



Missouri Care<sup>SM</sup>  
AN AETNA HEALTH PLAN

Fall 2010

[www.missouricare.com](http://www.missouricare.com)

# your family's health

## Family mealtimes matter

**T**here's nothing quite like a home-cooked meal. It can be even more special when shared with family.

But these days, busy schedules may leave little time for family meals. Still, it's important to try to make time when you can.

Everyone benefits from family meals, especially kids. Family meals can:

- Strengthen your family bond. Everyone gets a chance to talk and listen to each other.
- Help kids learn good nutrition. Kids who eat with family tend to eat healthier than kids who don't eat with their families. They also eat a wider variety of foods, more fruits and vegetables, and less junk food.
- Help keep kids out of trouble. Teens who eat with their families several times a week are less likely to smoke, drink or use drugs.

### Making time

Finding time for family meals can be tricky when everyone has a busy schedule. The key is to plan ahead. These tips can help:

**Pick a date.** Pencil in family dinners on a calendar. Choose days when everyone can be home.

It may not always be possible to eat together every night. But even one or two nights a week is a great start.

#### Plan meals ahead.

Once a week, write down meals for next week. This can help save you time at the grocery store and in the kitchen. If you're in a hurry, try creating a buffet of leftovers.

**Tune out distraction.** To help make dinnertime conversation time:

- Turn off the TV.
- Let the answering machine pick up phone calls.

Source: American Dietetic Association



■ ■ **Strengthen family bonds by giving everyone a chance to talk and listen.**





By **Cla Stearns, PhD**

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**B**e **thinking ahead!** Before you know it, it will be time to head back to school.

Children going to school for the first time—or going back to school in a new grade—often have some worries. As a parent, it is important to let your child know that you understand his or her concerns.

**Be positive!** Try to focus on some positives. For example, if a child is worried about all the new kids he or she will meet, move the focus to all the new friends he or she will make. If a child had a bad experience in a previous grade, focus on how this year will be a fresh start.

Don't ignore your child's worries. Instead, figure out some new strategies to attack the problems that might come up. If you show that you are excited about this new part of your child's life, chances are he or she will get excited too.

### Let your child know that you understand his or her concerns.

**Be organized!** Go over safety plans—such as how to get home safely, what to do if something goes wrong and how to get in touch with you if needed. Work on setting aside a place for the child to do homework. Establish some expectations and rewards.

Summer-to-school transitions can be stressful for younger and older children alike. It is easy in

## Cultural competency

*How we make you comfortable with your health care*

Missouri Care wants you to receive the best care possible. Our new Cultural Competency program ensures that you get helpful, clear and respectful care. No matter your health beliefs, health practices and language.

We are working with your health care providers (HCPs) and the community so that you can feel comfortable and understand your health care.

What does Missouri Care do for cultural competency? We offer:

- Translation services.
- Interpreter services.
- Materials in different languages.
- The Ask Me 3 program—ask your HCP three questions to better understand your health.

the short term to let the summer fade away and try to deal with this stress when it is at its peak, right before school starts back up.

Like many things in life, though, it is better in the long term to plan ahead and deal with problems before “life happens” and you are left with fewer choices.

Try to make the beginning of this school year the best yet!



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### Important Missouri Care Phone Numbers

Customer Service	1-800-322-6027
MTM Transportation	1-800-695-5791
Informed Health Line	1-800-556-1555
(24-hour nurse advice line)	
Behavioral Health	1-800-889-4073

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# Emergency care

Know when you need it

**T**he emergency room is for real emergencies. If you feel like your or your child's life is in danger, you should go to the emergency room or call **911**.

If you do not believe your life is in danger, you should call your health care provider (HCP). If it is not an emergency and you get sick after the office is closed or on a weekend, call the office anyway. HCPs have answering services that will tell you what to do and where to go.

You can also call Informed

Health Line at **1-800-556-1555**, which gives you direct telephone access to a nurse 24 hours a day to help answer your health care questions or address problems.

An Informed Health Line nurse can help you decide if you need immediate attention or not for the following types of conditions:

- High temperature. ■ Vomiting.
- Rash. ■ Non-life-threatening pain or fever. ■ Anything you feel needs care but is not an emergency.

**Go to the emergency room or**

**call 911 if you have any of these:**

- Chest pain.
- Extreme, severe headache pain.
- Trouble moving your legs or arms.
- Trouble breathing.
- Bleeding you cannot stop.
- Broken bones.
- Loss of consciousness (passing out).
- Deep cuts or bad burns.
- Pregnancy with bleeding or pain.
- Poisoning or overdose.
- Gunshot wound.
- Anything that seems like your life or limbs are in danger.

**Call your HCP if you need help with any of these:**

- Earaches.
- Fever.
- Sore throat.
- Backaches.
- Cold or flu.
- Small cuts.
- Prescription refill.
- Back strain.

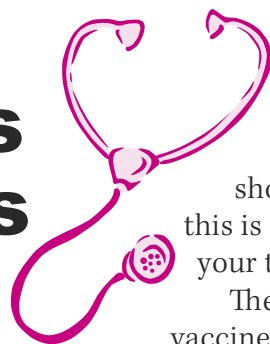
If you are not sure about what to do or where to go, call your HCP or call Informed Health Line at **1-800-556-1555**.

## Teen checkups and shots

**R**egular checkups are important for older kids. Even for kids who are healthy. This is a good time to make sure your child is healthy.

It's also important to check that your teen has had these shots:

- Chickenpox. ■ Hepatitis B.
- MMR (measles, mumps, rubella).
- Flu.



