In the Green Zone, I am:
- Focused on staying healthy
- Confident in how to manage my health
- Taking my medications daily
- Keeping healthcare appointments
- Low stress level
- Aware of my condition(s) and symptoms

I can stay in the green zone with these tips:
- Keep all healthcare appointments
- Follow my provider’s orders
- Take my medications as directed
- Set a daily routine for healthy meals, exercise, and taking medications
- Stay up-to-date on vaccines and well-child visits
- Set long term goals for my health
- Share this stoplight tool with others

In the Yellow Zone, I am:
- Not focused on staying healthy
- Unsure how to manage my health
- Taking my medications some days
- Occasionally miss healthcare appointments
- Medium stress level

Tips to help me get back on track:
- Set reminders to take medications
- Review my provider’s orders
- Call my case manager at Texas Children’s Health Plan
- Ask family member or friend to help keep me on track
- Keep a food and exercise log
- Reschedule appointment

In the Red Zone, I am:
- Not motivated to stay healthy
- Feeling overwhelmed with my health
- Rarely taking my medications
- Frequently miss healthcare appointments
- High stress level

Tips to help me be healthy again:
- Reschedule appointment
- Call my case manager at Texas Children’s Health Plan
- Refill my medications 7 days before they are empty
- Eat healthy meals everyday
- Limit sugary drinks (soda, juice, koolaid)
- Exercise 3 to 5 days a week for 30 minutes

QUESTIONS? Texas Children’s Health Plan Nurse Help Line 24/7: 1-800-686-3831