

# KidzStrong

Fall 2019



**KidzPartners: Celebrating 10 years**  
of keeping kids strong and healthy!



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

Health Partners Plans



## What You Can Expect at the Dentist



It's important to visit the dentist every six months to make sure your teeth and gums stay healthy. Here's what to expect when you go to the dentist:

**Cleanings:** A dental hygienist will clean your teeth. He or she will clean plaque from your teeth. Plaque is a buildup of bacteria that doesn't always come off just from brushing.

*Continued on page 2*



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901 Market Street, Suite 500  
Philadelphia, PA 19107





## It's flu season, so get a flu shot as soon as you can!

Vaccines are safe and help stop outbreaks of dangerous diseases. Your KidzPartners benefits fully cover all vaccinations, including the flu shot and the MMR (measles, mumps and rubella) booster.

- Vaccines protect you, your children and the people around you.
- Vaccines are safe and effective.
- Your doctor can tell you which vaccines your children should receive.

## Vaccines Are Safe

Vaccinations (or shots) prepare your body to fight diseases. They prevent diseases that are dangerous or even deadly. And vaccines are safe!

That's why you and members of your family should get vaccinated for diseases like the flu, measles and mumps. Vaccinations don't just protect you and your children—they protect other people, too. When people get their children vaccinated, they keep diseases from spreading and making other people very sick.

Take your children to the doctor before school starts because kids must have some vaccinations in order to begin the school year. Your children's doctor can tell you when they need to get each shot. If your children miss some shots, they can still catch up and be protected.

Call your doctor today to make an appointment to keep your family healthy.

## What You Can Expect at the Dentist

*Continued from page 1*

**X-rays:** The dentist may take a picture of your teeth and gums. X-rays help the dentist check for cavities and other issues.

**Exam:** After your cleaning, the dentist will look in your mouth to make sure your teeth and gums are healthy.

Brush your teeth and floss every day to help fight against cavities. The better you brush and floss, the easier your next cleaning will be!



**Preventing Cavities:** Your dentist can apply topical fluoride varnish or dental sealants to help protect your teeth against cavities. They can be applied easily and don't hurt.

# When Should I Use Teladoc?

As a KidzPartners member, you have access to doctors 24/7 through Teladoc®. Teladoc is a phone and video service that connects you with doctors for non-emergency medical conditions.

Here are some health conditions that Teladoc can help with:

- Allergies
- Cold and flu
- Sore throat
- Ear infections
- Bronchitis
- Rashes
- Headaches and migraines
- Sinus problems

Teladoc is free for KidzPartners members. Register and complete your medical history today so you can quickly connect with a Teladoc doctor when you need one. You can register by computer, phone or app.



Teladoc.com



1-800-835-2362 (TTY 1-800-877-8973)



TELADOC.



**Teladoc is not for emergencies. If you have a medical emergency or if you need medical help right away, call 911 or go to the nearest emergency room.**

## Transitioning to Adult Care



You have more responsibilities when you become an adult. You become more independent and you need to learn how to take care of yourself. The first step in taking a more active role in your health care is transitioning from a pediatrician to an adult primary care provider (PCP), such as a family medicine physician.

When you turn 18, ask your pediatrician to recommend an adult PCP. Your pediatrician can help you find a PCP who meets your specific needs. Your family and friends might have a recommendation, too.

If you need help transitioning to an adult PCP, call Member Relations anytime at **1-888-888-1211 (TTY 1-877-454-8477)**.

# 3 Ways to Help Kids Stay at a Healthy Weight

One in five children in the U.S. is overweight. Childhood obesity puts kids at greater risk for health problems, like type 2 diabetes, high blood pressure and heart disease.

The good news is that childhood obesity can be prevented and reversed. September is National Childhood Obesity Awareness Month and KidzPartners encourages your family to make healthy changes together.



**Get active outside:** Walk around the neighborhood, go on a bike ride or play at the park.

**Limit screen time:** Keep screen time (time spent on the computer, watching TV or playing video games) to two hours or less a day.

