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▼ SESAME STREET

## fun<sub>WITH</sub> food

LEARN ABOUT 'ANYTIME' AND 'SOMETIMES' FOODS

**Cookie Monster knows how important it is to eat right.** He used to eat cookies all the time. Then he learned about "anytime" and "sometimes" foods. Now he eats mostly healthy foods. But Cookie Monster can still have cookies as a special treat.

"Anytime" foods are things we can eat every day. These are foods like fruits, veggies, whole grains, lean meats and low-fat yogurt. Drink water or low-fat milk with these.

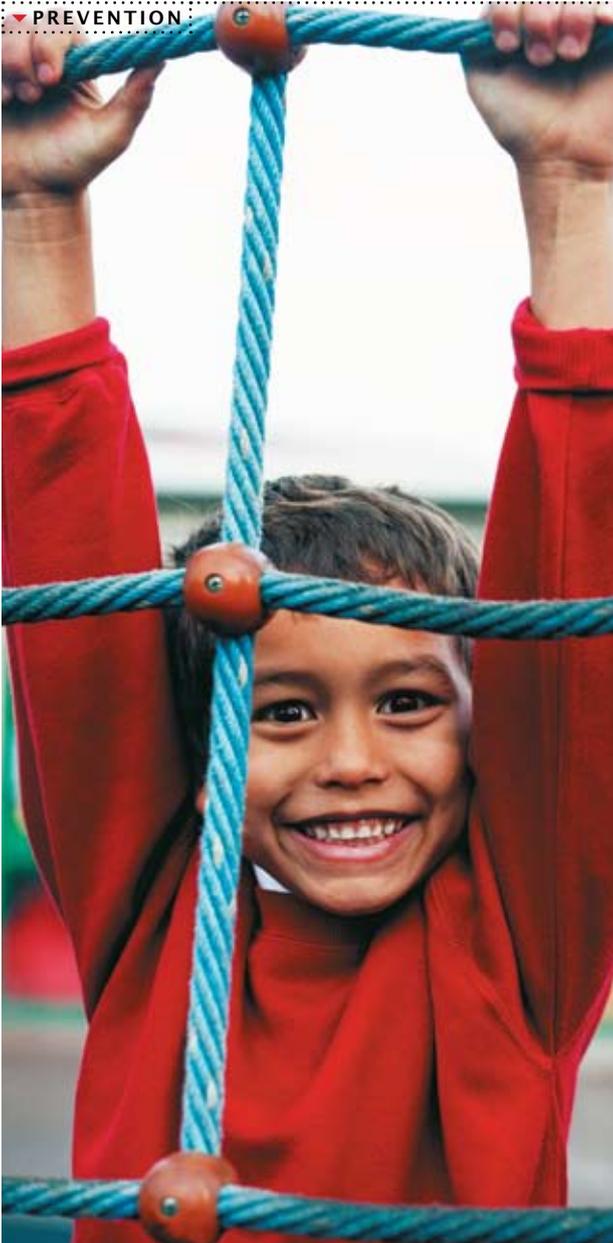
"Sometimes" foods are things we should only eat once in a while. These are foods like cookies, candy, chips, fast food and sodas. They are high in sugar, fat or salt.



### RED FLAGS

**The Red Flags Rule says that health care providers need to help prevent medical identity theft.** They must make sure patients are who they say they are. They want to make sure someone else isn't using your health plan ID card. This means your provider might ask for your driver's license or other photo ID. Be sure to take your ID with you when you get health care.

**A BIG WELCOME** UnitedHealthcare has a new partner in healthy habits for life — Sesame Street. Together we'll make healthy eating and fitness fun for you and your kids!



# TAKE your BEST shot

## IMMUNIZATION UPDATES FOR KIDS AND TEENS

**Years ago, many children died from common diseases.** Today, these diseases are very rare. This is because children now get vaccines to protect them from getting sick.

Sometimes there are changes to who should get certain shots or when they should get them. Here are two newer vaccines that recently changed.

### HUMAN PAPILLOMAVIRUS (HPV)

**WHAT:** HPV is very common. You get it from unprotected sex. About half of all sexually active people will get it at some point. It usually has no symptoms. But it can cause cervical and other cancers. There is now a vaccine for HPV.

**WHEN:** The vaccine is given in a series of three shots. It is recommended for 11- and 12-year-old girls. But it can now be given to both females and males ages 9 to 26. Ask your doctor what's best for your child.

### CHICKEN POX

**WHAT:** Most of the time, chicken pox is not serious. But it can sometimes be dangerous. It can cause skin infections and pneumonia. Some kids die from it. A vaccine has been available since 1995.

**WHEN:** The first vaccine is given at age 12–15 months. A second dose should be given at age 4–6 years. The shot is now also available combined with the MMR. The MMR protects against measles, mumps and rubella. The combination shot is called MMRV.



