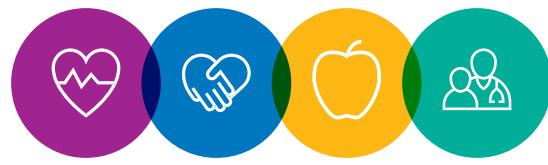


# Health Coach



## TIPS FOR A HEALTHIER LIFE



### What to do when your child is sick

It's cold and flu season, and it can be hard to know what to do when your child gets sick. Often, colds and the flu can be treated at home. Here's what to do when your child is sick:

- ✓ **Call your child's provider.** Even if your child's 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](http://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.



### Help your child 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.*

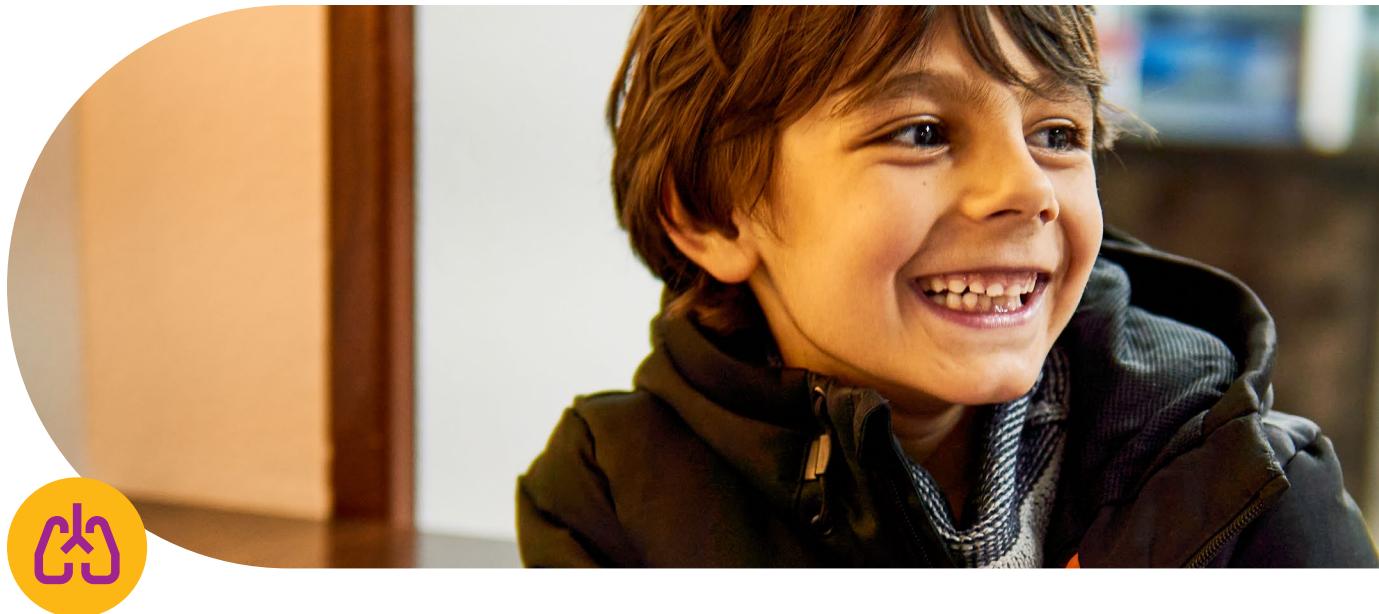
### Managing your child's medication during the holiday season

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 child's 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 child's medication schedule with them so they can help you stay on track.
- ✓ Stay updated on your child's refills. Opt for automatic refills or call in refills before you travel.

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



## Winter's chill can make your child's asthma worse: Here's how to help

As the crisp air sets in, many families look forward to hot chocolate, warmer clothes and playing outside. But for kids with asthma or other breathing conditions, cooler weather can also mean more flare-ups and discomfort. Cold, dry air is known to irritate the airways, and seasonal triggers like cold, flu and indoor allergens can make things worse. The good news is that with some preparation and awareness, you can help your child breathe easier through the winter months. Tips for keeping your child's symptoms under control:

- ✓ **Bundle up before going outdoors.** Wearing a scarf or a loose-fitting mask over the nose and mouth helps warm the air before it reaches your child's lungs.
- ✓ **Make sure asthma medicine is taken on a regular basis.** If your child uses an inhaler or takes daily asthma medicine, make sure your child doesn't skip any doses. Keep rescue inhalers on hand and ensure your child knows how and when to use them.
- ✓ **Move physical activity indoors.** When the air outside is cold and dry, encourage kids to do indoor exercises and activities.
- ✓ **Stay ahead of illness.** Colds and the flu can make breathing issues much worse. Encourage frequent hand-washing, good sleeping habits and seasonal vaccines to help reduce the risk of illness.

Source: <https://www.childrens.com/health-wellness/managing-asthma-in-the-winter>

## Does your child need behavioral health?

If your child is experiencing any sadness or other symptoms that trouble them, reach out to your child's provider or call **Magellan at 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 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)



### **Celebrate the season with festive brownies**

Here's a healthier twist on a holiday classic! These brownies deliver all the flavor without the extra fat.

#### **Ingredients:**

1 cup plain Greek yogurt  
2 large eggs  
1/2 cup honey or maple syrup (or sugar/sweetener of choice)  
1 tsp vanilla extract  
1/2 cup unsweetened cocoa powder  
1 cup almond flour (or oat flour)  
1 tsp baking powder  
Pinch of salt  
1/2 cup dark chocolate chips (optional, for folding in and topping)

#### **Cooking instructions:**

1. Preheat your oven to 350 degrees.
2. Combine the wet ingredients (Greek yogurt, eggs, honey or maple syrup, vanilla) in a large bowl.
3. In a separate bowl, mix the dry ingredients (almond flour, cocoa powder, baking powder, salt).
4. Stir the dry ingredients into the wet mixture until combined.
5. Fold in half of the dark chocolate chips, if desired.
6. Pour the batter into the prepared pan, spread it and add the remaining chocolate chips on top.
7. Bake for 20-25 minutes until the center is set.
8. Allow the brownies to cool before cutting.

Source: [google.com/search?q=easy+brownies](http://google.com/search?q=easy+brownies)

## 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





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)