



# Manage Your Health

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## Protect your child from measles

You have the power to protect your children (and yourself) from measles by getting vaccinated. The measles, mumps and rubella (MMR) vaccine is very safe and effective. If you have questions about your child's vaccinations status, contact your health care provider today.

Learn more about this disease and how to protect your family on page 2.



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- 2 Measles: Here's what you need to know
- 2 Written Asthma Action Plan
- 3 Springtime renewal
- 4 Understanding ADHD
- 4 Treat your child's ADHD
- 5 7- and 30-day mental health follow-up
- 5 Strawberry Graham Dip
- 6 Keep fit!
- 6 Tired of getting bills for covered medical services?

**Take a look inside!**

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# Measles: Here's what you need to know



It's true – we're (again) facing an outbreak of measles (rubeola) across the country this year.

## What is measles and how do you get it?

Measles is a highly contagious respiratory disease caused by a virus. The virus is transmitted by direct contact with infectious droplets or airborne spread when an infected person coughs or sneezes.

The measles virus can remain infectious for up to two hours after an infected person leaves the area.

## What are the symptoms?

In most cases, measles will start with fever, runny

nose, cough, red eyes and sore throat. These are often followed by tiny white spots (Koplik's spots) inside the mouth and a distinct rash of small red spots starting at the hairline and spreading downward to cover most of the body. Unfortunately, measles can be deadly. Before widespread use of the vaccine, measles led to more than 2 million deaths per year.

## Protect your child from measles!

Thankfully, you have the power to protect your children (and yourself) from this disease by getting vaccinated. The measles, mumps and rubella (MMR) vaccine is very safe and effective. If you have questions about your child's vaccinations status, contact your health care provider today.

Full article: [www.texaschildrens.org/blog/measles-here's-what-you-need-know](http://www.texaschildrens.org/blog/measles-here's-what-you-need-know)

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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.



# Springtime renewal: a great time to stop smoking

If you smoke or use another form of tobacco, the best thing that you can do for your health – and the health of your family – is to stop your tobacco use. Tobacco and nicotine are among the most addictive drugs known.

For some people, stopping tobacco and nicotine use is easy. For most people it is very, very hard. That is why help is available. You can call **1-800-784-8669 (QUIT NOW)** for help at no cost to you. You can also go to [Smokefree.gov](http://Smokefree.gov) for free support and lots of practical tips. [Teen.smokefree.gov](http://Teen.smokefree.gov) is a beautifully designed site that provides help just for teenagers. QuitSTART App for the Apple or Android smart phone is designed to provide personalized help to teens in stopping tobacco.

