

KidzStrong

Fall 2018

Fast Facts to Keep Kids Healthy and Strong



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

Health Partners Plans



Check out HPP's "Back to School" Special Section!

Sharpen your pencils and get your backpack ready—school is back! Health Partners Plans wants you to do well in school and be healthy and safe this year, so we've put together a special "Back to School" section! Just flip the page. Have a great year!

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Back to o

Fuel Up with the Right Foods



Food gives your body the energy it needs so you can stay active and alert in class. That's why you should eat different foods with a mix of carbohydrates, proteins and fats.



Carbohydrates, also known as carbs, are your body's favorite source of fuel. Foods like bread, rice, potatoes and some fruits have carbs.



Proteins help your body grow and build muscle. Your body also turns protein into carbs and uses them for energy. Eat meat and fish, nuts, beans and dairy (like milk and cheese), which all have a lot of protein.

Fats can be turned into energy. Fats aren't always bad and they help your body work right. Foods with good fats include meat and fish, dairy, nuts and seeds.

Back to Basics: What is

Hygiene is a funny word. But it's very important. Hygiene is the activities you do to stay healthy and clean.

You have to practice good hygiene. Pretty soon, it will become a habit. So let's talk about the basics:

- Wash your hands with soap and water, and always wash your hands after using the bathroom
- Brush your teeth twice a day for at least two minutes. Gently brush back and forth across all of your teeth and tongue. And don't forget to floss!



SCHOOL

My Goals for the School Year

1.

2.

3.

4.

5.

Write your goals for this school year in the space provided.

Then, cut out this section and put it somewhere easy to see.

Good luck staying on track and achieving your goals!



Hygiene?

- Shower and wash your face every day
- Wear clean clothes every day
- Talk to a doctor if you notice any problems, like rashes on your skin or irritation



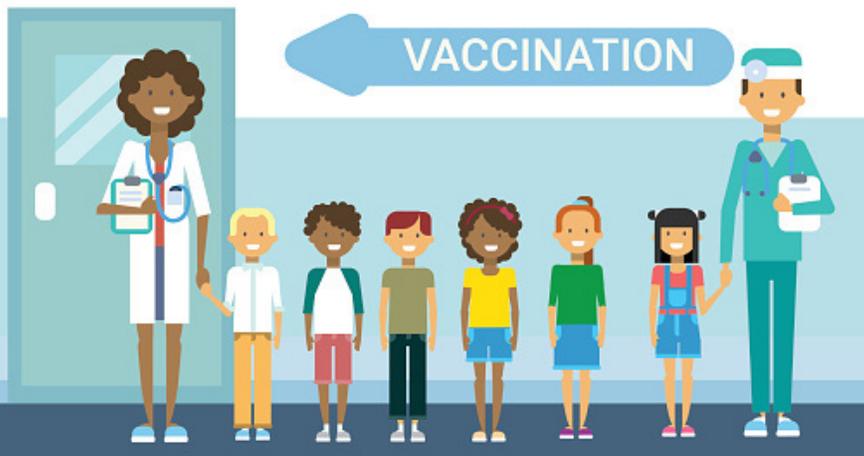
Health Checkup Checklist

Wellness visits help you stay healthy. Every year, you should visit:

- Your PCP
- A dentist
- An eye doctor



To find doctors and dentists, use our online directory at KidzPartners.com or call 1-888-888-1211 (TTY/PA RELAY 711) and press #1 twice.



When you get your shots, you're improving your health. Talk to your mom and dad about visiting your primary care provider (PCP) to get the shots you need. You should go to the doctor before school starts because kids are required to have some vaccinations to attend school.

VACCINATIONS Save Lives

Your immune system fights diseases, like the flu and the chicken pox. That's why you need to get vaccinations, sometimes called shots, to help your body learn how to fight diseases.

Did You Know?

Vaccinations don't just protect you—they protect other kids, too. When enough children get their shots, it stops disease from spreading. That's important because some kids are too young or too sick to get these vaccinations. So do your part to protect all children from dangerous diseases.

Back to School Safety Tips

1. Always cross the street at a crosswalk, and look both ways to make sure cars have stopped before you cross.
2. If you take the bus to school, stay seated until the bus stops completely.
3. Never accept a ride from someone you don't know.
4. Look where you're going, and don't be distracted! Staring at your phone while you're walking can be dangerous.



You can find more safety tips on our Facebook page, [Facebook.com/KidzPartnersPA](https://www.facebook.com/KidzPartnersPA).

Recipe for KIDZ

Strawberry Kiwi Yogurt Pops



Enjoy this cool, good-for-you treat any time of day. It has fruit and yogurt, so it's packed with protein and vitamins. Plus, these pops will cool you down on a hot summer day!

