



# Manage Your Health

WINTER 2019

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

## 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 **832-828-1430** 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?

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 Center for Children and Women locations. 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.

### 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.

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

These practical tips on goal setting can help make it easier to set and reach goals.

- 1. Specific, realistic goals work best.** When it comes to making a change, the people who succeed are those who set realistic, specific goals. “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 with.
- 2. It takes time for a change to become an established habit.** It will probably take a couple of months before any changes — like getting up half an hour early to exercise — become a routine part of your life. 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.
- 3. Repeating a goal makes it stick.** Say your goal out loud each morning to remind yourself of what you want and what you’re working for. 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 yourself — you have to do it because you want it, not because a girlfriend, boyfriend, coach, parent, or someone else wants you to. It will be harder to stay on track and motivated if you’re doing something out of obligation to another person.
- 5. Roadblocks don’t mean failure.** Slip-ups are actually part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal. But that’s OK — it’s normal to mess up or give up a few times when trying to make a change. So remember that everyone slips up and don’t beat yourself up about it. Just remind yourself to get back on track.

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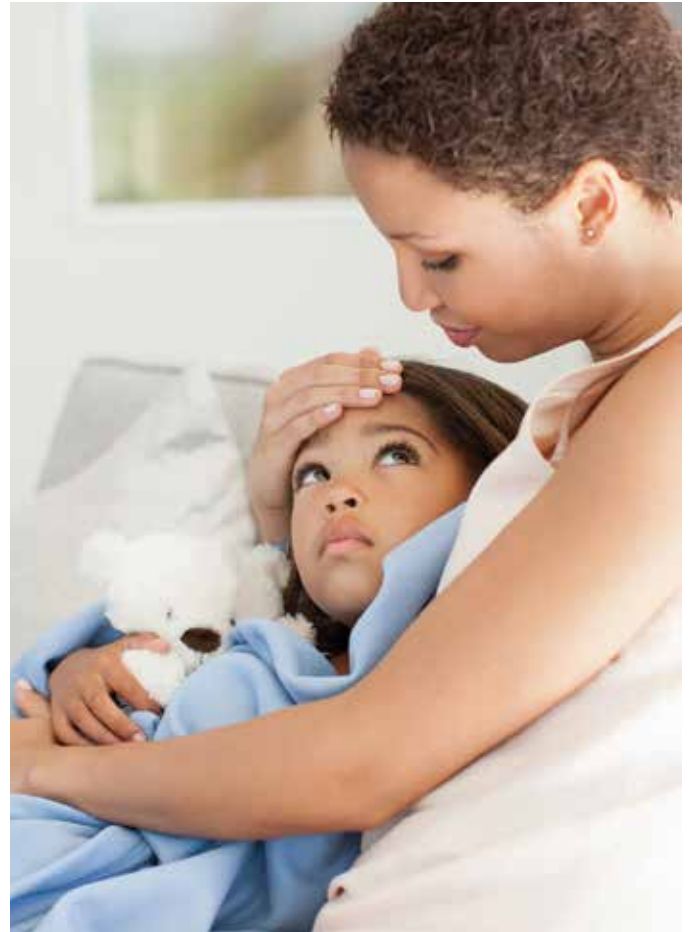
# What to do when they're sick and blue

**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, building a fort
- Looking at old family pictures
- 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.



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!