**Make healthy meals:** Buy and serve more vegetables, fruits and whole-grain foods.

As KidzPartners members, your children have benefits that can help them stay healthy. They can receive nutrition counseling in which a care coordinator will teach them about eating healthy. Our Fit Kids Program helps keep kids healthy and fit, and children who join Fit Kids will create health and fitness goals and start a plan to reach those goals.



Call Member Relations anytime at **1-888-888-1211 (TTY 1-877-454-8477)** to learn more about nutrition counseling and Fit Kids.



## A Note About Your Privacy



Health Partners Plans (HPP) is committed to maintaining and protecting the privacy of our members' personal information. Part of that commitment is complying with the Privacy Rule of the Health Insurance Portability and Accountability Act of 1996 (HIPAA) that requires us to take measures to protect personal information and to notify our members about these measures.

The Notice of Privacy Practices describes how HPP may use and disclose a member's personal health information and how a member of HPP can get access to his or her information. For more information about our privacy practices and available privacy forms, please visit [HPPlans.com/privacy-practices](http://HPPlans.com/privacy-practices). You can also call and request a copy of the Notice of Privacy Practices by calling Member Relations at **1-888-888-1211 (TTY 1-877-454-8477)**.

# Recipe for KIDZ

## Fruity Fun Chicken Salad Cups

**T**his chicken salad served in lettuce cups makes fruits and vegetables delicious and fun to eat.

### Ingredients

- 1 can chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves
- ¼ teaspoon ground black pepper
- 12 small romaine or bibb lettuce leaves

### Directions

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano and black pepper.
4. Gently mix the dressing mixture into the chicken.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

Source: [whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/fruity-fun-chicken-salad-cups](https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/fruity-fun-chicken-salad-cups)



### Notes

- Consider adding blueberries, diced peaches or halved grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, make it a salad! Serve over ½ cups of leafy greens like chopped romaine lettuce or spinach.

### Nutrition Information

#### 1 Serving

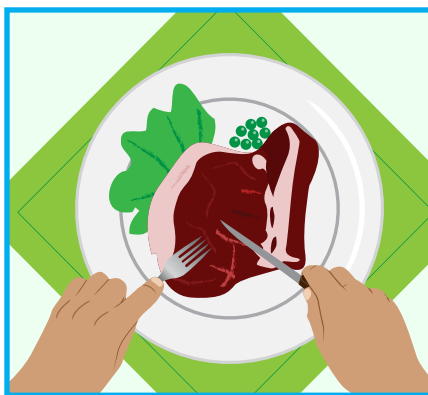
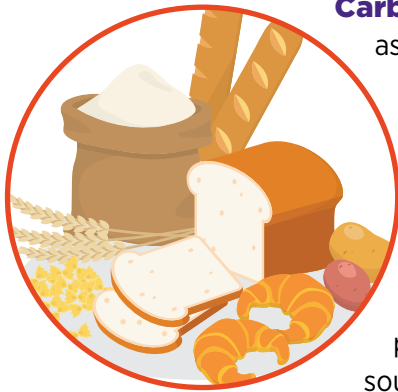
- 58 Calories
- 2 g Fats
- 0 g Saturated Fats
- 121 mg Sodium
- 4 g Carbohydrates
- 1 g Fiber
- 1 g Sugar
- 7 g Protein

# Food is Fuel

**W**e hear a lot about what we should and shouldn't eat but do you ever wonder why it matters? All food gives you the fuel your body needs, but there are different kinds. The right mix helps you stay healthy.

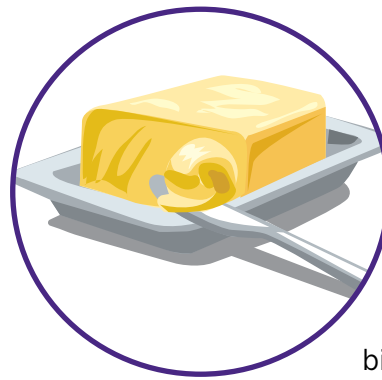
The amount of energy in food is measured in calories. Your body uses those calories to live, move and grow. The extra calories you don't use are stored as body fat. There are three types of calories in food: fat, carbohydrates and protein. There's also fiber, which your body needs for digestion.

