

winning health



Santa Clara
Family Health Plan
The Spirit of Care

Summer 2013



Checkups help your provider make sure that your child is growing strong.

- Get any needed vaccines.
- Have his or her eyes, ears, heart, mouth and other body parts checked.

Your provider can also talk to you about issues such as:

- Teething.
- Safety.
- Potty training.

Well-child checkups should continue through the teen years. Teens face their own special issues, such as:

- Peer pressure.
- Emotional problems.
- School or learning difficulties.

Your child's provider is a great source of information for kids at this age.

These checkups are also a great time to ask questions of your own. You might have questions or concerns about things like your child's behavior, nutrition or sleep. Ask your provider for help.

Source: American Academy of Pediatrics

Well-child visits

A KEY TO KEEPING KIDS HEALTHY

A doctor's office isn't just for sick kids.

In fact, a good way to keep kids healthy is to see their provider when they are well.

These checkups are called well-child visits. And they give your child's provider a chance to make sure your child is healthy and growing strong.

The first well-child checkup happens before a baby leaves the hospital. After that, your child needs a checkup at:

- 3 to 5 days after birth and within 48 to 72 hours after you leave the hospital.

- 1, 2, 4, 6, 9 and 12 months.
- 15, 18, 24 and 30 months.
- 3 and 4 years.
- Once a year after age 4.

Your provider may ask to see your child more often. At these visits, your provider will make sure your child's health is on track. For example, he or she will check that your child can do things like roll over, babble, sit up and walk when he or she ought to.

Your child will also:

- Be weighed and measured.

Presorted Standard
U.S. Postage
PAID
Walla Walla, WA
Permit No. 44

Vaccinate at all stages of life

Shots aren't just for kids. Adults need them too. You might have gotten shots when you were a kid. But you still need them as an adult. They can help you stay healthy.

What shots do you need?

Not all people need the same shots. Some are good for almost everyone. Others are only for people at risk for certain illnesses.

What's right for you may depend on: **»** Your age. **»** Your health. **»** What shots you've had. **»** Your job.

Why get shots? There are lots of reasons to keep your shots current. For instance, shots can:

- Help keep you well.
- Help keep your family well.

■ Help you be a good role model for your kids.

Talk with your provider. He or she can tell you which shots you need.

Source: Centers for Disease Control and Prevention

Call Member Services at 800-260-2055 to learn about coverage for shots.

Some of the shots that adults might need

Chickenpox	This illness can be more serious in adults than in kids.
Flu	Most people should get a dose every fall.
Hepatitis	There are shots for two kinds of hepatitis. You may need the shots if you are at risk for either kind.
HPV	Women need this shot if they are age 26 or younger. Men need it if they are 21 or younger, or 26 or younger if they're at high risk. It can help prevent the types of human papillomavirus (HPV) that can cause genital warts and some cancers.
Meningococcal	This helps prevent several kinds of serious illnesses, including meningitis.
MMR	This shot is for measles, mumps and rubella. If you were born after 1956, check with your doctor to see if you need it.
Pneumococcal	These shots are for adults age 65 or older. Ask your doctor if you need them.
Shingles	This is a shot for adults age 60 and older. It can help prevent this painful rash.
Tdap	This protects against tetanus, diphtheria and pertussis. Here's what to know about this shot: <ul style="list-style-type: none"> ■ All adults need a Td (tetanus/diphtheria) booster every 10 years. ■ Women need this shot every time they become pregnant. ■ If you have never had a Tdap, then you'll need one when it's time for your next booster.



Four tests everybody needs

Get screened. That's smart advice if you care about your health. Screening tests can find health problems before you have symptoms and feel that something may be wrong. And that's important. When you find a disease early, it may be easier to treat.

This chart will help you learn about four tests all adults need.

1 test for BLOOD PRESSURE	
WHEN you need it	Starting at age 18, get tested at least every two years.*
HOW it's done	Your provider can test your blood pressure at a checkup.
WHY you need it	High blood pressure often has no signs. The only way to know you have it is to be tested. Left untreated, it can cause a heart attack or stroke.

When do children and teens need vaccinations?