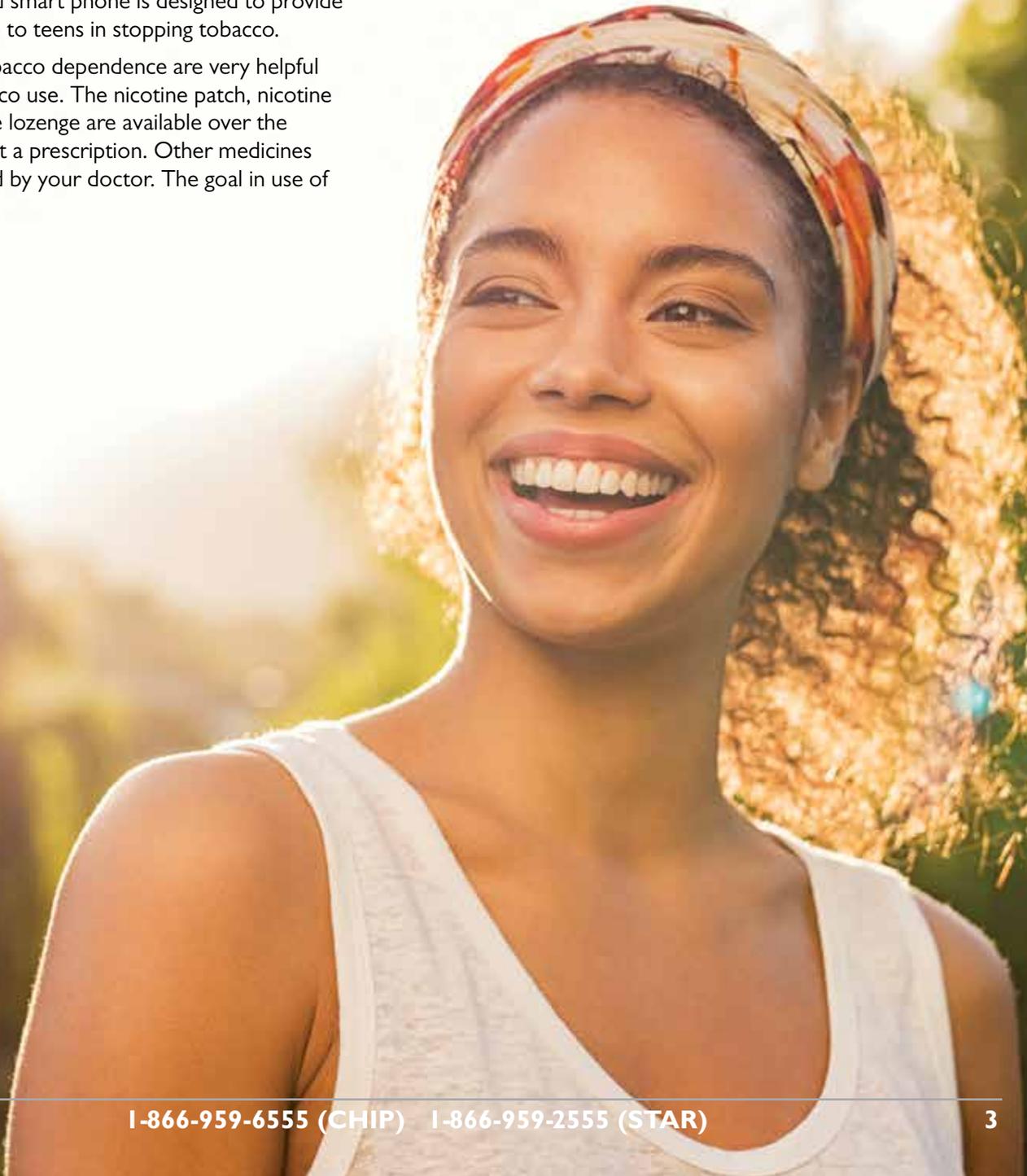
Medicines for tobacco dependence are very helpful in stopping tobacco use. The nicotine patch, nicotine gum, and nicotine lozenge are available over the counter – without a prescription. Other medicines can be prescribed by your doctor. The goal in use of

the medicine is to use enough so that you can feel comfortable when not using tobacco. If you are not comfortable, you may not be using enough medicine – or you may have stopped the medicine too soon.

I don't recommend e-cigarettes. There is no regulation on what they can put in e-cigarettes. The more research that is done the more problems we find with them. Much better and much more effective medicine is available. Talk to your doctor or call **1-800-QUIT-NOW**.

*Harold J. Farber, MD, MSPH*

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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 difficulty 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](http://www.navigatelifetexas.org) or [www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/](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.

# 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.



## Healthy recipe for kids with diabetes:

# Strawberry Graham Dip

### Ingredients:

- ½ cup low-fat vanilla yogurt
- ¼ cup fat-free, nondairy whipped topping
- ½ cup strawberries, chopped
- 8 graham crackers (2 sheets broken into 4 crackers each)

### Utensils and supplies:

- Knife
- Blender
- 1 bowl

### Instructions:

1. Put the yogurt, whipped topping, and strawberries in the blender.
2. Blend until smooth.
3. Dip graham crackers in the strawberry mix.

Serving size: ½ cup of dip with 1 sheet of graham crackers (4 crackers)

### Nutritional analysis (per serving):

100 calories, 3g protein, 1.5g fat, 0.5g sat fat, 5mg cholesterol, 95 mg sodium, 16g total carb, 1g dietary fiber.

*This information was provided by KidsHealth®, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this, visit [KidsHealth.org](http://KidsHealth.org) or [TeensHealth.org](http://TeensHealth.org). ©1995-2019. The Nemours Foundation/KidsHealth®. All rights reserved.*



# 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](https://TexasChildrensHealthPlan.org/KeepFit) or call 832-828-1430.**



## Tired of getting bills for covered medical services?

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.

