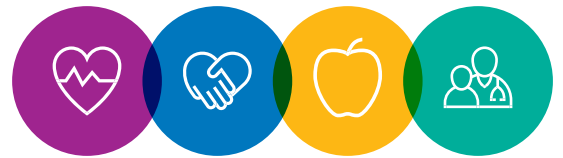


Health Coach



TIPS FOR A HEALTHIER LIFE

Update your asthma action plan for the new school year

An Asthma Action Plan is a written plan that shows you the steps to take to keep your child's asthma under control. It also tells you when to call the doctor or go to the ER. It is important to share this plan with the school at the start of the new school year. If your child's plan changes make sure you update it with the school.

An asthma action plan will include:

- ✓ What makes your child's asthma worse, or 'triggers'
- ✓ The medicine your child has been prescribed
- ✓ Symptoms that indicate worsening asthma
- ✓ Medicines to take based on your child's signs and symptoms
- ✓ Symptoms that indicate the need for urgent medical attention
- ✓ Telephone numbers for an emergency contact, their healthcare provider, and the local hospital

An asthma action plan is divided into three zones (green, yellow, and red).

- ✓ **The green zone** is where you want your child to be every day. In this zone, your child has no asthma symptoms and feels good. Your child should continue to take the long-term control medicine(s) even if they're feeling well.
- ✓ **The yellow zone** means that your child is experiencing symptoms. This is where they should slow down and follow the steps including the use of quick-relief medicine to keep their asthma from getting worse.
- ✓ **The red zone** means your child is experiencing severe asthma symptoms or an asthma flare-up. Follow the steps in their asthma action plan and get immediate medical treatment if your child's symptoms do not improve.

An asthma action plan will have all the medicines and instructions for what to do when your child is feeling well, what to do when they have asthma symptoms, and what to do when their asthma symptoms are getting worse. It will include the names of your child's medicines, how much to take and when to take them. The dose and frequency may change depending on their asthma zone.

If your child has asthma, meet with the pediatrician regularly to update their action plan. Make sure the school and other caregivers have a copy of the action plan and know what to do. An extra rescue inhaler can be prescribed to keep at school for when your child experiences asthma symptoms. Secure an extra inhaler before the beginning of the school year so your child has everything they need to control their asthma while they are at school.

It is important that your child get a flu shot this cold and flu season. Illnesses are often a trigger for asthma flare ups. Call your pediatrician to schedule the flu shot.



If you need help finding a pediatrician for your child, or want more information about an Asthma Action Plan, please contact Dell Children's Health Plan Member Services at 1-855-921-6284 (TTY 7-1-1).

Get your child's screenings in time for school

Does your child have a hard time hearing you? Does your child squint while reading? They may have a hearing or vision impairment.

About a quarter of all school-aged children have some kind of vision problems. If your child doesn't get their vision screenings and there might be a problem it can lead to visual impairment.

Did you know that three out of every 1,000 children are born with hearing impairments? Most children are not born with hearing problems. They can develop in their early childhood years. These problems can impact their speech development, school performance and social interaction.

Your child's vision and hearing are important to us. Children and teens should receive both screenings at each well-child check-up. If your child's provider thinks your child has a problem he or she will send your child for further tests. Studies have shown that **identifying and treating** hearing and visual impairments early can help prevent negative outcomes for your child.

An actual vision test that includes **reading from a vision chart** should be performed at 3, 4, 5, 6, 8, 10, 12, 15 and 18 years of age. EVERY other well child check the doctor should observe your child's vision. If an issue is found further testing should be done.

A hearing test **with a machine** should be performed at 4, 5, 6, 8, 10, and 15 years of age. The doctor will observe your child's hearing at EVERY other well child check. Your child can get specialized hearing testing and hearing aids if needed. If needed, your child can also get specialized eye exams and glasses.



Transportation is available for all well child checks and other healthcare appointments when you need help.

These trips include rides to the doctor, dentist, hospital and the pharmacy.

Call Member Services at 1-855-921-6284 for help.

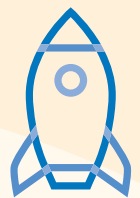
GoManda app helps children with autism develop vocabulary skills



Dell Children’s Health Plan has partnered with GoManda to offer their app to members with autism or speech delay. GoManda app helps build vocabulary comprehension skills.

The app is free for Dell Children’s Health Plan members under age 8. A referral is required. Restrictions and limitations apply.

For more information, call Member Services at **1-855-921-6284** or email qualitymanagement@ascension.org.



Come see us for back-to-school events!

Dell Children’s Health Plan is hosting our annual back-to-school event! Mark your calendars and join us to get free school supplies and other great giveaways.

Saturday August 3, 2024
KIPP Public School South
5107 S I-35 Austin, TX 78744
From 9 a.m. to 1 p.m.

If you can’t make it out to our back-to-school event there will be lots of others to attend. Check out our Facebook page facebook.com/DellChildrensHealthPlan or our website DellChildrensHealthPlan.com for additional back-to-school events.

You can also email us at DCHPCommunityOutreach@ascension.org for help. We look forward to seeing you!

Find health care resources near you

You can download a provider directory online or you can get a print copy sent to you by calling Member Services at **1-855-921-6284**. You can also find doctors and urgent care on our website using our provider search tool for the most up-to-date information at DellChildrensHealthPlan.com.



Follow us on facebook.com/DellChildrensHealthPlan. For a current list of events visit us online at DellChildrensHealthPlan.com.



For more information email us at
dchp-CM@ascension.org