Age	HepB Hepatitis B	DTaP/ Tdap Diphtheria, tetanus, pertussis (whooping cough)	Hib <i>Haemophilus influenzae</i> type b	IPV Polio	PCV Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	HepA Hepatitis A	HPV Human papillomavirus	MCV4 Meningococcal conjugate	Influenza Flu	
Birth	✓												
2 months	✓ (1–2 months)	✓	✓	✓	✓	✓							
4 months	✓	✓	✓	✓	✓	✓							
6 months	✓	✓	✓	✓	✓	✓							
12 months			✓										
15 months		✓	✓		✓	✓	✓	✓	✓	✓	✓		
18 months		✓							✓✓ (2 doses given 6 months apart at age 12–23 months)				
19–23 months	Catch-up	Catch-up	Catch-up	Catch-up	Catch-up		Catch-up	Catch-up				✓ (One dose each fall or winter to all people ages 6 months and older)	
4–6 years		✓		✓			✓	✓					
7–10 years		Catch-up											
11–12 years		✓ Tdap			Catch-up			Catch-up	Catch-up	Catch-up	✓✓✓		✓
13–15 years		Catch-up (Tdap)								Catch-up	Catch-up		
16–18 years											Catch-up		✓

What is “catch-up”? If your child has missed vaccinations, get your child vaccinated as soon as possible. If children have not completed a series of vaccinations on time, they will need only the vaccinations left in the series. There’s no need to start over.

Source: www.immunize.org/catg.d/p4050.pdf

2 test for DIABETES

WHEN you need it	Starting at age 45, get tested at least every three years.*
HOW it’s done	A blood sample is drawn and tested.
WHY you need it	There are only a few symptoms of diabetes in its early stages. That means it often isn’t diagnosed for up to 10 years. During this time, it could harm your heart, eyes, kidneys and nerves.

3 test for CHOLESTEROL

WHEN you need it	Starting at age 20, get tested at least every five years.*
HOW it’s done	A blood sample is drawn and tested.
WHY you need it	Too much cholesterol in your blood can cause a heart attack. But even when cholesterol is high, you might not feel sick.

4 test for COLON CANCER

WHEN you need it	Start at 50. There are many ways to be tested. Some tests are done every one to two years, others every 5 to 10 years.*
HOW it’s done	That depends on which test you have. Some tests can be done at home. Others need to be done at a clinic or hospital.
WHY you need it	Testing can find growths before they turn into cancer.

*You may need to be tested earlier or more often depending on your personal or family medical history.

Sources: American Diabetes Association; U.S. Department of Health and Human Services



Medi-Cal expansion

What does it mean for you and your family? In January 2014, Medi-Cal coverage will expand to include many adults who do not qualify today. If you haven't qualified in the past, but your family income is less than 133 percent of the federal poverty level (FPL), you may qualify in 2014. 133 percent of FPL is about \$15,281 per year for a family of one, or \$31,321 per year for a family of four.

Here in Santa Clara County, if your family income is less than 133 percent of the FPL, you may qualify for Valley Care (a local health coverage program) right now! Call **866-967-4677** to see if you qualify.

Indian Health Center

Do you want to get in shape?

Join the fun and activities at the Indian Health Center!

As a Santa Clara Family Health Plan member, you can enjoy:

- Open gym membership (for all members 13 and over).
- Diabetes education, which includes nutrition classes and smoking cessation classes.

Call Jennifer Aviet at **408-445-3400, ext. 278**, to get started, or visit **indianhealthcenter.org** for more information!



Should kids be tested for lead?

Q. We live in an older home. Should my daughter be tested for lead?

A. It's smart to be concerned about kids and lead. That's especially true if you live in a home built before 1978.

Back then, paint often contained lead, which is poisonous. As that paint wears away, paint chips, dust or dirt containing lead can wind up on kids' hands. And those hands can end up in a kid's mouth.

Kids exposed to lead risk learning and behavior trouble and other problems.

A blood test can determine your child's lead levels. Ask your doctor if your child should have one.

Source: American Academy of Pediatrics



Text BABY to 511411

& get **FREE** messages on your **cell phone** to help you through your pregnancy & your baby's first year.



A trained, caring professional will help you 24 hours a day in 170+ languages and TTY. **211 is free and confidential.**

We can help you find:

- Food, shelter, homeless services
- Employment assistance
- Health care/mental health services
- Immigration services
- Legal services
- Child care
- Senior services...**and much more!**

Information is also available at www.211scc.org