



### Diabetes: your child's A1C test

The **A1C**, also called the **Hemoglobin A1C test (HbA1C)**, shows what your child's average blood sugar was for the past two to three months. This test should be done every three months or as directed by your health care provider.

Knowing this level helps the health care provider decide if your child's medicines, eating plan and physical activity plan are working to control their diabetes.

A1C Levels for Toddlers to Teens	
Ages	A1C Level Target
Under Age 6	Less than or equal to 8.5 but more than or equal to 7.5
Ages 6 to 12	Less than 8
Ages 13 to 19	Less than 7.5

Please note that these levels are **targets**. Your child is an individual, and what's right for them may not be right for others. **Work with your health care provider to decide on A1C goals for your child.**

Source: National Diabetes Education Program - [www.ndep.nih.gov](http://www.ndep.nih.gov)



### Cold and flu season is here. But no antibiotics, please.

Antibiotic drugs don't fight viruses that cause colds and flu.

Your child's health care provider won't prescribe antibiotics for upper respiratory infections like:

- Common colds
- Runny noses
- Most sinus and ear infections
- Sore throats not caused by strep
- Bronchitis

If your child has a cold or flu, give them plenty of fluids and rest and over-the counter medicines recommended by their health care provider. Watch for high fevers, especially in infants. If your child doesn't feel better in three days, see his or her health care provider.

Source: Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)



### Lead poisoning is serious.

High levels of lead in your child's blood can be a big health problem. Your child's doctor does a blood lead test to check for early signs of lead poisoning. This test is FREE as part of all well-child exams.

A child with lead poisoning may not look or act sick. But lead poisoning can harm a child's brain and hearing. It can also cause growth and learning problems.

That's why getting checked and treated for high blood levels of lead is important.

The good news is that lead poisoning in children can be prevented and treated. Talk to your child's health care provider about prevention and testing for lead poisoning.

Source: The Nemours Foundation, Kidshealth.org - [kidshealth.org](http://kidshealth.org)



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[bcbst.com](http://bcbst.com)



### How Can CoverKids & HealthyTNBabies Assist You?

At BlueCross BlueShield of Tennessee, 8 a.m. to 6 p.m., ET, Monday through Friday:

Member Services (for benefits information)	1-888-325-8386
TTY/TTD (for the hearing impaired)	1-866-591-2909
Email	<a href="mailto:coverkids@bcbst.com">coverkids@bcbst.com</a>
Website	<a href="http://bcbst.com">bcbst.com</a>
24/7 Nurseline*	1-866-904-7477
Health Information Library*	1-800-999-1658
Drug Benefit Appeal	1-888-343-4232 (FAX)
Care Management	1-800-225-8698
CareSmart® Disease Management	1-888-416-3025
CaringStart® Maternity Program	1-888-416-3025

\*Services of independent companies serving CoverKids and HealthyTNBabies members.

### At State of Tennessee CoverKids & HealthyTNBabies:

Email	<a href="mailto:cover.tennessee@tn.gov">cover.tennessee@tn.gov</a>
Website	<a href="http://coverkids.com">coverkids.com</a>

### At CoverKids Eligibility Contractor, 7 a.m. to 6 p.m., CT, Monday through Friday:

Customer Service (for eligibility, enrollment and renewal questions)	1-866-620-8864
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BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association  
Call 1-888-325-8386 if you need help or need to speak with someone in español (Spanish), كوردی - بادینانی (Kurdish-Badinani), کوردی - سورانی (Kurdish-Sorani), or another language. TDD/TTY users should call 1-866-591-2908. These services are free to enrollees.

We do not allow unfair treatment in CoverKids. No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the

Office of Non-Discrimination for free at 1-855-286-9085.

This document has been classified as public information.



# Growing Healthy

Giving Tennessee's children a healthy start in life



For CoverKids Members

4th Quarter 2011



Every CoverKids member's health plan includes CareSmart Disease Management programs for asthma and diabetes. The programs are FREE and voluntary. Call **1-888-416-3025**, toll free, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time.



### "Like" us on Facebook!

BlueCross BlueShield of Tennessee is now on Facebook! Check out our page to find the latest health and wellness tips. Get a special health, nutrition or fitness tip posted to your wall each day. Note: We are listed on Facebook as BCBST, or [www.facebook.com/bcbst](http://www.facebook.com/bcbst).

