

# KidzStrong

Spring 2018

Fast Facts to Keep Kids Healthy and Strong



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

Health Partners Plans



## Swimming is fun—and a Lifesaver

**S**wimming is a fun and healthy activity that helps kids stay fit all year round. It's a great workout that's gentle on the joints but still builds muscles and stamina. Learning how to swim is not only fun and a great workout, it can also be a lifesaver.

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# Understanding Autism

**Y**ou've probably heard about autism. Millions of kids and adults have it. Others don't know they have it.

People with autism may communicate, behave and learn differently than you.

Autism affects everyone differently. Here are some things to know.

**What is autism?** Autism is a condition that affects how the brain and body work. No one knows why some people have autism and there might be many different causes.

**How are kids with autism different?** Some children with autism might have trouble communicating. For example, they might not look at a person when they talk. A child with autism might get mad when something changes, like if they have to sit in a different seat in class. Also, they might have trouble making friends because they act differently.

**How are kids with autism like other children?** Like you, kids with autism have families, like to play and have fun and go to school. Many kids with autism are smart and enjoy learning. They probably like the same activities as you, such as arts and crafts, sports and games.

**What can you do?** Remember, kids with autism often have a hard time communicating and might behave differently than you. Be patient and try not to get



- frustrated with them. Give him or her extra time to answer your questions or to finish an activity.
- Invite them to play with you and join your group of friends.
- If you have questions about autism, ask your mom or dad, or talk to your teacher. Learning more about autism will help you become a better friend.

**April 2 was World Autism Awareness Day. Visit [www.autismspeaks.org](http://www.autismspeaks.org) to learn more about the condition.**

## Swimming is fun—and a Lifesaver *Continued from page 1*

About one in five people who drown are children ages 14 and younger and the drowning rate is even higher for some minorities. The CDC reports that the unintentional drowning rate for black children is significantly higher than that of whites across all ages and the difference is even widest among children 5 to 18 years old.

So swimming is more than a way to stay in shape. It can save your life or help you save the life of someone else. Swimming lessons reduce the risk of drowning so consider signing your child up for lessons.

Many gyms that participate in Health Partners Plans' (HPP) fitness center benefit offer swimming lessons. Visit [HPPlans.com](http://HPPlans.com) for more information and a list of participating fitness centers.

# You Can Control Your Allergies

**A**llergies can affect you no matter how old you are. They cause sneezing, the sniffles or a runny nose. Many kids and adults are allergic to pollen, pet hair, dust or cigarette smoke.

The good news is you can control your allergies. Follow these tips so you can breathe easier:

- If you're allergic to dogs or cats, stay away and don't pet them (especially if you don't know them).
- Learn about the daily pollen count on the weather report. If the pollen count is high, it's a good day to play inside.
- Keep your room clean and change your clothes every day. Pollen and dander can stick to your clothes, so wash them after you wear them.

- Wear a hat and sunglasses when you go outside to keep dust and pollen out of your eyes and hair.
- Take a bath or shower before bed to wash away allergens on your hair and skin.
- Ask your mom or dad to talk to your doctor about medications that can help treat your allergies.



## Before You Get In the Game, Put On Eye Protection

**W**hether you play basketball or badminton, you need to wear the right safety gear — and that includes safety eyewear.



According to The Vision Council, eye injuries are a leading cause of blindness in kids and most eye injuries occur while children are playing sports. These injuries can range from a black eye to retinal detachments. That's why you should always wear protective eyewear when you're playing sports — even if you don't wear glasses or contact lenses.

Don't worry, safety eyewear (like goggles) won't stop you from playing great. Read these Dos and Don'ts about safety eyewear.

### Dos and Don'ts

- **Do** wear safety eyewear that's comfortable and fits right. You can get fitted for safety eyewear, too.
- **Do** wear helmets, face guards and face shields when playing sports such as baseball, hockey and lacrosse and goggles when playing basketball, racquetball and other ball sports.
- **Do** remember to wear proper eyewear during non-contact activities (for example, cycling, swimming, skiing and fishing).
- **Don't** wear your regular eyeglasses, as they do not provide enough protection for sports and other activities.
- **Don't** wait. If an eye injury occurs, seek medical attention immediately.

Talk to your doctor or optometrist for more information about safety sports eyewear.

# Well-Child Care Information

**R**egular pediatrician visits are very important. According to the American Academy of Pediatrics, well-child care is essential in monitoring the overall health of a child. During a well-child visit, a doctor will:

- Measure a child's weight and height (head size is monitored until age 3)
- Assess the overall physical growth and development of a child
- Ensure appropriate developmental milestones are being met
- Assess a child's mental and emotional health
- Give vaccines required for school or the flu vaccine in the fall
- Perform physicals required for sports or physical education classes



At well-child care visits, older children can voice their health concerns and questions. Adolescents have an opportunity to talk about their changing bodies and minds, and parents can share their concerns with their child's doctor.

Follow this schedule for your child's pediatrician visits:



**The first year:** 2-3 days, 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months

**Early childhood:** 15 months, 18 months, 24 months, 3 years

**4+ years old:** yearly through 21 years old

**Time-saving tip:** Schedule your child's back-to-school appointments in June or July. You'll get in and out faster!



## Dental Care

After the first tooth appears, your child needs fluoride varnish applied by a dentist. Your child should have a dentist by age 2 and receive exams twice per year.



## Lead Screening Tests

Children must be tested for lead exposure at 9 to 11 months and 12, 15 or 18 months if they have not been tested previously. A simple blood test will let you know if you or your children have been exposed to lead. See your PCP or visit your local clinic to request a lead test.

