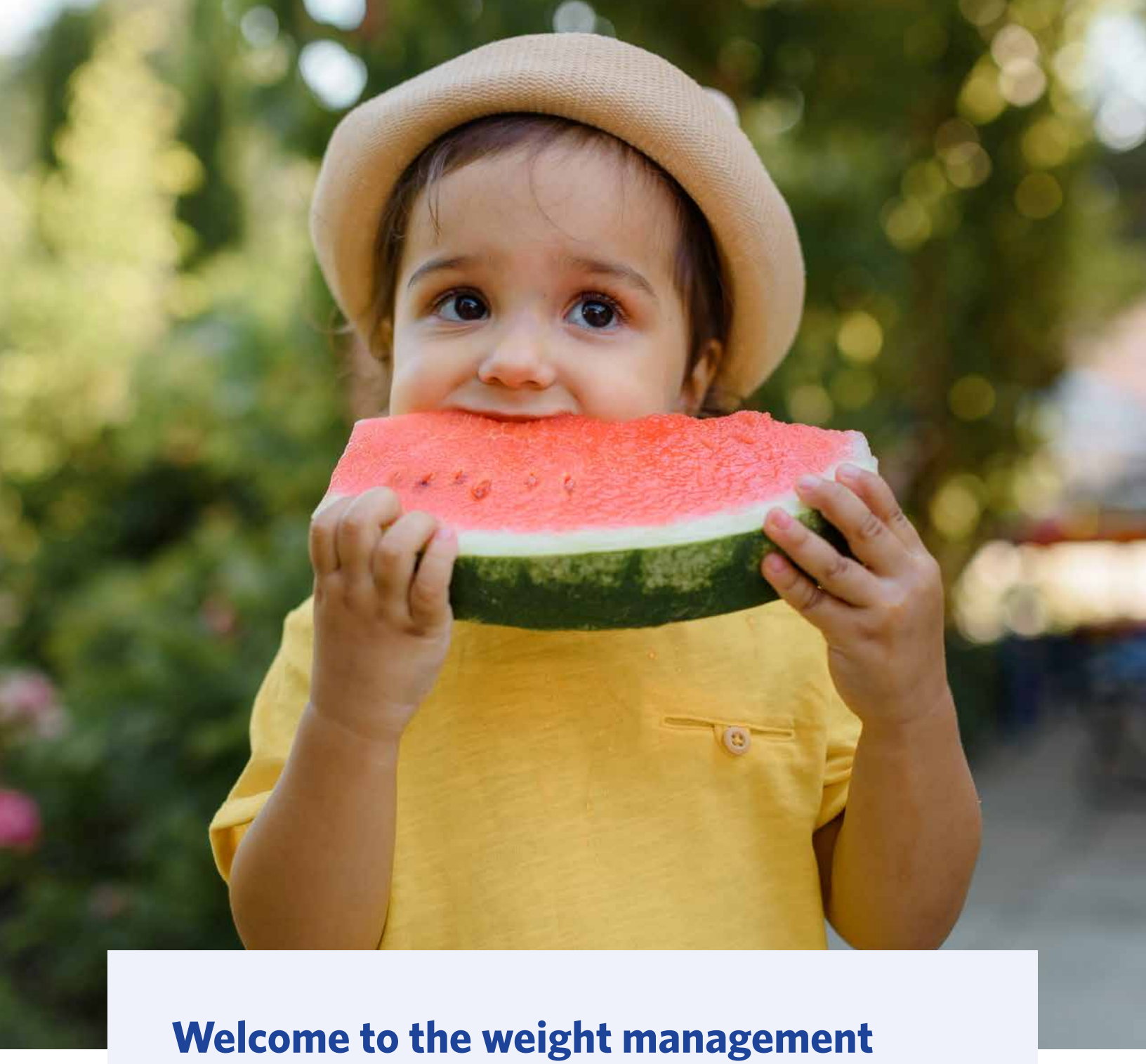
Important health information

dell children's Health Plan



Welcome to the weight management service coordination program!

Our service coordination program connects people diagnosed as overweight to resources and information to help manage your child's health.