These vaccines can help prevent serious diseases. Your child may have already had these shots at a younger age. But this is a good time to make sure your teenager is up-to-date.

There are also some vaccines just for children over 12 years old. During this time, kids start middle school or may go to camps more. This can raise their risk for getting different diseases.

**MCV4.** This vaccine can help protect your child from a serious infection called meningitis. It can cause serious health problems,

such as hearing loss. Meningitis can also cause death.

**Tdap booster.** This vaccine protects against tetanus, whooping cough and diphtheria. Whooping cough is very contagious.

**HPV vaccine (for girls).** HPV stands for *human papillomavirus*. This shot helps protect against the virus that can cause cervical cancer.

These shots are a covered benefit for Missouri Care members. Call your teen's health care provider (HCP) or your local public health agency for an appointment for his or her shots. Keeping your teen healthy is important.

## Food for thought

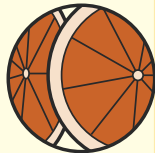
» Here are close-up drawings of foods from five healthy food groups. See if you can guess what the foods are. There's a clue with each to help you.

**Food group:** Milk.  
**Clue:** Its calcium helps build strong teeth and bones.



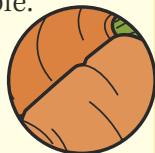
**Food group:** Meat and beans.  
**Clue:** It provides B vitamins that keep your brain working and help you grow and develop.

**Food group:** Fruit.  
**Clue:** Loaded with vitamin C, it may help cuts heal and help you fight off illness.



**Food group:** Grains.  
**Clue:** It gives you energy and is a good source of fiber.

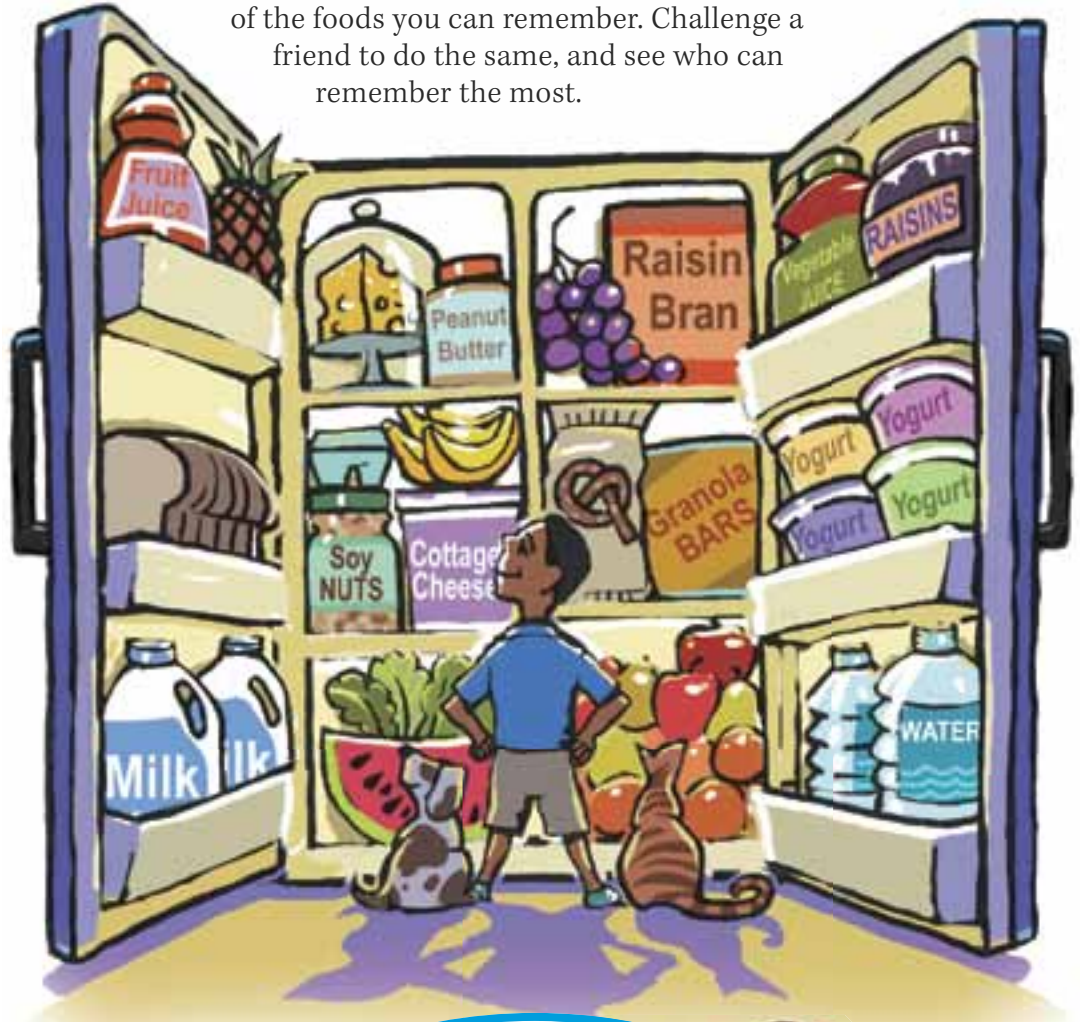
**Food group:** Vegetable.  
**Clue:** It helps keep your skin and eyes healthy.



ANSWERS:

## Remember the munchies!

» This fridge is loaded with healthy snacks. Study it for one minute. Then turn the page and see how many of the foods you can remember. Challenge a friend to do the same, and see who can remember the most.



## A food funny

**Q:** Why did the students eat their homework?

**A:** Their teacher told them it was a piece of cake!

