

# Health Coach

TIPS FOR A HEALTHIER LIFE



## What to do when you're sick

It's cold and flu season, and it can be hard to know what to do when you get sick. Often, colds and the flu can be treated at home. Here's what to do when you're sick:

- ✓ **Call your provider.** Even if your provider's office is closed, someone will call you back to tell you what to do.
- ✓ **Call the 24-hour Nurse HelpLine at 1-855-712-6700 (TTY 7-1-1).** You can talk to a nurse for advice or help finding care anytime.
- ✓ **Go to an urgent care or after-hours clinic.** You can find one near you at [bit.ly/DCHP-careEN](https://bit.ly/DCHP-careEN).
- ✓ **The emergency room is for emergencies only.** You should only go to the emergency room if you are told to or if you are having a medical emergency.



### Stay protected against the flu during the holiday season.

Dell Children's Health Plan members 3 years old and older can earn a \$25 reward for getting a flu shot. See your member handbook for details. Restrictions may apply.

## Managing medications during the busy holiday season

From busy schedules to family gatherings, the holiday season can get overwhelming. This time of year brings challenges for those managing multiple medications. And family gatherings at different times and changes in time zones can offset medication doses that require a strict schedule.

Here are three simple tips to help manage your medications during the holiday season:

- ✓ Set a schedule to avoid missing a dose of medication.
- ✓ Ask others for help. If you are staying with family or friends, share your medication schedule with them so they can help you stay on track.
- ✓ Stay updated on refills. Opt for automatic refills or call in refills before you travel.

Source: [medisafe.com/5-steps-to-manage-medications-during-the-holidays/](https://medisafe.com/5-steps-to-manage-medications-during-the-holidays/)



## Finding balance: Managing stress and maintaining routines this month

The holiday season can be a time of joy, connection and celebration. But for some people, it can also bring stress. Between travel and holiday expectations, it’s easy for healthy routines to take a back seat. But maintaining balance doesn’t have to mean missing out on the season’s celebrations. With a few small adjustments, you can protect your mental health and keep your well-being on track through the holidays.

- ✓ **Prioritize self-care.** During the holiday season, this often takes a back-seat-but it’s essential for emotional health. Stick to your routines, take breaks and practice mindfulness through journaling or meditation—it can help ground you and reduce anxiety.
- ✓ **Keep a consistent routine.** The structure of your daily routine can help stabilize your mood and sleep patterns, especially during busy times. Try to keep regular sleep, meal and activity schedules.
- ✓ **Give yourself grace.** Remember, maintaining your health is about progress. Some days may feel more stressful than others, and that is alright. Be kind to yourself and celebrate small victories, whether it’s taking a walk, eating a healthy meal or carving out time for resting.

Source: [psychologytoday.com/us/blog/beyond-the-womb/202412/a-guide-to-manage-the-holidays-with-self-care-and-balance](https://psychologytoday.com/us/blog/beyond-the-womb/202412/a-guide-to-manage-the-holidays-with-self-care-and-balance)

## Need behavioral health?

If you are experiencing any sadness or other symptoms that trouble you, reach out to your provider or call **1-800-424-1764 (TTY 7-1-1)** to speak to a behavioral health provider. You can also call the **Service Coordination team at 1-512-324-3015 (TTY 7-1-1) or toll free 1-844-964-3015 (TTY 7-1-1)** or email [dchp-cm@ascension.org](mailto:dchp-cm@ascension.org). You don’t need approval. When you make an appointment, tell them you are covered by Magellan.

## Check out the Notice of Privacy Practices online

This document tells you how and when we use or share your health information. You can find the Dell Children’s Health Plan Privacy Practices online at [bit.ly/DCHP-HipaaEN](https://bit.ly/DCHP-HipaaEN) or in your member handbook. If you need a copy of your member handbook or if you have questions about how we use your health information, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

# Staying on track: Smart eating tips for the holiday season

The holidays are a time for celebration, connection and delicious food. But for many, it also means a struggle to balance temptation with healthy eating. Between rich casseroles, creamy dips and sugary treats, it’s easy to feel like the holidays are a never ending challenge for anyone trying to stay on track with their health goals. Here’s the good news: You and your family can enjoy your favorite holiday dishes without the guilt.

By making some simple recipe swaps, you can boost the nutritional value of your meals, cut calories and still serve up festive dishes that everyone will love:

**Swap #1: Use greek yogurt instead of sour cream:**

Greek yogurt is the secret weapon to make your favorite creamy dishes healthier. It has significantly less fat than sour cream, which means you and your family can enjoy dips and casseroles without sacrificing taste or texture.