**SCHOOL'S OUT!** Enjoy your summer. But start planning for the fall now. Call your child's primary care provider (PCP) today. Make an appointment for a school checkup. Collect school and sports forms you need ahead of time. Beat the rush!

## use your head

### WEAR A HELMET WHENEVER YOU'RE ON A BIKE

**Bike helmets save lives.** Experts say 75 percent of kids who die on bikes could be saved if they wear helmets. Yet many people don't wear them. Here are some statistics:

- **60 PERCENT** of bike riders own a helmet.
- **43 PERCENT** of bike riders wear a helmet every time they ride.
- **40 CHILDREN** are killed in bike crashes each year.
- **50 PERCENT** of bike riders wear a helmet most of the time.
- **690 CHILDREN** are hurt in bike crashes every day.
- **85 PERCENT** of bike crash head injuries can be prevented with helmets.



**HARD HEADED** If you can't afford a bike helmet, call your local police or fire department. Many give out free helmets. Some hospitals and health departments give out helmets, too.

▼ PREVENTION



# screenSTARS

## MAMMOGRAMS ARE A MUST FOR WOMEN OVER 40

**Two out of five women over 40 have not had mammograms in the past year.** Are you one of these women? If so, what are you waiting for?

Breast cancer can be cured most of the time when caught early. The best way to catch it early is with regular screenings.

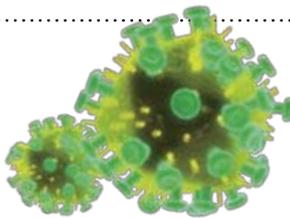
Mammograms are X-rays of the breasts. They can detect breast cancer years before you can feel it. You should have your first mammogram when you turn 40. After that, you should have mammograms every 1-2 years. Women at high risk for breast cancer may start screenings earlier. Talk to your doctor about when you should be screened.

**? BE WHOLE** Janet's Law says that health plans must pay for reconstruction for women who have breast cancer surgery. Do you have questions about your benefits for breast cancer detection and treatment? Call Member Services at 1-800-213-5846 (STAR Medicaid members) or 1-877-238-8543 (CHIP members).

▼ SEXUAL HEALTH

## get tested

### LIFE GOES ON WITH HIV



**HIV is the virus that causes AIDS.** It is spread through blood, semen and other body fluids. Certain people are at higher risk for getting HIV. Having unprotected sex with multiple partners raises your risk. So does injecting illegal drugs.

There is no cure for HIV. But drug therapy is helping infected people live longer, healthier lives. This is why it is so important to get tested. People with HIV who take medicine for it can keep from getting AIDS for a long time. They can be careful about not spreading the virus.

**AT RISK?** Ask your doctor for an HIV test. Or, text your zip code to **KNOWIT (566948)** to find a free testing clinic near you.

▼ CHRONIC CONDITIONS

## eye spy

### DON'T LET DIABETES TAKE YOUR SIGHT

**Diabetic retinopathy is the main cause of blindness in the U.S.** It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy from getting worse. But it can't reverse the vision loss that already happened. That's why it is so important to have a diabetic eye exam every year. It can catch diabetic retinopathy before you have symptoms.

The eye doctor will dilate your pupils with eye drops. Then he or she will take a look inside your eye. The test is quick and painless.



**WE CARE** If you have diabetes, UnitedHealthcare has a program that can help you. You can talk to a nurse who can help you understand your disease. We will send you reminders about important tests. Call 1-800-213-5846 (STAR Medicaid members) or 1-877-238-8543 (CHIP members) to find out how you can join.

## quality counts

**UnitedHealthcare wants all our members to be healthy.**

That's why we have clinical quality improvement (QI) programs. These programs:

- **HELP** members with chronic illnesses get the care they need.
- **WORK** with pregnant women to have healthy babies.
- **REMINDE** members to get important tests and immunizations.
- **MAKE** sure members get follow-up care after they are in the hospital.
- **CHECK** to see how certain illnesses are treated.

Part of QI is measuring how well these programs are working. We check doctors' records. We look at claims data. We send surveys to members. We look at these results to see how we can do better. We share this information with providers and members.



**HAVE IT ALL** To see our latest QI plan and results, visit [www.unitedhealthcare-texas.com](http://www.unitedhealthcare-texas.com). Or, call Member Services at 1-800-213-5846 (STAR Medicaid members) or 1-877-238-8543 (CHIP members) to ask for a copy.



**1 IN 4 STUDENTS ARE BULLIED.**

## beat THE bullies

### 5 TIPS FOR TALKING ABOUT BULLYING WITH YOUR CHILD

**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 even be electronic, like sending mean text messages.

Being a victim of a bully can cause serious problems. Kids can become very sad and lonely. They might not want to go to school. Some feel sick, or even think about suicide.

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 [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov). This website has videos and information for kids, parents and teachers.