Health Coach

TIPS FOR A HEALTHIER LIFE

CommuniCare Health Center locations now available near you

Dell Children's Health Plan has recently added CommuniCare Health Centers to our list of in-network providers and locations for you and your child's health care needs.

You and your family can now take advantage of a broad range of health services including behavioral health, pediatrics, cardiology, women's health services and more. For your convenience, CommuniCare Health Centers offers three locations to serve your health care needs:

203 Stillwater Rd
Suite 6
Wimberley, TX 78676
Mon - Fri
8:00 a.m. - 5:00 p.m.
512-268-8900

1941 S Interstate 35
Suite 101
San Marcos, TX 78666
Mon - Fri
8:00 a.m. - 7:00 p.m.
512-268-8900

2810 Dacy Lane
Kyle, TX 78640
Mon - Fri
8:00 a.m. - 7:00 p.m.
512-268-8900

Tips to keep your child safe while bike riding and swimming

Summer is a great time for bike riding, swimming and enjoying the outdoors with your family. But every season has its hazards and this time of year is no exception:

- Bike riding is a great form of exercise. But without protective gear, it can be dangerous. The most common (and often most serious) injury sustained with this activity is a head injury. Making sure your child wears a helmet can reduce the risk of death or injury.
- Most drownings happen in residential swimming pools. You can take steps to protect your child from drowning:
  - Never leave your child unsupervised near water at or in the home, or around a swimming pool.
  - Give your child swimming lessons at the earliest age possible
  - Don't allow your child to dive in shallow water.
  - Make sure your child always swims with a buddy

Sources: https://healthlibrary.ascensioncaremanagement.com/Search/85,P00818; https://healthlibrary.ascensioncaremanagement.com/Search/85,P00867

Protecting your child from getting a sunburn this summer

A sunburn is a red, painful skin reaction after exposure to ultraviolet (UV) light that can cause invisible damage to your child's skin. Since children often spend a good part of their day playing outdoors in the sun, especially during the summer, it's important to protect your child from the sun. Exposure to the sun while playing outside can cause the most sun damage so avoiding peak sun hours between 10:00 a.m. and 4:00 p.m. is advised.

Protect your child from the sun starting when they are born and continue throughout your child's life. To prevent sunburn in children older than 6 months, follow these tips:

- Stay away from the sun in the middle of the day, when the sun's rays are the most damaging.
- Block the sun's rays using a sun protection factor (SPF) 30 or higher sunscreen. Apply the lotion 30 minutes before going outside and reapply it often during the day.
- Cover your child up using protective clothing, such as a hat and long-sleeve shirt when in the sun.Sunglasses and hats with brims are important. Clothing rated with a UPF (UV protection factor) can also be worn.

Keep your babies that are younger than 6 months old out of direct sunlight at all times. The American Academy of Pediatrics recommends using sunscreen on small areas of your infant's body only, such as the face and backs of the hands, if protective clothing and shade are not available.

Source: https://healthlibrary.ascensioncaremanagement.com/Search/90,P01929

Managing your child's diabetes during the summer months

When the days get hotter, keeping close tabs on your child's diabetes is important. These tips can help you prevent diabetes-related problems with your child caused by summer heat:

- Encourage your child to drink lots of liquids.
- Watch for heat exhaustion. People with diabetes are at risk of overheating. This is a higher risk when your child exercises outdoors. Signs of heat exhaustion include heavy sweating, cold or clammy skin, nausea or vomiting and fainting.
- Be on alert for heat stroke. Heat stroke is a medical emergency. It's when your child's body overheats due to long exposure to heat or physical activity in high temperatures. Symptoms include a fast, strong pulse, confusion, headache, nausea and hot, red, dry or damp skin.

***Members receive $40 when they get a diabetes screening HbA1c blood sugar test.**
See your member handbook for more information. Restrictions and limitations may apply.

Call 911 if your child has the symptoms of heat stroke. While you're waiting for help, move your child to a cooler place and help lower their temperature with a cool cloth. There is something else to keep in mind when it comes to hot temperatures outside. Your child's insulin can lose its strength when kept in very hot temperatures such as a suitcase, backpack or the glove compartment or trunk of your car. Make sure to use a travel case with an ice pack to keep insulin cool on hot days but don't let the insulin freeze. Keep the insulin out of direct sunlight.

