



HEALTH PLAN OF NEVADA
A UnitedHealthcare Company

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

health TALK

¡VOLTEE PARA ESPAÑOL!

SUMMER 2010



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▼ SESAME STREET

RED FLAGS

The Red Flags Rule says that health care providers need to help prevent medical identity theft. They must make sure patients are who they say they are. They want to make sure someone else isn't using your health plan ID card. This means your provider might ask for your driver's license or other photo ID. Be sure to take your ID with you when you get health care.

fun_{WITH} food

LEARN ABOUT 'ANYTIME' AND 'SOMETIMES' FOODS

Cookie Monster knows how important it is to eat right. He used to eat cookies all the time. Then he learned about "anytime" and "sometimes" foods. Now he eats mostly healthy foods. But Cookie Monster can still have cookies as a special treat.

"Anytime" foods are things we can eat every day. These are foods like fruits, veggies, whole grains, lean meats and low-fat yogurt. Drink water or low-fat milk with these.

"Sometimes" foods are things we should only eat once in a while. These are foods like cookies, candy, chips, fast food and sodas. They are high in sugar, fat or salt.

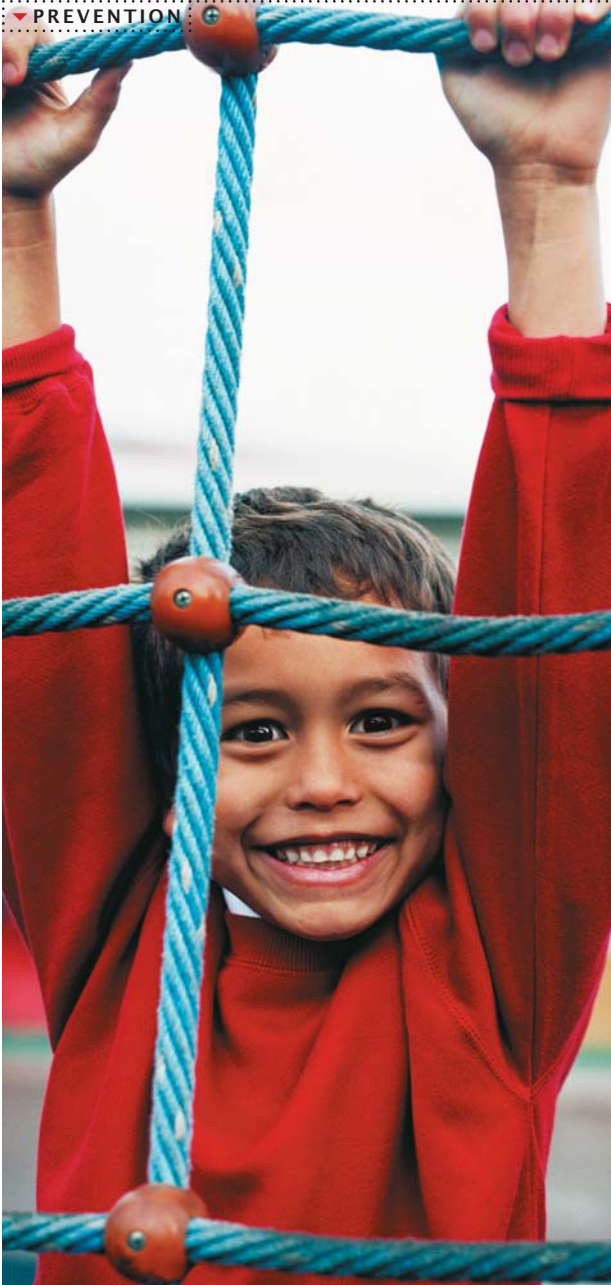


A BIG WELCOME Health Plan of Nevada has a new partner in healthy habits for life — Sesame Street. Together we'll make healthy eating and fitness fun for you and your kids!

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TAKE your BEST shot

IMMUNIZATION UPDATES FOR KIDS AND TEENS

Years ago, many children died from common diseases.

Today, these diseases are very rare. This is because children now get vaccines to protect them from getting sick.

Sometimes there are changes to who should get certain shots or when they should get them. Here are two newer vaccines that recently changed.

HUMAN PAPILLOMAVIRUS (HPV)

WHAT: HPV is very common. You get it from unprotected sex. About half of all sexually active people will get it at some point. It usually has no symptoms. But it can cause cervical and other cancers. There is now a vaccine for HPV.

WHEN: The vaccine is given in a series of three shots. It is recommended for 11- and 12-year-old girls. But it can now be given to both females and males ages 9 to 26. Ask your doctor what's best for your child.

CHICKEN POX (VARICELLA)

WHAT: Most of the time, chicken pox is not serious. But it can sometimes be dangerous. It can cause skin infections and pneumonia. Some kids die from it. A vaccine has been available since 1995.

WHEN: The first vaccine is given at age 12-15 months. A second dose should be given at age 4-6 years. The shot is now also available combined with the MMR. The MMR protects against measles, mumps and rubella. The combination shot is called MMRV (measles, mumps, rubella and varicella).



