

KidzStrong

Spring/Summer 2016

Fast Facts to Keep Kids Healthy and Strong



Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.

Health Partners Plans



Attack of the Screen Zombies!

What do tablets, phones, video games and TV shows have in common? Screens. Today, kids and adults are spending too much time looking at them. We're turning into screen zombies! It's one reason many of us have trouble getting enough exercise.

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Don't Break Your Brain

It's funny when cartoon characters see stars after a bop on the head, but not when YOU hit your head! You can hurt your head playing sports, riding your bike or playing at home. Getting hit too hard can hurt your brain. That's called a concussion. Play it safe! See a doctor if any of these things happen to you after you hit your head, even if they go away:

- Blurry vision
- Throwing up
- Dizzy or falling down
- Confusion
- Headache
- Bright light or loud sounds hurt

And remember to always wear the right head gear when riding a bike, skateboarding and playing some other sports.



But I'm Not Tired!

Do you know how much sleep you need? Probably more than you think. Kids under age 13 should sleep for about 10 hours (teens can get by with 9). That means if you have to wake up at 7:00 in the morning, you should be asleep by 9:00 the night before.

So why do we need all that sleep? Sleep is when your body grows and fixes itself. A good night's sleep also gives you the energy you need for the next day. Sleeping is also when our brains take all the things we learned throughout the day and turns them into memories. If you studied for a test, learned a new dance move or figured out how to beat a video game, a good night's sleep will help you remember it.

So now you know why you need sleep. But what if you have trouble falling asleep or staying asleep? Lots of people do. Bad dreams sometimes wake us up. Sometimes we just get too excited before bed.

The number one way to sleep better is to relax for a half hour before bed. Turn off the TV. Put away phones and tablets. Read a book, draw or color. Take a bath. Once you're in bed, close your eyes and take deep breaths. Think about something that makes you happy, like a favorite food or a place you like to visit. You'll be off to sleep before you know it.



Attack of the Screen Zombies *Continued from page 1*

It's fine to enjoy all the fun these screens offer. Just mix it up a little. Walk around the block, ride your bike or do anything to get active. Try to spend less than two hours a day looking at screens.

You can move more *during* screen time too. Take breaks from the couch. Do push ups or jumping jacks during TV commercials. Choose video games that get you moving, like music and dance. Don't be a screen zombie.

Do You Need Glasses?

Take a look at your arms. Are they stretched out in front of you while you read this? Are you holding the page right up to your face? Maybe it's all just a little blurry. If any of those apply to you, it's time to get your eyes tested. In fact, you should get a vision test every year. You might not even notice that it has gotten harder to see. That can make it hard to do well in school, play sports and watch TV.

An eye doctor will check your vision. If your vision isn't as good as it should be, you will need to wear glasses or contact lenses. Your KidzPartners plan covers two pairs of glasses or contact lenses and two vision tests every year.



The first thing they do at the dentist's office is take x-rays, which lets them take a picture of the inside of your teeth to check for holes called cavities.

After you get your x-rays, it's time to get your teeth cleaned. The person who cleans your teeth is called a dental hygienist. He or she will clean plaque from your teeth. Plaque is a layer of sticky film that doesn't always come off just from brushing.

After your cleaning, the dentist will look in your mouth to make sure your teeth and gums are healthy. Sometimes, the dentist might find a cavity. To fix it, he or she will fill it with a special kind of plastic or metal. At the end of your visit, you will probably get a new toothbrush to take home. The better you brush and floss, the easier your next cleaning will be. Remember, there's no reason to be scared of the dentist. Everybody at the dentist's office wants to help you have a beautiful smile.

We Love to See You Smile

It's important to visit the dentist every six months to make sure your teeth and gums stay healthy. Some kids (and adults) are scared of the dentist, but they shouldn't be. Sure, it's not the most fun thing, but it's not so bad, either. Here's what to expect when you go to the dentist:

Recipes for Kidz:

Four-Layer Taco Tip

This no-cook, no-chop recipe is the perfect snack for a party. Be careful opening cans – they can be sharp.

Ingredients:

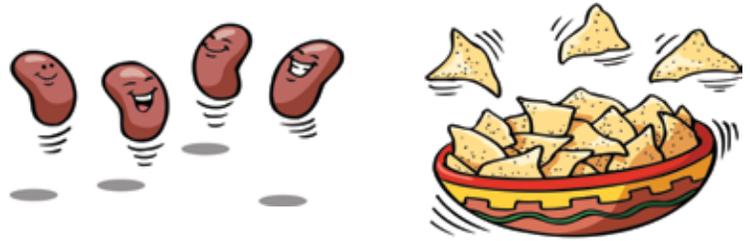
- 16 oz can of low sodium, fat free refried beans
- 16 oz jar of low sodium salsa
- 8 oz container of low fat sour cream
- 8 oz bag shredded “Mexican Blend” shredded cheese
- 4 tbsp sliced black olives, drained and rinsed
- 7-8 oz bag of unsalted corn tortilla chips for serving

Directions:

1. Start with a 3-quart glass baking dish and a baking spatula or large spoon
2. Spread the refried beans in one even layer
3. Spread the salsa over the beans
4. Spoon sour cream in small dollops over salsa
5. Sprinkle cheese evenly
6. Scatter olives across top
7. Chill in refrigerator or dig in with chips right away!

Serves 8

*Nutrition facts may differ based on brands and varieties of items used.



Nutrition Facts

Servings: 8.0

Amount Per Serving: 1/2 cup

Calories: 372

% Daily Value*

Total Fat: 17g 26%

Saturated Fat: 7g 35%

Monounsaturated Fat: 2g

Polyunsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 25mg 8%

Sodium: 492mg 20%

Potassium: 62mg 2%

Total Carbohydrate: 43g 14%

Dietary Fiber: 6g 23%

Sugars: 4g

Protein: 11g 22%

Vitamin A: 16%

Vitamin C: 12%

Calcium: 20%

Iron: 7%

*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Important Info For KidzPartners Members

- Remember to renew your child’s CHIP coverage each year. It’s easy and you even receive a \$10 gift card per child if you renew 30 days or more in advance.
- Our 24/7 Member Relations line can answer your benefit, enrollment or other plan questions: **1-888-888-1211 (TTY 711)**.
- KidzPartners members have access to family practice doctors 24/7 through Teladoc at no cost to you. These doctors can answer questions and even write short-term prescriptions for some conditions. Visits can be conducted by telephone or video chat on computers and mobile devices. Visit Teladoc.com or call **1-800-TELADOC (835-2362)** to set up an account for your child(ren) now to save time when you need a doctor. Teladoc is not for emergencies. In case of emergency, call 9-1-1.
- Our Healthier YOU Care Management program offers extra help for members with asthma, diabetes and serious weight problems. **Call 1-866-500-4571**.
- Need to make a change regarding who can speak to KidzPartners about your child? Just call Member Relations at **1-888-888-1211 (TTY 711)** anytime and request a form to add or remove someone from your call-in list.