Source: https://healthlibrary.ascensioncaremanagement.com/Search/56,DM222

Texas celebrated Healthy Texan Week last month

Healthy Texan Week took place May 5 - 11, 2025 across the state to encourage families to eat healthy and add more fruits and vegetables into your diets. There were fun games to play, recipes to try at home and much more.

Now that summer has arrived, it's the perfect time to make a fast, healthy recipe to give you more time to spend outside with your child or watching a sunset. Afterall, we know that summer can be just as busy as the school year with lots of activities in your calendar.

Chicken Rice Bake–prep and cook time: *50 minutes; serves 4*

INGREDIENTS

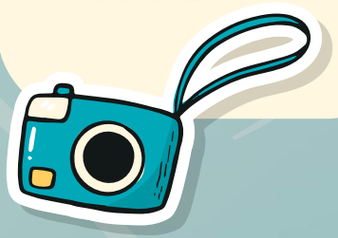
1 tablespoon vegetable oil
4 chicken thighs, skin and fat removed
1 medium onion, chopped
2 large garlic cloves, chopped
1 cup long grain white rice
2 1/4 cups low sodium chicken broth, heated until boiling
1 teaspoon dried oregano (optional)
salt and pepper to taste
1 medium zucchini or summer squash, chopped
2 cups packed fresh spinach, chopped
1 can (about 15 ounces) green peas, drained

DIRECTIONS

Wash fresh vegetables before preparing. Preheat the oven to 350º F. Heat oil in a large skillet over medium heat. Add chicken. Lightly brown on all sides. Remove it from the skillet. Add onion and garlic to skillet; cook until onion is softened, about 5 minutes. Combine rice, broth and oregano (if desired), in a 2 quart casserole dish. Season with salt and pepper. Add back chicken. Cover tightly. Bake for 20 minutes. Stir in zucchini, spinach and peas. Cover and bake for 20 minutes or until liquid is absorbed and rice is tender. If liquid is absorbed before rice is tender, add additional broth or water as needed. Serve warm.

Source: https://directorsblog.health.azdhs.gov/tag/arizona-nutrition-network

- Dell Children's Health Plan offers a free membership at Hays County YMCA locations for members through age 12.
- A free Planet Fitness membership is available for members 15 years and older.
- Dell Children's Health Plan offers overnight summer camp at El Ranchito Camp into July. Members aged 9 to 18 who have all of their vaccinations and have had an annual checkup can register to attend.



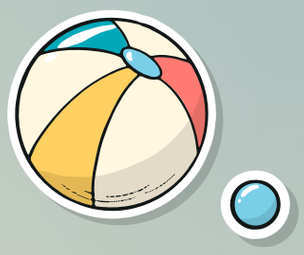
Dell Children's Health Plan can help you manage your child's condition

We can help if your child has diabetes, ADHD, asthma or any other condition that needs special care. **Call Service Coordination at 1-512-324-3015 (TTY 7-1-1) or toll-free 1-844-964-3015 (TTY 7-1-1) for more information.**

Please fill out a health risk assessment today!
Visit **bit.ly/HRA-en** to complete the health risk assessment.

Dell Children's Health Plan loves hosting fun events for your family

On May 30, Dell Children's Health Plan hosted the movie Lilo & Stitch at EVO Entertainment.

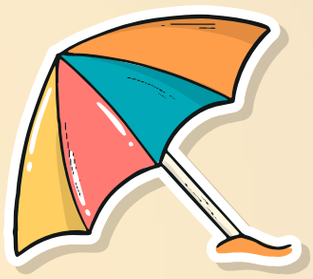


On July 12, Dell Children's Health Plan is hosting our 3rd Annual Back to School Event at Cedar Ridge High School from 9:00 a.m. to 12:00 p.m.

Need medical care? Know your options for you and your family

Whether you need a doctor, urgent care, a specialist, the 24-hour Nurse Helpline or a visit to the emergency room, Dell Children's Health Plan can help you and your child find the right care.

Explore our new **"Where to Get Care"** page to also learn more about after-hours care and pediatric urgent care when your doctor's office is closed.



Member resources are available online

View, download or print the most current provider directories or member handbooks online at **DellChildrensHealthPlan.com**. You can also get these materials in another language or format by calling **Member Services at 1-855-921-6284 (TTY 7-1-1).**

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**

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