## 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.

# 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.

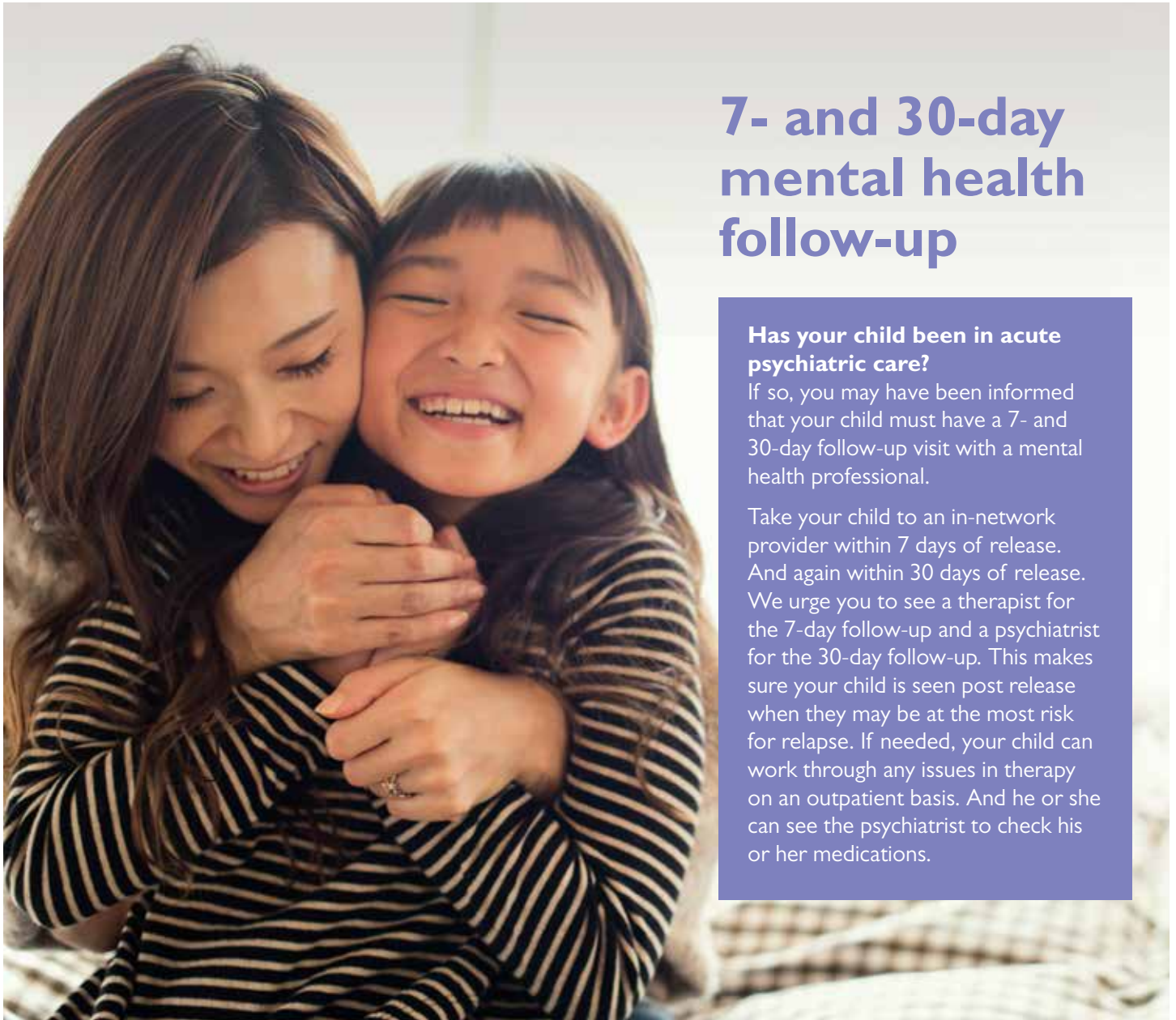


## 7- and 30-day mental health follow-up

### 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:

- 6 ounces fruit-flavored fat-free Greek yogurt
- 1 fresh peach, sliced
- 1 teaspoon dried cranberries
- 1 teaspoon crushed walnuts, pecans, or almonds

## Instructions:

1. Place the yogurt in a plastic cup.
2. Layer the peach slices on top of the yogurt.
3. Add cranberries.
4. Top with nuts/seeds.

Serving size: 1 ½ cups.

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## Get ready. Get set. Draw!

Your child could be one of the winning artists of the Texas Children's Health Plan 2019 T-Shirt Design Contest! Break out the crayons, markers, or colored pencils and have your child draw what Texas Children's Health Plan means to your family. We'll pick 6 winners and their designs will be printed on a Texas Children's Health Plan T-shirt! The winners will each get a special prize and have their drawings published in our newsletters and on our website and social media. Even if we don't choose your child's design, we appreciate every member's art work and would love to see your child's drawing in next year's contest!

The design contest is open to all active Texas Children's Health Plan members from kindergarten to 5th grade. Drawings should be on white, unlined, letter-sized (8 ½ in. by 11 in.) paper. Make sure your child's drawing includes our name, Texas Children's Health Plan, in it. Don't forget to write your child's name, age, grade, and Texas Children's Health Plan Member ID number on each drawing! The last day to enter the contest is April 15, 2019. Each contest winner will be notified by May 31, 2019.



Here's how to submit your child's drawing:

1. **By mail:**
  - Texas Children's Health Plan
  - Member Engagement Department
  - P.O. Box 301011, WLS 8366
  - Houston, TX 77230-1011
2. **Drop-off locations:**
  - The Center for Children and Women – Greenspoint or Southwest
  - Participating Boys & Girls Clubs of Greater Houston locations (drop off the drawing in a sealed envelope with your child's name written on it)

To learn more, visit [texaschildrenshealthplan.org/tshirtcontest](http://texaschildrenshealthplan.org/tshirtcontest). **We can't wait to see your child's amazing art!**

NO PURCHASE NECESSARY. Subject to Official Rules available at [www.texaschildrenshealthplan.org/tshirtcontest](http://www.texaschildrenshealthplan.org/tshirtcontest). Void where prohibited by law. Open to active Texas Children's Health Plan members in K-5th grade. Contest starts on 1/1/19 and ends 4/15/19. Winners announced May 2019. Submitted entries will remain the property of Texas Children's Health Plan. All rights reserved.