

Portion control in a super-sized world

Advertising tells us that the bigger burger is better and the giant soft drink is only a few cents more. And how many times do your children hear, "Can I super-size that?"

Teaching children to eat the right amount of food isn't easy. But it can pay off in good health for them now and later.

To help you and your family "picture" how a healthy meal should add up, the United States Department of Agriculture (USDA) has developed "Choose My Plate."



Some keys to building a healthy plate include:

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables in main and side dishes.



- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products instead of dairy products.

Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices.

- Twice a week, eat seafood for protein.
- Eat beans, which are a *natural* source of fiber and protein.
- Keep meat and poultry portions small and lean.

The Choose My Plate guidelines are for most people aged two and up. Recommendations for pregnant women and children under age two will differ.

Find out more at www.buildmyplate.gov. Talk to your children's health care providers about specific nutritional requirements for their age and/or health conditions.

Source: United States Department of Agriculture - www.choosemyplate.gov

Healthy Sweet Snacking

Stock your refrigerator with sweet healthy choices instead of ice cream.

Fruit Dip

- 1 cup applesauce
- 1 cup low-fat strawberry yogurt
- Slices of favorite fruits like strawberries, apples, pears, pineapple or grapes

Combine the applesauce and yogurt in a bowl and mix until well-blended. Cover and keep in refrigerator. Stir it up before eating. Have sliced or chunked fruits ready for dipping.

Frozen Fruit Treat

- 1 ¾ cup strawberries
- 1 large can crushed pineapple
- 5 bananas (cut in cubes)
- 12 ounces frozen orange juice concentrate (all juice)
- 1 ½ cup water

Mix ingredients together. Freeze in small paper cups. Serve partially defrosted (a few seconds in the microwave should do it).

Source: Centers for Disease Control and Prevention - www.bam.gov



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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	coverkids@bcbst.com
Website	bcbst.com
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	cover.tennessee@tn.gov
Website	coverkids.com

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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Call 1-888-325-8386 if you need help or need to speak with someone in español (Spanish), كوردی - بادینانی (Kurdish-Badinani), كوردی - 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

For CoverKids Members

3rd Quarter 2011

Giving Tennessee's children a healthy start in life.



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.

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



Flu vaccines are right for everyone over six months old.

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

Some children are more likely to have complications from the flu. They might have to be hospitalized or could even die from the flu. This includes children with:

- Asthma
- Diabetes
- Heart and lung defects
- Kidney, blood or liver disorders
- Other chronic or serious diseases

Others with a high risk of complications from the flu include:

- Pregnant women

Don't forget pneumonia vaccines.

The CDC recommends pneumonia vaccines for children at various ages and with various chronic health problems. (See the immunization charts at www.cdc.gov.)

Talk to your health care provider about the vaccines that are right for the health of you and your family.

- Children younger than 5, but especially children younger than 2 years old
- Adults aged 65 and older

So who needs a flu vaccine this year?

- Mothers and dads, brothers and sisters, grandmothers and grandfathers
- All caregivers of children, including daycare workers, teachers, coaches, church leaders and babysitters
- Everyone six months and older

Source: Centers for Disease Control and Prevention - www.cdc.gov



Snort. Sniffle. Sneeze. No antibiotics please.

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

Your child doesn't need antibiotics for upper respiratory infections like:

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

Worse, taking antibiotics too often can mean they don't work when your child really needs them. This can be serious for your child and for all of us, as diseases can spread faster and harm more people.

To feel better, your child needs:

- Plenty of rest
- Lots of liquids (water is best)
- Over-the-counter medicines, if recommended by his or her doctor. Take care to choose the type and amount of medicine that's right for your child's age

Colds and flu and asthma - oh, my!

Colds and flu and similar illnesses are Upper Respiratory Infections (URIs). They can spell trouble to children with **asthma**.

With asthma, your child's airways may already be inflamed or swollen. If your child gets a URI, he or she is more likely to have serious complications.

Both **flu** and the **common cold** may include some or all of these symptoms:

- Fever and/or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness

Cold symptoms will be milder than flu symptoms.

Flu symptoms are generally worse than cold symptoms.

- Some children with flu may have vomiting and diarrhea.
- Not everyone with flu will have a fever.

If your child has asthma, talk to their doctor about URI prevention and treatment.

Source: Centers for Disease Control and Prevention - www.cdc.gov



and weight. (No aspirin for children under 18).

- Use an air humidifier.

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



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



Diabetes requires a plan for sick days.

Being sick can make your child's blood sugar levels go too high or too low. You should talk to your child's health care provider about what to do on the days when your child has a cold, a stomach bug, a fever or the flu. Plan in advance and know what over-the-counter medicines are safe for your child to use.

Unless your child's health care provider tells you otherwise:

- Give all medicines, including insulin, as usual.
- Take blood sugar levels regularly and perhaps more often than normal.
- Have your child drink plenty of water.
- Prepare foods your child can digest like clear soups and no-sugar gelatins.

Source: The Nemours Foundation - www.kidshealth.org

Need Help?

Call Nurseline for free, anytime at 1-866-904-7477.

The nurse can even help you decide when to call your child's health care provider or when to go to the emergency room.



Diabetes and ketones

Blood sugar levels that are high and remain high can cause too much acid (called ketones) to build up in the blood. Your child could develop a serious condition called **diabetic ketoacidosis**.

This may result in:

- Stomach cramping
- Nausea
- Vomiting
- Breathing hard
- Fruity-smelling breath
- Passing out (diabetic coma)
- Death

It is important to check your child's blood sugar levels as often as directed. Levels that stay too high could mean you should test your child for ketones. Be prepared. Talk to your child's health care provider about monitoring ketone levels.

Source: National Diabetes Education Program - www.ndep.nih.gov

Pregnant? Folic acid can help prevent birth defects.

Folic acid is a B vitamin. Our bodies use it to make new cells every day. So everyone needs folic acid for good health.

But **if you are planning to become pregnant** or **if you are pregnant**, folic acid is especially important. It helps prevent major birth defects of your baby's brain and spine.

Pregnant women need 400 micrograms (mcg) per day of folic acid.

Talk to your health care provider about how to get the folic acid you need.

To get enough folic acid every day, you can:

- Take a folic acid vitamin pill* or a multivitamin pill with folic acid*, or



- Eat a bowl of breakfast cereal that contains folic acid*.

*Read the labels. Make sure you're getting 100% of the daily value (DV) of folic acid, which is 400 mcg.

Source: Centers for Disease Control and Prevention - www.cdc.gov

Your baby's preventive health care checkups

Preventive checkups for your child should begin soon after birth. Here's the schedule for your baby's first year of life:

Newborn

2-4 days, by one month

Infancy

2 months

4 months

6 months

9 months

12 months

And remember - preventive health exams are FREE for CoverKids members. Talk to your baby's doctor about how often he or she needs a checkup.

Source: Tennessee Chapter of the American Academy of Pediatrics (TNAAP) - www.tnaap.org



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.



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.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition. Each week, you'll get FREE text messages to help you through your pregnancy and your baby's first year.

Just **text the word "BABY"** (or "BEBE" for Spanish) **to the number "511411"** to get started. Or register online at text4baby.org.