We help connect you with doctors, resources, education, benefits and other services. We hope you find this information helpful, and thank you for being a Dell Children's Health Plan member!

Important contact information

24-hour Nurse HelpLine Call **1-855-712-6700** 24 hours a day, 7 days a week, 365 days a year to talk to a nurse.	**Call 1-855-712-6700**
Service Coordination Call **512-324-3015** or toll-free **1-844-564-5212 (TTY 7-1-1)** and ask to speak to a service coordinator. Service coordinators are available Monday through Friday from 8 a.m. to 5 p.m. Central time. You can also leave a private voicemail or email **dchp-CM@ascension.org.**	**Call 512-324-3015 or toll-free 1-844-564-5212 (TTY 7-1-1)**
Member Services Call **1-855-921-6284 (TTY 7-1-1),** Monday through Friday, 8 a.m. to 6 p.m. for questions about your benefits or for help finding a provider or pharmacy.	**Call 1-855-921-6284 (TTY 7-1-1)**
Pharmacy Call **1-855-921-6284 (TTY 7-1-1),** Monday through Friday, 8 a.m. to 6 p.m. for questions about prescriptions or for help finding a pharmacy.	**Call 1-855-921-6284 (TTY 7-1-1)**
What to do in an emergency **If you have an emergency, you should call 9-1-1 or go to the nearest hospital emergency room right away.** For urgent care, you should call your child's primary care provider even on nights and weekends. They will tell you what to do. If you call the primary care provider's office when it's closed, leave a message with your name and a phone number where you can be reached. Someone should call you back within 30 minutes to tell you what to do. Call us to find an urgent care clinic near you. Or call our 24-hour Nurse HelpLine 7 days a week at **1-855-712-6700 (TTY 7-1-1)** for advice anytime, day or night.	**Call 9-1-1 in an emergency or call our 24-hour Nurse HelpLine 1-855-712-6700 if you need advice.**
Extra help getting a ride* Call **1-844-867-2742 (7-1-1)** or call Member Services at **1-855-921-6284 (TTY 7-1-1)** Monday through Friday, 8 a.m. to 5 p.m. Central time, except for state-approved holidays. *Restrictions and limitations apply.	**Call 1-844-867-2742**

Dell Children's Health Plan member rewards

Did you know? Members can get gift cards for getting a checkup, and memberships for local gyms and recreation clubs.

- **$20 gift card** when your child ages 3 to 18 years has a well-child checkup per the Texas Health Steps or the American Academy of Pediatrics visit schedule each year.
- Memberships at Planet Fitness, Boys & Girls Clubs and select YMCA locations to help your child stay active. For more details call Member Services at **1-855-921-6284 (TTY 7-1-1).**

Dell Children's Health Plan resources

You can find provider directories, our provider search tool and your member handbook on our website at **DellChildrensHealthPlan.com.**

To find an urgent care facility near you, go to our website **DellChildrensHealthPlan.com** and select **"After-hours and urgent care locations"** from the member menu. You can also call Dell Children's Health Plan's 24-hour Nurse HelpLine at **1-855-712-6700** or your primary care provider if you are unsure if you need urgent care.

Visit our Health Library for more information about weight management and other conditions at **healthlibrary.ascensioncaremanagement.com.**

For a current list of Dell Children's Health Plan events and other information, follow us on Facebook at **facebook.com/DellChildrensHealthPlan.**

Go to **cdc.gov/healthyweight** to learn about healthy portion sizes.

Check out **sesamestreetincommunities.org** for fun activities and other information around healthy weight management.

Obesity in children: How parents can help

Childhood obesity in the U.S. is growing at an alarming rate. According to the CDC, since 1980, the obesity rate among U.S. children and teens has tripled. Most children become obese because of a combination of poor diet, lack of physical activity and other lifestyle issues. In rare cases, however, a child's excess weight may be because of a specific illness.

What is obesity?

Obesity is defined as a BMI (body mass index) at or above the 95th percentile for children of the same sex and age. Overweight is defined as a BMI at or above the 85th percentile but less than the 95th percentile.

