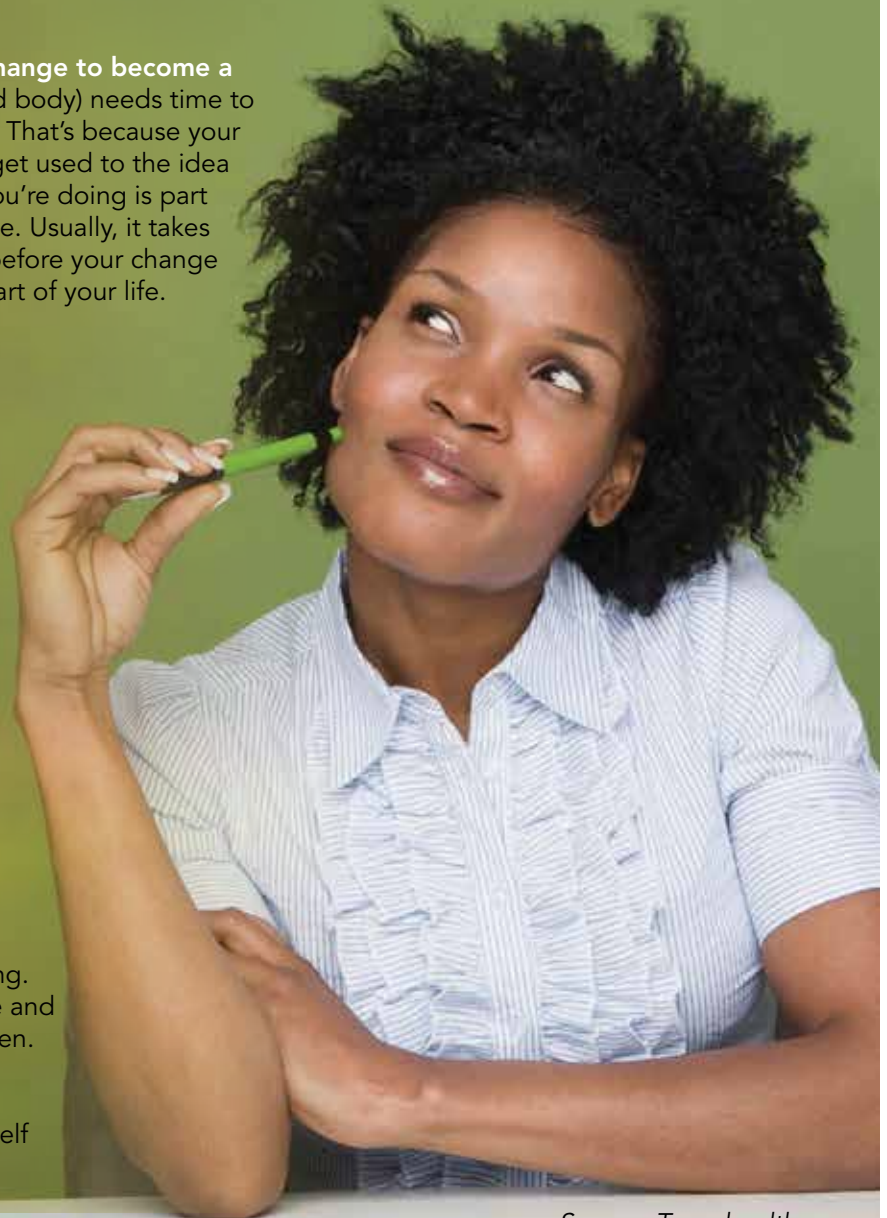
Repeating a goal makes it stick. Say your goal out loud each morning to remind yourself of what you want to accomplish (writing it down works too). Every time you remind yourself of your goal, you're training your brain to make it happen.

4

Pleasing other people doesn't work. The key to making any change is to find the desire within for you. You have to do it because you want it—not because someone else wants you to do it.

5

Roadblocks don't mean failure. You are training your brain for a new way of thinking. This not only takes time but also discipline and patience. Mistakes happen. Slip-ups happen. It may take a few tries to reach a goal. But that's OK. Don't beat up yourself about it because everyone slips. Just remind yourself to get back on track.



Source: Teenshealth.org

What to do when they're sick and blue!

Cold and flu season is here. Many kids will get sick and need to be home from school. They may be stuck in the house for many days. Here are some things to keep them entertained when they are feeling crummy and bored.

They will feel the worst the first two days, so they will need lots of love and rest. You can spend these days watching their favorite movies and reading them stories. They won't feel like doing much else and will sleep a lot.

Soon they will begin to feel better but will still need a few more days at home while they fully recover. This is when they start to get bored. Here are some activities to help these days pass pleasantly.

- Board games
- Coloring
- Looking at old family pictures
- Building a fort
- Make sock puppets using old socks, fabric, buttons, glue, and scissors. Once you make your characters, you and your child can act out a puppet play. You could even perform the play later that day when the rest of the family comes home.

Are urgencies really emergencies?

Skip the wait! Did you know that you probably pass by a lot of urgent care clinics on your way to the emergency room (ER)? Why wait long hours in the ER when you don't have to? You can skip the wait in the ER by taking your sick child to an urgent care clinic. There's one by your house.

Urgent care clinics can help your sick child get well.

If you are not sure if your child should go to the ER, you can call the Texas Children's Health Plan Nurse Help Line at **1-800-686-3831**. There are registered nurses available 24 hours a day, 7 days a week. If you need a doctor close to your home, call Member Services at **1-866-959-2555**. They can help you find one.

Emergency Room visits can take an average of 4 hours while your local Urgent Care Centers have **less than 1 hour** waiting times. You do the math!

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.



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.



Breakfast on the go

Healthy recipes for kids with diabetes. You can make this breakfast the night before. It tastes great first thing in the morning and is also a good source of calcium.



Ingredients:

- 4.4 oz. fruit-flavored, regular yogurt
- 1/3 c. nuts/seeds" (almonds/sunflowers)
- 1/4 c. sliced peaches, canned, use fruits in their own juice or water, avoid syrups
- 1 tsp. dried cranberries

Instructions:

1. Layer peach slices in plastic cup.
2. Next, layer the yogurt on top of the peach slices.
3. Sprinkle dried cranberries on top of the yogurt.
4. Top with nuts/seeds.
5. Serve immediately or cover and refrigerate until ready to eat.

Try different yogurt flavors. You can also add some nuts for extra protein.

Source: kidshealth.org

Turkey and Italian Sausage Chili

Ingredients:

- 1 pound of ground turkey (93% lean)
- 1 pound of ground mild Italian sausage
- 1 16 oz. bag of dried kidney beans
- 1 small yellow onion chopped
- 2 cloves of chopped garlic
- 2 16 oz. cans of diced tomatoes (no salt added)
- 2 packaged of mild chili seasoning mix

Instructions:

1. Sort beans and soak overnight.
2. Drain water from beans then add enough water to cover beans. Cook in crock pot for 3 hours.
3. Thoroughly cook ground turkey and Italian sausage until brown, add onion, garlic, mild chili seasoning, along with 2 cans of diced tomatoes. (This is your meat mixture.)
4. Add meat mixture to crock pot with beans. After 3 hours check tenderness of beans (if beans are soft then you're done cooking). Serve over rice.

*Chiquita White, BHA
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Your health educator, Dona Stelzig recommends using brown rice, quinoa or barley for a healthy grain option! Also, if you add any chopped veggies to the recipe, you can eat a bigger portion size.

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