



THE KEY TO A GOOD LIFE IS A GREAT PLAN

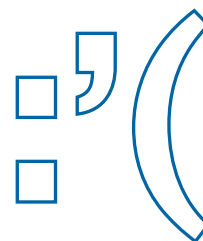
Health TALK



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Feeling blue?



Kids don't have to.

Depression is more than feeling blue. It is a serious illness that can strike at any age. More than one in ten teenagers has it at some point. Some signs a child or teen may have depression include:

- a sad mood that doesn't go away.
- not wanting to do things he or she once enjoyed.
- lack of energy.
- eating much more or less than he or she used to.
- trouble sleeping or sleeping too much.
- a hard time thinking.

Depression can be treated. Medication can help. So can therapy. Your child can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve his or her mood.



Get help. If your child has symptoms of depression most of the time for more than a few weeks, talk to your child's primary care provider (PCP).



Ask Dr. Health E. Hound

Q. How can my family prevent heat-related illness this summer?

A. Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:

- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
- Spend time in cool places, such as air-conditioned buildings.
- Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
- Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include a lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Then try to cool the person down with air conditioning or cool water on their skin while you wait for help.

It's hurricane season

Hurricane hazards come in many forms. There can be storm surges, high winds, tornadoes and flooding. The best way to ensure the safety of you and your family is to be prepared before disaster strikes. This means it is important for your family to have a plan.

MAKE A KIT: It should include items such as:

- food and water
- first aid supplies
- flashlight and radio
- medications and medical items
- ID and insurance cards
- an emergency blanket
- baby food or pet food, if needed

MAKE A PLAN: Know ahead of time where you could go if you are told to evacuate. Choose several places. Think of a friend's home in another town, a motel or a shelter where you could go. Keep handy the telephone numbers of these places. Also carry a road map of your area. You may need to take unfamiliar routes if major roads are closed or clogged. Also have a plan for family communication. Agree on evacuation routes so everyone knows what to do and where to go.

BE INFORMED: Listen to NOAA (noaa.gov) weather radio or local radio or TV stations for evacuation instructions. If told to evacuate, do so immediately. You can find more information at getagameplan.org. There, you can sign up for text updates and even a smartphone app to help you plan.



Tell your family you're safe. If a hurricane or other disaster strikes your area, register on the American Red Cross Safe and Well website at redcross.org/safeandwell. The site tells your family and friends you're OK. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit or an EPSDT visit. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any shots he or she needs.
- talk to your child about health and safety topics for his or her age.
- make sure your child is developing well.

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at MyUHC.com/

CommunityPlan. Or call Member Services at 1-866-675-1607 (TTY 711).

Best start

3 tips for breastfeeding your baby

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1. NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2. BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3. HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



New mom? Be sure to go to your postpartum checkup.

You should be seen six weeks after you give birth. If you had a C-section, you should also be seen two weeks after you give birth. Your provider will make sure you are recovering well. You can get help with breastfeeding problems.





Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.

Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono.

Để được trợ giúp biên dịch hoặc để hiểu rõ vấn đề này, vui lòng gọi số.

1-866-675-1607 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.

1-877-440-9409 (TTY 711)

State Smoking Quitline Get support to quit smoking.

1-800-QUITNOW (1-800-784-8669)

National Domestic Violence Hotline Get help for domestic abuse.

1-800-799-7233

(TTY 1-800-787-3224)

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.

MyUHC.com/CommunityPlan

Text4baby Get text messages about pregnancy and your baby's first year. **Text BABY** to **511411** for messages in English. **Text BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.



Partners in Healthy Habits for Life

Stay safe together!

UnitedHealthcare has partnered with Sesame Workshop to create home safety tips. They provide tools and strategies for a safe environment.

Your home is where your family learns and plays together. There are lots of simple things you can do to keep your home as safe as it can be. Explore safety with your child during your daily routines.

OUTSIDE YOUR HOME

- Stay nearby while little ones play outside and gear up for fun! Helmets that fit well help keep children safe on bikes, scooters or roller skates.
- Make a family fire plan. Map and try out two exits from each room, and go to a safe meeting place outside.
- Play safely by using sunscreen to protect everyone's skin.

IN THE KITCHEN

- Soap up! Wash your hands before cooking and eating to keep germs away. Sing "Row, Row, Row Your Boat" twice to help you remember how long to wash.
- Keep a list of important phone numbers near each telephone. Talk about each number so everyone knows how to get help in an emergency.
- Make safety cool by keeping hot objects, liquids or foods away from the edge of the stove, table or counter.



Get more. For more tips, visit **sesamestreet.org/toolkits**.

Here you will find tools and resources to help your family play and grow together.



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