Children who consume too many calories and don't get enough exercise are at risk for obesity. Some children, especially those in lower-income neighborhoods, may have only limited access to healthy foods like fruits and vegetables. The widespread elimination of recess and physical education in schools, along with a rise in idle behaviors like watching TV and playing video games, also keep many children from getting enough physical activity.

To help combat these factors, parents can make these positive changes in kids' lives:

- **Get your child moving.** Children need at least 60 minutes of vigorous physical activity every day. This can include fun aerobic activities like playing tag and jumping rope. Set a positive example for your children by being active yourself. Make exercise a part of your daily routine. Try taking a family walk, dancing, biking or playing an outdoor game together as often as you can.

- **Emphasize fruits and vegetables.** Following a healthier diet can help prevent or reverse obesity. Keep soda and chips out of the house, or have them only on very special occasions. Try serving your children kid-friendly snacks. These include fruit smoothies, raw veggies with yogurt dip, and celery with peanut butter. If fresh produce isn't available or too expensive, look for frozen choices.

- **Watch portion sizes.** Over the last few decades, portions of foods in both grocery stores and restaurants have ballooned. Make sure your children's food intake stays within the USDA recommendations for appropriate meal sizes for each food group. One serving of grains, for example, is just a half-cup of spaghetti or one regular slice of bread. Half a small chicken breast and a small, lean hamburger patty each count as one protein serving.

Facts about obesity

Overweight and obesity together make up one of the leading preventable causes of death in the U.S. Being overweight or obese raises your risk for health problems. These include:

- Heart disease
- Type 2 diabetes
- Asthma
- High cholesterol
- Osteoarthritis
- High blood pressure
- Sleep apnea
- Some types of cancer

Talk with your healthcare provider if you have questions about healthy body weight.

Health effects of obesity

Type 2 diabetes
Obesity is the major cause of type 2 diabetes. Obesity can make your body resistant to insulin, the hormone that regulates blood sugar. When obesity causes insulin resistance, your blood sugar level rises. Even moderate obesity dramatically increases the risk for diabetes.

Heart disease
Atherosclerosis, or hardening of the arteries, happens more often in obese people. Coronary artery disease is also more common in obese people because fatty deposits build up in arteries that supply the heart. Narrowed arteries and reduced blood flow to the heart can cause chest pain called angina or a heart attack.

Joint problems, including osteoarthritis
Obesity can affect the knees and hips because extra weight stresses the joints.

Sleep apnea and respiratory problems
Sleep apnea causes people to stop breathing for brief periods during sleep. It causes sleepiness during the day. It also causes heavy snoring. Sleep apnea is also linked to high blood pressure, increased risk for heart disease, stroke, diabetes, and can even cause an early death. Breathing problems tied to obesity happen when added weight of the chest wall squeezes the lungs.

Cancer
Being overweight or obese increases your risk for a variety of cancers, according to the American Cancer Society.

Metabolic syndrome
The National Cholesterol Education Program says that metabolic syndrome is a risk factor for cardiovascular disease. Metabolic syndrome has several major risk factors. These are stomach obesity, high blood triglyceride levels, low HDL cholesterol levels, high blood pressure and insulin resistance (severe type 2 diabetes). Having at least 3 of these risk factors confirms the diagnosis of metabolic syndrome.

Source: Overview of Obesity (*ascensioncaremanagement.com*)

What is body mass index?

Body mass index (BMI) is one way to estimate a person's body fat that takes into consideration the person's height. BMI is calculated using a person's weight and height. In children and teens, BMI is used to find out if a child or teen is underweight, of a healthy weight, overweight or obese. A child's body fat changes with age. Also, girls and boys differ in their amount of body fat as they mature. This is why BMI for children, also known as BMI-for-age, includes gender and age.

How do I find my BMI number?

You can use the BMI chart below, or your doctor may tell you yours or your child's BMI. It will tell you if you or your child are underweight, at an ideal weight, at risk of being overweight or is now overweight.

	Weight													
Height	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8	27	29	31	34	36	38	40	42	45	47	49	52	54	56
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

underweight healthy weight overweight obese

Directions:

1. Look down the left column to find your height.
2. Find the weight nearest your own.
3. The number in the column is your BMI.