**Swap #2: Substitute coconut oil or applesauce for butter:**

If you’re looking to reduce the amount of saturated fat in your holiday baking, swapping butter for coconut oil or applesauce is a great start. For every cup of butter, try using 3/4 cup of coconut oil or an equal amount of applesauce. This swap works especially well in cookies, cakes and quick breads.

**Swap #3: Choose whole wheat or almond flour over white flour:**

Whole wheat flour is loaded with fiber and nutrients that you won’t find in white flour. It also adds a heartier flavor to your holiday baking in pumpkin bread or gingerbread cookies.

**Swap #4: Choose dark chocolate over milk chocolate:**

Dark chocolate is rich in antioxidants and contains less sugar than milk chocolate, making it a better choice when you and your family are looking to satisfy your sweet tooth. Try using dark chocolate in cookies, cakes or as a drizzle on fruit for a guilt-free dessert.

Making healthy swaps doesn’t have to be overwhelming. The key is to plan ahead and keep some of these healthier ingredients on hand.

Source: [www.physiciansplan.com/blog/10-healthy-recipe-swaps-for-guilt-free-holiday-treats](http://www.physiciansplan.com/blog/10-healthy-recipe-swaps-for-guilt-free-holiday-treats)



## Spice up the holidays with this crowd-pleasing buffalo chicken dip

Here’s a lighter twist on a holiday classic! This healthy dip delivers all the cozy flavor without the extra fat.

**Ingredients:**

- 1 cup cottage cheese (use fat-free to cut the fat content)
- 1 cup cooked, shredded chicken breast
- 1/4 cup hot sauce (adjust to taste)
- 1/4 cup greek yogurt (plain, low-fat)
- 1/2 cup shredded cheddar cheese
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- Optional: Chopped green onions for garnish

**Preparation:**

Preheat your oven to 375°F (190°C). In a blender, add cottage cheese, greek yogurt, garlic powder, onion powder, salt and pepper. Blend until smooth, about 30 seconds. In a large bowl, mix the shredded chicken with the blended mixture, hot sauce and half of the shredded cheddar cheese. Pour the mixture into a small baking dish, spreading evenly.

**Cooking instructions:**

Top with the remaining shredded cheddar cheese. Bake for 15-20 minutes until bubbly and golden brown on top. Cool for a few minutes, then garnish with chopped green onions if desired. Serve warm with celery sticks, carrot sticks or whole grain crackers.

Source: [physiciansplan.com/recipes/healthy-buffalo-chicken-dip](http://physiciansplan.com/recipes/healthy-buffalo-chicken-dip)

# Do you know your member rights and responsibilities?

You can find your member rights and responsibilities in your member handbook at [bit.ly/DCHP-HandbooksEN](http://bit.ly/DCHP-HandbooksEN). If you need a copy of your member handbook or if you have questions about how your health plan works, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.



# Service Coordinator Spotlight: Tammy Trimble

Tammy Trimble has worked with our Health Plan for more than four years and has over 10 years of experience helping people with their care. As a RN Service Coordinator, Tammy works with members to understand their needs, make care plans that fit them and help them take charge of their health.

Tammy is passionate about advocating for patients and helping them make informed healthcare decisions. She believes good care starts with listening, being kind and making sure everyone feels respected and involved in their care. Outside of work, Tammy enjoys spending time outdoors, hiking, going to festivals and being with family and friends. One of her favorite quotes is from Mother Theresa: *“Spread love everywhere you go. Let no one ever come to you without leaving happier.”*



## Mark your calendars

Join Dell Children’s Health Plan for a free community event to celebrate the holidays at the Jingle-bell Bash event. Families attending the event will get three gifts, per family, at no cost!

2<sup>nd</sup> Annual Event

Jingle-bell Bash



December 18th  
From 5:00 pm to 7:30pm  
Webb Middle School: 601 E St Johns Ave  
Austin, TX 78752



Austin  
Voices  
for Education  
and Youth

WEBB  
MIDDLE SCHOOL

PS

CENTRAL  
TEXAS  
FOOD  
BANK



Dell Children’s Health Plan members will receive an extra gift when each member presents their ID card. While supplies last. No registration is needed.

For more information email us at [dchp-CM@ascension.org](mailto:dchp-CM@ascension.org)