*This newsletter is not meant to take the place of your health care provider's advice.*



### Your child is being bullied. What do you do?

Step #1 - Take your child seriously. You never want your child to feel ashamed or that being bullied is their fault.

Step #2 - Talk about ways for your child to handle the situation, such as:

- Avoiding the bully. Stick with friends whenever possible.
- Not fighting back. Act brave and walk away.
- Realizing they're not alone. Have an older sibling or friend talk to them about ways they handled a bully.
- Talking to a teacher, counselor, coach or youth minister.

Step #3 - Consider your child's wishes before you become involved, but be prepared to:

- Contact teachers, principals or counselors about the problem.
- Ask to talk with the other child's parents/guardians with someone else present (a teacher

or counselor if the situation is related to school).  
• Go to the authorities if you're concerned for your child's safety.

There are anti-bullying laws on the books in Tennessee. They're aimed at many types of bullying - harassment, intimidation, cyber bullying and hazing. Get more details on-line at OLWEUS Bullying Prevention Program, at [www.olweus.org/public/laws\\_tennessee.page](http://www.olweus.org/public/laws_tennessee.page).

Source: The Nemours Foundation, Kidshealth.org - [www.kidshealth.org](http://www.kidshealth.org)

### Did your child get the flu vaccine? It's not too late.

The Centers for Disease Control and Prevention (CDC) recommends that **everyone 6 months and older get the flu vaccine this year.**

Source: [www.cdc.gov/flu](http://www.cdc.gov/flu)



## Find your child's asthma triggers

- Common asthma triggers include smoke, dust, pets, physical activity, pollution or certain foods.
- Not everyone's triggers are the same.
- Avoid triggers when you can.
- Be ready for triggers your child can't avoid.
- Have the right medicines ready for an emergency.

Talk to your health care provider about what triggers your child's allergic asthma symptoms. Ask for advice on your child's **asthma action plan**.

Sources:  
American Lung Association - [www.lungusa.org](http://www.lungusa.org)  
Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)

## Get FREE Help to Quit Smoking

Beyond flu vaccines, you can do more to prevent cold and flu complications for your family. Stop the use of tobacco.

Call the Tennessee Tobacco QuitLine at **1-800-QUIT-NOW** or **1-800-784-8669**.

Hearing impaired Tennesseans call 1-877-559-3816.

Hours (Eastern Time):  

- Monday through Friday, 8 a.m. to 11 p.m.
- Saturday, 9 a.m. to 6 p.m.
- Sunday, 11 a.m. to 5 p.m.

 Counseling is available in English or Spanish.

Find out more at: [www.health.state.tn.us/tobaccoquitline.htm](http://www.health.state.tn.us/tobaccoquitline.htm)



## Asthma in winter

Cold weather can bring problems for a child with asthma.

Outdoors in the cold, a child with asthma should wear a scarf over his or her mouth. This warms the cold air before it is drawn into the lungs. That can help stop coughing, wheezing and shortness of breath.

Most children spend more time indoors during the winter. With asthma, heating with a fireplace or a wood-burning stove is not the best choice. Make it safer by having chimneys and vents cleaned at the start of the season. Use a fireplace screen with a door to keep less smoke out of the room.

Dust and other debris can blow from furnace vents and set off

allergic symptoms. Filters should be cleaned and replaced at the beginning of winter and regularly throughout the season. The same rules apply to filters for humidifiers or portable air cleaners.

With windows and doors closed to keep out the cold, it's more important than ever to keep a clean home. Vacuum and dust once or twice a week and change the sheets on your child's bed.

Mold can grow if indoor air is too warm and moist. Check basement rooms and bathrooms for humidity levels. Run shower fans when taking a bath. Buy a dehumidifier for problem areas.

Source: Asthma & Allergy Foundation of America - [www.aafa.org](http://www.aafa.org)



## Staying active when your child's not an athlete

Not every child is a natural athlete, and team sports aren't for everyone. Still, the *Physical Activity Guidelines for Americans* advises that children and adolescents should be physically active for at least 60 minutes (one hour) a day.

Include three types of activities each day:

1. **Aerobic activities** that get your child's heart pumping. (More time should be spent on these.) Examples include:

- Biking
- Hiking
- Skateboarding
- Rollerblading
- Brisk Walking
- House or yard work
- Jumping rope
- Swimming
- Running
- Vigorous dancing

2. **Muscle-strengthening**, including:

- Tug of war games
- Rope, rock or tree climbing
- Swinging on playground equipment
- Sit-ups or pushups
- Using body weights

3. **Bone-strengthening**, including:

- Hop-scotch
- Skipping
- Jumping

Observe all safety rules. Use the proper equipment, including helmets. Get instruction before attempting something new. If your child is disabled, ask their health care provider to help you develop a physical activity plan.