**Carbohydrates**, also known as carbs, are the largest part of most people's diets. They are your body's favorite source of fuel because they can be easily turned into energy. However, they are not as filling as protein and fat. The main sources of carbs are foods like bread, rice and potatoes, as well as fruits and foods with added sugar. You should get about half (50%) of your calories from carbs.



**Protein** helps your body grow and build muscle. Your body also turns protein into carbs to use as energy. Foods with lots of protein are meat, fish, nuts, dairy and beans.

You should get about two out of five (20%) of your calories from protein.

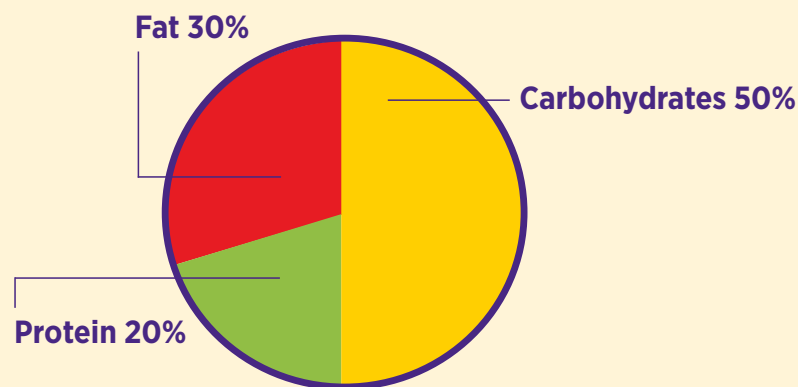


**Fat** is found naturally in many foods such as meat, dairy and nuts. Butter and cooking oils are made of fat that was taken out of other foods. A little bit of fat has a lot of

calories. That's why eating fatty foods makes you gain weight. You do need some fat, though. It helps your body use some vitamins and helps you feel full. You should get about three out of every ten (30%) of your calories from fat. Try to get fat from healthier foods like nuts and dairy instead of cakes and chips.



**Fiber** isn't used for energy, but it helps every part of your digestive process. It also helps you feel full. Fruits and vegetables are great sources of fiber and provide many of the vitamins you need.



Children and adolescents (4-18 years) should get 45-65% of their calories from carbohydrates, 10-30% from protein and 25-35% from fat.

**Source:** Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, DC: National Academies Press, 2002.



## Health Partners Plans Discrimination is Against the Law

KidzPartners complies with applicable Federal civil rights laws and does 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 Relations at 1-888-888-1211 (TTY 1-877-454-8477).

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  
Phone: 1-888-888-1211 (TTY 1-877-454-8477)  
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, 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 at:

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)

**ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-888-888-1211 (TTY 1-877-454-8477).**

**ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-888-1211 (TTY 1-877-454-8477).**

**ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-888-1211 (телетайп 1-877-454-8477).**

**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 1-888-888-1211 (TTY 1-877-454-8477)。**

**CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-888-1211 (TTY 1-877-454-8477).**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-888-1211 (رقم هاتف الصم والبكم: 1-877-454-8477).

**ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-888-888-1211 (टिटिवाइ 1-877-454-8477) ।**

**주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-888-1211 (TTY 1-877-454-8477) 번으로 전화해 주십시오.**

**ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ ក៏អាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-888-888-1211 (TTY 1-877-454-8477)។**

**ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-888-1211 (ATS 1-877-454-8477).**

**သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-888-888-1211 (TTY 1-877-454-8477) သို့ ခေါ်ဆိုပါ။**

**ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-888-888-1211 (TTY 1-877-454-8477).**

**ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-888-1211 (TTY 1-877-454-8477).**

**লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-888-888-1211 (TTY 1-877-454-8477)।**

**KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-888-888-1211 (TTY 1-877-454-8477).**

**सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-888-1211 (TTY 1-877-454-8477).**