SCHOOL'S OUT! Enjoy your summer. But start planning for the fall now. Call your child's primary care provider (PCP) today. Make an appointment for a school checkup. Collect school and sports forms you need ahead of time. Beat the rush!

two by 2

GET YOUR BABY TESTED FOR LEAD

Lead is a metal in our environment. Before we knew it was dangerous, it was used in paint, gasoline and plumbing. Today, there are laws against using it. Other countries don't have the same laws. That's why painted toys or other products made outside the U.S. can have lead. Homes built before 1970 can still have lead in their paint or pipes.

Even small amounts of lead can be dangerous to your children. Over time, lead poisoning can lead to problems. Children may have lower intelligence, slow growth, learning disabilities and other problems.

Have your child tested for lead at 1 and 2 years of age or when your doctor recommends. Lead poisoning can be treated when caught early.



GET TESTED Health Plan of Nevada pays for lead testing.

sweetie pie

KNOW THE SIGNS OF TYPE 2 DIABETES IN KIDS

Type 2 diabetes used to be called adult-onset diabetes. Today, it is becoming more common in kids.

Most kids diagnosed with type 2 diabetes are overweight. Many kids with diabetes have a parent who has the disease. It's also more common in kids of Native American, African American, Hispanic/Latino or Asian/Pacific Island descent.

Symptoms usually start so slowly you might not notice them. Some people with type 2 diabetes have no symptoms. Ask your child's doctor to check for diabetes if your child:

- urinates often (a child who was dry through the night might start wetting the bed)
- is very thirsty or hungry
- loses weight, or doesn't gain weight as he or she grows
- often feels tired
- takes a long time for wounds to heal
- gets yeast infections before puberty
- has blurred vision
- has fruity-smelling breath
- gets dark, thick patches of skin around the neck, armpits or groin



WE CARE If your child has diabetes, Health Plan of Nevada has a program that can help. You can talk to a case manager who can help you understand your child's disease. We will send you reminders about important tests. Call 702-242-7346 in Las Vegas or 877-692-2059 outside of Las Vegas to find out how your child can join.



LIFE lessons

HAVE A SCHOOL PLAN FOR KIDS WITH SPECIAL NEEDS

Does your child have a health or learning problem? If so, it's important that his or her school knows about it.

The school should have a plan for your child. It will say how the school can help your child succeed or be healthy. A plan for a learning problem is called an Individualized Education Plan (IEP). Learning problems could include attention deficit hyperactivity disorder (ADHD) or dyslexia. A plan for a health problem is called a Section 504. Health problems might include asthma or food allergies.

Talk to the school principal before school starts. Ask for a meeting with the team that works with your child. The team should include your child's teachers and other people who help your child such as the school nurse or social worker. Tell the team about any changes in your child's health or learning. Make sure they know how to reach you if they have concerns. If your child changes schools, make sure the plan goes to the new school.

quality counts

Health Plan of Nevada wants all our members to be healthy. That's why we have clinical quality improvement (QI) programs. These programs:

- **HELP** members with chronic illnesses get the care they need.
- **WORK** with pregnant women to have healthy babies.
- **REMIND** members to get important tests and immunizations.
- **MAKE** sure members get follow-up care after they are in the hospital.
- **CHECK** to see how certain illnesses are treated.

Part of QI is measuring how well these programs are working. We check doctors' records. We look at claims data. We send surveys to members. We look at these results to see how we can do better. We share this information with providers and members.



HAVE IT ALL To see our latest QI plan and results, visit www.hpnmedicaidnvcheckup.com. Or, call Member Services at 1-800-962-8074 to ask for a copy.



1 IN 4 STUDENTS ARE BULLIED.

beat THE bullies

5 TIPS FOR TALKING ABOUT BULLYING WITH YOUR CHILD

Bullying takes many forms. It can be physical, like hitting. It can be verbal, like teasing. It can be emotional, like making another kid feel left out. It can even be electronic, like sending mean text messages.

Being a victim of a bully can cause serious problems. Kids can become very sad and lonely. They might not want to go to school. Some feel sick, or even think about suicide.

Kids who are bullied often don't tell anyone. They might be embarrassed. They might be afraid the bullying will get worse if they tell. What can you do if your child is being bullied? The first step is to talk about it. Here are some tips for talking about bullying:

- 1 DON'T TELL YOUR CHILD TO IGNORE IT.** That might make him or her think you are going to ignore it.
- 2 DON'T BLAME YOUR CHILD.** Don't ask what your child did to deserve it.
- 3 LISTEN TO YOUR CHILD.** Ask questions. Thank him or her for telling you.
- 4 SUPPORT YOUR CHILD.** Explain that it's not his or her fault. Ask what you can do to help.
- 5 DON'T TELL YOUR CHILD TO FIGHT BACK.** That often makes things worse.

Once you understand the problem, talk to your child's teacher or principal. Stay calm. Ask how you can help. If nothing changes, talk to the school again.



STOP IT Learn how you can stop bullying at www.stopbullyingnow.hrsa.gov. This website has videos and information for kids, parents and teachers.