What does my BMI number mean?

Here is what the number means:

Under 20	May indicate malnutrition
20 to 25	Healthy weight range for most people
25 to 30	Increased risks for heart disease, diabetes, high blood pressure, osteoarthritis, sleep apnea and some cancers
Over 31	At greatest risk for above diseases

Learn how to eat healthy with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

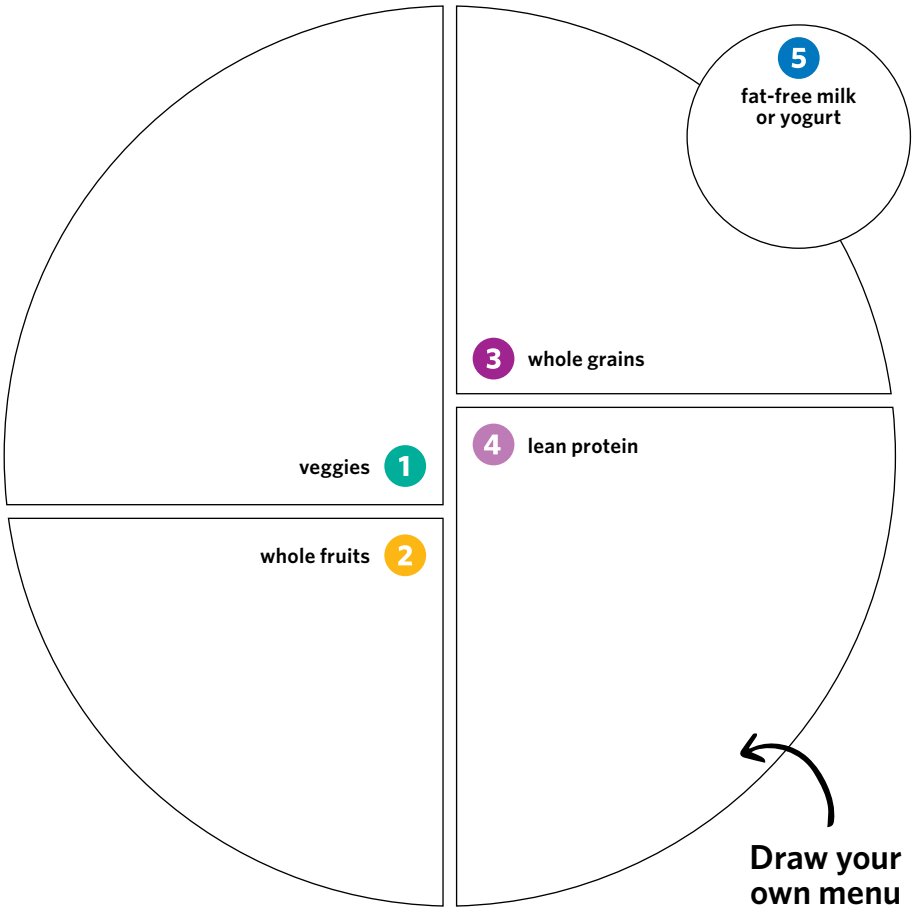
1. **Vary your veggies.** Vegetables may be raw or cooked and can be fresh, frozen, canned or dried. They can be whole, cut up or mashed.
2. **Make half your plate fruits and vegetables.** Focus on whole fruits. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.
3. **Make half your grains whole grains.** Whole grains have the entire grain kernel, which includes the bran, germ and endosperm. Some whole grain examples are whole-wheat flour, bulgur (cracked wheat), oatmeal and brown rice.
4. **Vary your protein routine.** Protein foods include all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds and soy products.
5. **Move to low-fat or fat-free dairy milk or yogurt** (or lactose-free dairy or fortified soy versions).

Create your own MyPlate menu

Try to include all five of the MyPlate food groups: Fruits, vegetables, grains, protein foods and dairy.

Choose foods and beverages with **less added sugars, saturated fat and sodium.**

Don't forget physical activity! Being active can help you prevent disease and manage your weight.



Source: Learn how to eat healthy with MyPlate (*myplate.gov/eat-healthy*)