Ingredients:

- 1 cup low-fat vanilla yogurt
- 1 kiwi (chopped)
- 4 large strawberries (about a 1/2 cup, chopped) with green stems removed
- 1 ice cube tray or paper cups

Directions:

1. Cut fruit into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups (or pour into ice cube tray) and place in popsicle sticks (or cut paper straws).
4. Freeze.
5. Enjoy as a frozen treat!

— from the USDA's "What's Cooking?" website, whatscooking.fns.usda.gov

Nutrition Information

Servings: 1 pop

- 69 Calories
- 1 g Fats
- 1 g Saturated Fat
- 41 mg Sodium
- 13 g Carbohydrates
- 1 g Fiber
- 11 g Sugar
- 3 g Protein

Get creative!



Have some fun! Create your own by experimenting with other fruits, like banana, pineapple or mango.



See You on Facebook!

KidzPartners has a brand new Facebook page! Home to kid-approved activities, health tips, snacking ideas and more, our new Facebook page has everything you need to stay healthy. Visit facebook.com/KidzPartnersPA right now to learn some back-to-school safety tips. See you there and don't forget to like us!



Has Your Child Been Checked for Lead?



Lead poisoning is extremely dangerous for young children but the signs may not show for years. It can cause behavior problems and lower intelligence for life. All children under the age of five should receive at

least two lead tests. Recommended screenings are at 9 to 11 months and 24 months.

Any home built before 1978 may have lead paint. Children often eat peeling lead paint, and even if you can't see large paint chips, lead paint can be in household dust. Older water pipes may also have lead. Metal and plastic toys can contain lead, especially if they are old or a lesser known brand. Costume jewelry and charms can be dangerous too.

Here are some tips to keep your kids safe:

- Keep children away from peeling paint

- Vacuum, dust or mop floors and other surfaces often
- Wash children's hands and faces before they eat
- Give your children foods rich in calcium and iron, like spinach, raisins and low-fat yogurt to lessen effects of lead
- Wash toys and pacifiers often

To find out more about lead and other tests covered under the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program, call 1-866-500-4571 (TTY/PA RELAY 711).

For more information on lead clean up or removal, call:

- Philadelphia's Lead and Healthy Homes Program: 215-685-2788 (TTY/PA RELAY 711)
- Pennsylvania Department of Health Lead Information Line: 1-800-440-LEAD (1-800-440-5323)

News You Can Use: Your Nutrition Benefits

KidzPartners makes healthy eating easy! Nutrition counseling is available to all KidzPartners members and their families. Even though our contract with Weight Watchers® is ending in 2019, KidzPartners and our Wellness Partners team have other wellness programs and benefits to keep your entire family healthy. Visit KidzPartners.com/WellnessPartners to learn about our other fun, healthy activities!

Read Our Notice of Privacy Practices

KidzPartners is committed to maintaining and protecting the confidentiality of our members' protected health information. The parents or guardians of all new members receive our Notice of Privacy Practices upon initial enrollment. This meets the requirements of federal regulations governing the privacy of your protected health information, including the Health Insurance Portability and Accountability Act (HIPAA) of 1996.

The Notice explains how we use and disclose member health information in the process of providing members with medical care, and how you can access this information.

To obtain the current version of our Notice of Privacy Practices, please call us at 1-888-888-1211 (TTY/PA RELAY 711) and request that we mail one to you. You can call 24 hours a day, seven days a week. You can also get the notice online at HPPlans.com. Simply click "Privacy Practices" at the bottom of any page.



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HPPlans.com



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Discrimination is Against the Law

KidzPartners complies with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation. KidzPartners does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

KidzPartners provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

KidzPartners provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Member Services at 1-888-888-1211 (TTY/PA RELAY: 711).

If you believe that KidzPartners has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Health Partners Plans
Attn: Complaints, Grievances & Appeals Unit
901 Market Street, Suite 500
Philadelphia, PA 19107
1-888-477-9800 (TTY/PA RELAY: 711)
Fax: 1-215-991-4105

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675,
Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY/PA RELAY: 711,
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Health Partners (Medicaid) and KidzPartners and the Bureau of Equal Opportunity are available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone:

U.S. Department of Health and Human Services
200 Independence Avenue SW.
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/Servicio de retransmisión de PA: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-477-9800 (TTY/PA RELAY: 711).

ملحوظة: إذا كنت تتحدث انكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-477-9800-1 (رقم هاتف الصم والبكم: 1-888-477-9800).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-888-477-9800 (टिडिवाइ/PA RELAY: 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-477-9800 (TTY/PA RELAY: 711) 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-888-477-9800 (TTY/PA RELAY: 711)។

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposes gratuitement. Appelez le 1-888-477-9800 (ATS/PA RELAY : 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-888-477-9800 (TTY 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-888-477-9800 (TTY/PA RELAY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-477-9800 (TTY/PA RELAY: 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-888-477-9800 (TTY/PA RELAY: 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-888-477-9800 (TTY/PA RELAY: 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-477-9800 (TTY/PA RELAY: 711).