Source: Centers for Disease Control and Prevention - <http://www.cdc.gov>

## More Fruits and Vegetables Needed

Preparing meals with fruits and vegetables instead of processed, high-fat foods is one way to help your children eat a more balanced diet.

For breakfast on cold winter mornings, avoid pre-packaged, flavored cereals. Make this quick dish that includes a fresh apple.



### Golden Apple Oatmeal

- 1 golden delicious apple, diced
- 1/3 cup apple juice
- 1/3 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/3 cup quick-cook rolled oats, uncooked

### Directions:

Combine apple, juice, water and seasonings; bring to a boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

Do your kids say they hate vegetables with dinner? But do they love the taste of Mexican food? Challenge their taste buds with this filling side dish served warm with grilled chicken or pork.



### Mexican Squash Casserole

- 4 small yellow squash, sliced
- 3 medium zucchini, sliced
- 1 medium yellow onion, sliced
- 2 cloves garlic, minced
- 2 tsp olive oil
- 1 jalapeno, chopped
- 1 can low-sodium corn kernels
- 1/2 cup grated 2% milk cheddar cheese
- 1-1/2 tsp cumin

### Directions:

Heat oil in large skillet. Lightly sauté the squash, zucchini, onion, and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400 °F for 20 minutes.

Source: Centers for Disease Control and Prevention - [www.nccd.cdc.gov/dnparecipe](http://www.nccd.cdc.gov/dnparecipe)



## Breastfeeding benefits your baby.

1. **Breast milk provides just the right amount of nutrients, antibodies, fat, sugar, water and protein.** Over time, your breast milk changes to meet your baby's needs for growth and development.
2. **Breast milk is easier to digest than formula** - for most babies, especially premature babies. This means less stomach aches for your little one. Maybe more rest for you both.
3. **Breast milk fights disease.** Breast-fed babies have fewer ear infections and diarrhea. Formula-fed babies also have higher risks of diseases such as:

- Necrotizing enterocolitis (a gastrointestinal disease in preterm babies)
  - Lower respiratory infections
  - Asthma
  - Obesity
  - Type 2 diabetes
4. **Breast milk may even do more.** New research shows that breast-fed babies may have a lower risk of:
    - Type 1 diabetes
    - Childhood leukemia
    - Atopic dermatitis (a type of skin rash) in babies
    - SIDS (sudden infant death syndrome)

Source: U.S. Department of Health and Human Services on Women's Health - [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

## Are you at risk of gestational diabetes?

Gestational diabetes is diabetes that is found for the first time when a woman is pregnant. Write **"Yes"** or **"No"** next to your risk factors:

- \_\_\_ You have a parent, brother or sister with diabetes
- \_\_\_ You are African American, American Indian, Asian American, Hispanic/Latino or Pacific Islander
- \_\_\_ You are 25 years old or older
- \_\_\_ You are overweight
- \_\_\_ You had gestational diabetes before, or have given birth to at least one baby weighing more than 9 pounds

\_\_\_ You have glucose in your urine.

**High risk** means you are overweight, have had gestational diabetes before, have a strong family history of diabetes or have glucose in your urine. **Average risk** means you said **"yes"** to **any** of the risk factors listed above.

**Low risk** means you said **"no"** to **all** of the risk factors listed above.



Talk to your health care provider about your risk for gestational diabetes.

Source: National Institute of Diabetes and Digestive and Kidney Diseases - [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

## Text4baby - FREE and for you

**Are you pregnant or do you have a new baby?** Do you have a cell phone? Do you send and receive text messages? You can get **FREE healthy pregnancy and healthy baby** information by text every week.

Just **text the word "BABY"** (or "BEBE" for Spanish) to the number **"511411"** to get started. Or register online at [text4baby.org](http://text4baby.org). **Text4baby** is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

If you're pregnant, our **CaringStart Maternity** program is FREE to you.

You will get:

- Support from obstetric nurses
- Information about before, during and after pregnancy
- Coordination of services
- Educational materials

Call CaringStart at 1-888-416-3025, toll free, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time.