## Tips for Keeping Your Kids Safe Online

**W**hile the internet has many benefits, it poses risks to your child's safety. Kids may not fully understand the consequences of revealing personal information online. So, it's important to teach them how to protect their privacy. Read these tips and talk to your children about staying safe online.

### Parents

- Teach your children how to maintain their privacy online.
- Never let your child join a website or download an app without first examining the site or app and reading the privacy statement.
- Determine how much time your child can spend online and which sites can visit.

- Keep the computer in a central spot where it's easy to monitor its use.
- Monitor your child's messages and emails. If you see names you don't know, ask.
- Review their friend list on social networks and ensure their profile is marked private.
- Your internet service provider may have free parental controls that can limit children's access to websites and communication features (email, instant messaging, chat, etc.) by age, content categories, time and other options.
- Check the browser history to see the sites they've visited.
- For children as young as 4 years old, limit browsing to child-safe sites. To find child-friendly websites, visit [www.safesearchkids.com](http://www.safesearchkids.com).

# Recipe for KIDZ

## Easy Veggie Burrito

### Ingredients:

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 oz. shredded low-fat cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 tsp. chili powder
- 4 (7-inch) flour tortillas
- 1 cup chopped lettuce



### Nutritional Information

**Servings: 4**

**Serving size: 1 wrap**

**Calories: 201**

**Fat: 7 grams**

**Saturated Fat: 3 grams**

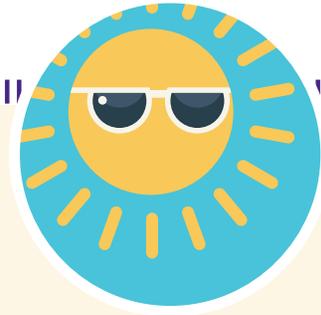
**Carbohydrates: 22 milligrams**

**Protein: 10 grams**

*Recipe from Penn state Extension*

### Directions:

1. Combine all ingredients into the tortillas.
2. Kids can spoon a 1/2-cup mixture on the center of each tortilla and then add 1/4-cup lettuce.
3. Wrap it by folding the bottom of the tortilla up first and then each side.



# Skin Protection



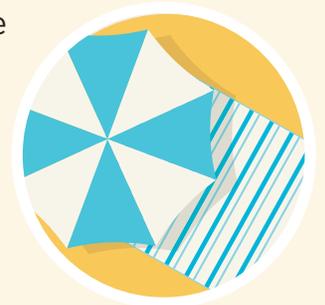
Being outside on a sunny day is fun. But let's face it, sunburns aren't.

Remember to protect your skin from the sun when you're playing outside. Luckily, you can avoid getting sunburn by being smart.

Applying sunscreen with at least SPF 30 is an easy way to protect your skin. If you go swimming or have been sweating a lot, put on sunscreen again.

If you think you'll be outside for a while, wear a hat and maybe a long-sleeved shirt. And when the sun is really strong, like at lunchtime, stay in the shade or go inside for a bit.

You need to protect your skin on cloudy days, too. Just because you see some clouds doesn't mean the sun isn't strong. So even when it's cloudy, wear sunscreen!



# Wellness Partners

**J**oin us for fun, fitness and cool giveaways at our HPP Wellness Partners events. These events are free and open to the public. They were created with a healthier you in mind. Wellness Partners offers everyone a happier approach to a healthy lifestyle through:

- Zumba
- Yoga Days
- Healthy Cooking
- Self-defense Classes
- Walking with HPP
- HPP 5K and 1 Mile Walk
- And more!

Here's a list of upcoming events:

## Cooking with HPP

Free Library of Philadelphia —  
Culinary Literacy Center  
1901 Vine St., Philadelphia, PA 19103  
May 2, June 6  
6 p.m. – 7:30 p.m.

## Yoga with HPP

John F. Street Community Center  
1100 Poplar St., Philadelphia, PA 19123  
April 24, May 1, May 8, May 15  
6 p.m. – 7 p.m.

## Walking with HPP

Fortaleza Fitness Center  
133 W. Hunting Park Ave., Philadelphia, PA 19140  
May 2, May 9  
10 a.m. – 11 a.m.

For more information or to find a Wellness Partners event near you, visit [hpplans.com/wellnesspartners](http://hpplans.com/wellnesspartners).

Questions? Call us at 215-967-4514 (TTY/PA Relay 711), Monday – Friday, 9 a.m. – 5 p.m. or email us at [wellnesspartners@hpplans.com](mailto:wellnesspartners@hpplans.com).



## Wellness Partners

## Waste, Fraud and Abuse and Medical Identity Theft

**L**ying about or stealing health information is a crime that can result in losing your health insurance, fines or even prison. Some health insurance crimes are called fraud, waste and abuse. They can be committed by people who receive services, parents, doctors or nurses. These crimes include:

- Someone using your health insurance card or ID number so they can visit a doctor
- Medical providers billing for services you did not receive or for services different than those you received
- Receiving health-related items or services that you don't need
- Selling your prescription drugs to other people
- Medical identity theft

### Medical Identity Theft

Medical identity theft is using another person's name or identifying information to obtain medical services or goods or to submit false insurance claims for payment. Victims of medical identity

theft may receive the wrong medical treatment or discover their benefits have been used when they need treatment.

### What Can You Do?

- Protect your health insurance ID card like you would a credit card
- Don't give out your medical insurance number to salespeople, telephone solicitors or over the internet
- Be careful about telling others your health information
- If you lose your insurance ID card, report it to your insurance company immediately

If you see or suspect any illegal or unethical activity being committed, including an HPP member, employee or provider, call our Special Investigations Unit hotline at **1-866-477-4848 (TTY/PA RELAY 711)**. All calls are confidential and can be anonymous. You can also call the Pennsylvania Department of Human Services directly at **1-866-379-8477 (includes TTY service)**.



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