

Fall for Good Health! Fall/Winter 2011

chip Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.
www.chipcoverspakids.com

KidzPARTNERS
HEALTH PARTNERS' Plan for Children
www.kidzpartners.com



Kidz-Strong

Fast facts to keep your kids healthy and strong

Kidz-Strong Tips

Do you see what I see? Children's eyesight may change, especially in their early school years. They may have trouble seeing the blackboard or reading. KidzPartners covers routine vision care, including the cost of exams and eyeglasses or contacts. It's easy to see why this benefit helps kids do better in school!



Drop in! Have questions about CHIP and KidzPartners that you'd like to ask in person? Visit our Community Outreach Office at 1829 E. Allegheny Avenue in Philadelphia. It's open Monday through Friday, 8:00 am to 4:30 pm. The phone is 215-426-4372.

Baby's first solid foods.

A new study in the journal Pediatrics links introducing solid foods to formula-fed babies before four months of age to a six times higher chance of the child being obese by age six. Remember that breastfeeding is the best option for infants when possible.



Before you light up. Did you know second-hand smoke causes health problems for everyone around you—especially children? Think about it, and be a positive role model for your kids.



The flu bug's back.

It's the time of year for a flu shot. The Centers for Disease Control (CDC) recommends that all children over age six months receive a flu shot. Schedule your child's flu shot as soon as possible. KidzPartners covers flu shots and much more.

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Check out our website—www.kidzpartners.com!

Our upgraded online provider directory is easier and faster to use, and now offers maps, driving directions, and SEPTA travel information.

Crunch! Did you know that apples, when eaten with the skin on, help build muscle and reduce blood sugar levels? They're the perfect afterschool snack. Kids can take apples and other fruits "to go," too! Remember to rinse fruits and vegetables carefully.

Go natural! Skip processed foods whenever possible. They contain preservatives and other non-natural ingredients, plus are high in salt and fat. Besides increasing kids' risk for diabetes, obesity, and heart disease, processed foods are now thought to increase the risk of developing allergies.



Move! Encouraging and joining your kids in an exercise program will help them reduce the risk of developing diabetes, obesity and heart disease. We know it's harder to exercise when the weather turns cold, but KidzPartners has the answer: Our fitness benefit offers free memberships at local fitness centers and YMCAs. Check with your children's doctor first, then sign them up for this great way to keep fit.

KidzPartners Member Corner

Important info for members

- ◆ Remember to renew your child's CHIP coverage each year. It's easy—you can even renew up to three months in advance!
- ◆ Our 24/7 Member Relations line can answer your benefit, enrollment or other plan questions: 1-888-888-1211 (TTY 1-877-454-8477).
- ◆ KidzPartners members can get help with health questions anytime. Call our 24-hour Nurse Advice Line: 1-866-855-9747.
- ◆ Our Healthier YOU Care Management program offers extra help for members with asthma, diabetes and serious weight problems. Call 1-866-500-4571.
- ◆ Need to make a change regarding who can speak to KidzPartners about your child? Just call Member Relations at 1-888-888-1211 anytime and request a form to add or remove someone from your call-in list.



Get Moving!

One third of kids face a life of serious health problems due to obesity. We can help your kids avoid this with:

- Fitness center memberships
- Our Weight Watchers® benefit (for children 10+)
- Nutrition counseling

CHIP, brought to you by KidzPartners, offers FREE or low-cost health insurance for uninsured kids and teens. Plus a lifetime of better health.

Apply today!
1-888-888-1211
TTY-1-877-454-8477



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