



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## DID YOU KNOW?

You should start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.



## Sun kissed

### What the SPF number on sunscreen means

SPF stands for sun protection factor. The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes.

However, this figure only works in a lab. In real life, sunscreen wears off after about an hour. It's still very important to use sunscreen. It helps prevent skin cancer and wrinkles.

Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.





# Ask Dr. Health E. Hound

**Q: Why doesn't the doctor want to give my child antibiotics?**

**A:** Since antibiotics were discovered, many lives have been saved. Antibiotics kill bacteria that cause certain illnesses and infections. However, experts say sometimes they are used too much. This makes some bacteria resistant to antibiotics. When this happens, the medicine does not help when it is needed. People get sicker and can even die.

Most illnesses are not caused by bacteria. Antibiotics do not help with these illnesses. Only time will make them better. This includes colds and flu, which are caused by viruses. Many ear infections, bronchitis and sinus infections are also caused by viruses.



**Ask the doctor.** Talk to your child's doctor about what is making him or her sick. Keep in mind that antibiotics often won't help. Ask how you can help your child feel better while he or she recovers.



## BEAT THE BULLIES

Bullying takes many forms. It can be physical, like hitting. It can be verbal, like teasing. It can be emotional, like making another kid feel left out. It can be electronic, like posting mean messages on social media.

Kids who are bullied often don't tell anyone. They might be embarrassed. They might be afraid the bullying will get worse if they tell. What can you do if your child is being bullied? The first step is to talk about it. Here are some tips for talking about bullying:

- 1. DON'T TELL YOUR CHILD TO IGNORE IT.** That might make him or her think you are going to ignore it.
- 2. DON'T BLAME YOUR CHILD.** Don't ask what your child did to deserve it.
- 3. LISTEN TO YOUR CHILD.** Ask questions. Thank him or her for telling you.
- 4. SUPPORT YOUR CHILD.** Explain that it's not his or her fault. Ask what you can do to help.
- 5. DON'T TELL YOUR CHILD TO FIGHT BACK.** That often makes things worse.

Once you understand the problem, talk to your child's teacher or principal. Stay calm. Ask how you can help. If nothing changes, talk to the school again.



**Stop it.** Learn how you can stop bullying at [Stopbullying.gov](http://Stopbullying.gov). This website has videos and information for kids, parents and teachers.



## Bringing up baby

Babies grow and change quickly. That's why it's important for your baby to have regular visits with his or her primary care provider. By age 2, your child should have 10 well-baby visits. These well-baby visits are sometimes called Early and Periodic Screening, Diagnosis and Treatment (EPSDT).

Well-baby visits help the doctor get to know you and your child. They make sure your baby is healthy. They are also a good time for you to ask questions. Well-baby visits include:

- **GROWTH CHECKS:** Your child will be weighed and measured.
- **TESTS:** Your child will get needed tests. This includes lead tests by ages 1 and 2.
- **SCREENINGS:** Your child's vision, hearing and development will be checked.
- **SHOTS:** By age 2, your child will get shots for 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.

### WHEN TO GO

Ages for well-baby visits are:

- |               |             |
|---------------|-------------|
| ■ 2 months    | ■ 12 months |
| ■ 3 to 5 days | ■ 15 months |
| ■ 4 months    | ■ 18 months |
| ■ 6 months    | ■ 24 months |
| ■ 1 month     |             |
| ■ 9 months    |             |

# Finding Dr. Right

## Make your child's PCP a partner in health

Your child should have a primary care provider (PCP). A PCP is the best person to provide or coordinate your child's health care. If your child needs tests or treatments that the PCP can't provide, he or she will suggest places to go.

You should feel comfortable with your child's PCP. If you are not, choose a new one. Think about what you want in a PCP for your child. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours. Or need one located near public transportation.

There are different types of doctors who are PCPs:

- **FAMILY PRACTITIONERS** treat the whole family. They may also provide women's health care.
- **PEDIATRICIANS** treat children from birth through the teen years.
- **OB/GYNs** provide women's health care. Teenage girls can choose one in addition to their PCP. They provide birth control and STD testing. They also provide prenatal care and deliver babies.



**What's your type?** For a list of participating providers, see **UHCommunityPlan.com**.





## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).  
**1-800-464-9484 (TTY 711)**

**NurseLine** Get 24/7 health advice from a nurse (toll-free).  
**1-877-244-0408 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support.  
**1-800-599-5985 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.  
**UHCommunityPlan.com**

**National Dating Abuse Helpline** Teens can ask questions and talk to a teen or adult (toll-free).  
**1-866-331-9474 (TTY 1-866-331-8453)**



UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*<sup>™</sup>, have teamed up to create *A is for Asthma*. This program helps children with asthma live healthier, more active lives.

Work with your child's doctor to understand the medicines needed to control his or her asthma. Some asthma medicines in the form of pills or liquids are swallowed. Others are inhaled as a mist with either a metered-dose inhaler (puffer) or a nebulizer. Every child's asthma is different, so there is more than one kind of treatment. In general, there are two different categories of medications that your child might take:

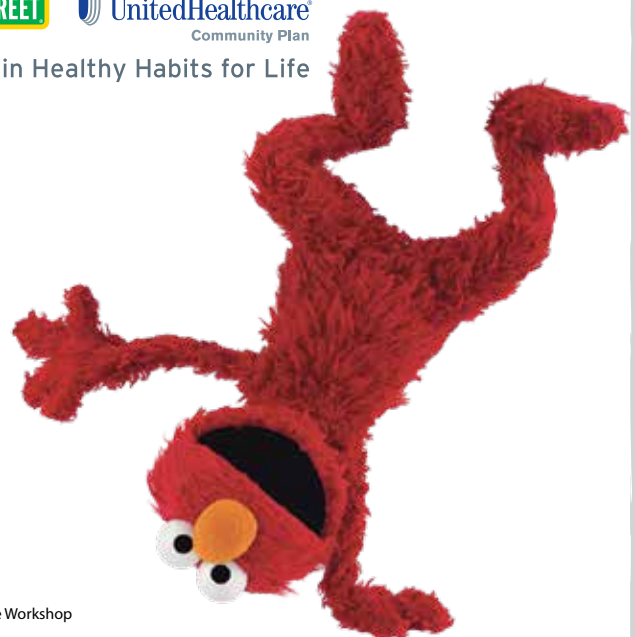
- 1. RESCUE MEDICATIONS**, such as certain inhalers, provide immediate relief of symptoms when your child has an asthma attack or any type of breathing difficulty. In children whose asthma is properly managed, these medications should not be needed every day.
- 2. CONTROLLER MEDICATIONS** do exactly what their name suggests: They control your child's asthma, even when she has no symptoms. In fact, they actually prevent symptoms, and are sometimes called preventive medications. These medicines should be used regularly, every day.



**Get resources.** Download and print "My Asthma Profile" at [sesamestreet.org/asthma](http://sesamestreet.org/asthma). Fill out the sheet and give a copy to anyone who takes care of your child.



Partners in Healthy Habits for Life



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