



# Delaware health aware

Summer 2008

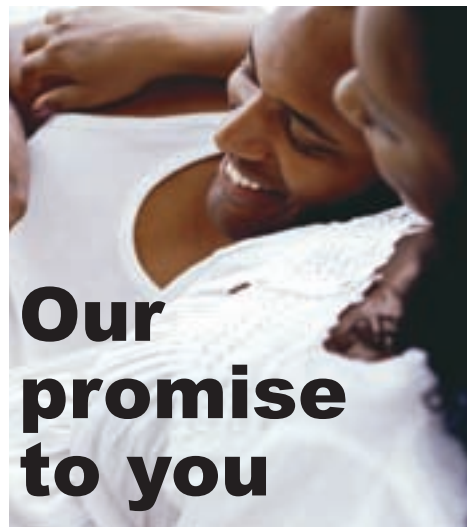
## Things to Know

### Member Advocates receive community recognition

The mayor of Wilmington recognized Delaware Physicians Care, Incorporated, (DPCI) Member Advocates Judith I. Rodriguez and Paula Victoria for their participation in the 2008 Dr. Martin Luther King Jr. Day of Celebration. The event took place at the Chase Center on the Riverfront on Jan. 21.



*From left: Dr. Easley Wallace Jr., 2008 MLK committee co-chair; Tina Betz, 2008 MLK committee co-chair; James Baker, mayor of Wilmington; Judith Rodriguez, DPCI Member Advocate; Dr. Ross Armbrrecht Jr., executive director of the Delaware Foundation for Science and Mathematics Education; and Paula Victoria, DPCI Member Advocate*



## Our promise to you

**D**elaware Physicians Care, Incorporated, (DPCI) wants to give you the care you need and the respect you deserve.

We are offering you the DPCI Promise because we want to help you and your baby stay healthy. The Promise Program has four parts:

- Case managers who share information about how to take care of yourself while you are pregnant.
- Our Perinatal Appointment

Compliance Tool Program helps you keep your doctor visits both before and after your baby is born.

■ The Promise program rewards you for keeping your doctor appointments. The more you keep, the bigger the reward you earn. See the chart below to find out more.

Level	Complete	Earn
1	7 visits before your baby is born and 1 visit after	Portable crib, or go to the next level
2	8 to 10 visits before your baby is born and 1 visit after	Play yard or car seat, or go to the next level
3	11 visits or more before your baby is born and 1 visit after	Stroller

(Effective for all deliveries on or after July 1, 2008.)

■ Delaware Physicians Care Teen D.R.E.A.M. Program is for our teen members.

To sign up or to learn more, call DPCI Member Services at **1-866-543-2167** or visit [www.DelawarePhysiciansCare.com](http://www.DelawarePhysiciansCare.com).

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# Time for good foods

**K**ids need plenty of fruits and veggies to grow up healthy and strong. And with a little help, they can learn to like all kinds of foods that are good for them.

Try these tips:

- Ask your kids which fruits and veggies they like best.
- Go shopping together. Let kids pick out new fruits and veggies to try.
- Have kids help fix fresh foods. They can tear up lettuce or wash fruit, for example.



■ Have a potato party. Serve baked, steamed or boiled potatoes. Put out toppings like salsa, broccoli and cheese.

■ Chop up some fruit and let kids make their own salads.

■ Add veggies to favorite foods. You could mix peas with macaroni and cheese. Or put chopped veggies in spaghetti sauce.

■ Set a good example. Pile your own plate with fresh veggies and fruits. And be willing to try new ones!

Sources: American Dietetic Association; U.S. Centers for Disease Control and Prevention



## Thrifty ways to get fit

You don't have to spend a lot of money to get fit.

There are things you can do within a budget that can improve your fitness.

Walking more is a good way to get moving. If it's safe to do so, walk your kids to school. Or walk to your nearby market instead of driving or taking the bus.

Remember to always wear helmets if you are riding bikes. You can learn more about bike safety and Delaware's helmet bank by calling 302-760-BIKE (302-760-2453).

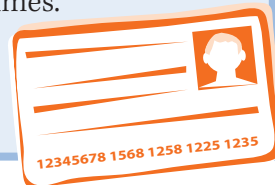
You can also try these other thrifty ways to exercise:

- Jump rope.
- Use household items for weights. Lifting small cans of food while watching TV can help build strength.
- Play with your kids. It will get you moving and give you time together.

Source: U.S. Centers for Disease Control and Prevention

## Some helpful ID card reminders

- You will need to show your Delaware Physicians Care, Incorporated, (DPCI) ID card *and* your Division of Medicaid & Medical Assistance (DMMA) ID card each time you go to a doctor.
- Keep your DMMA and DPCI cards with you at all times.
- If you do not get your DPCI card, or if you lose your card, please call the Member Services Center at 1-866-543-2167 for a new card.



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## Raising happy, caring kids

**T**here's no one right way to raise a child, and there's no such thing as a perfect parent. Even the most loving parents make mistakes every now and then.

Still, some basics of good parenting can help you raise a happy, caring child.

**Show your love.** Make your

child feel loved by giving lots of hugs and kisses. Every day, say, "I love you. You're special to me."

**Be a good listener.**

Listening when your child talks is another way to show your love. You're letting your child know that his or her feelings matter to you.

**Be involved.** Spend time with your child. Take a walk, or read or play together.

**Set a routine.**

Keep meals and bedtimes on a regular schedule. When a change in routine is necessary, let your child know ahead of time.

**Give praise often.** Tell your child how proud you are when your child does something well.

**Criticize bad behavior, not your child.** Did your child just run into the street? Don't say, "You

## Wellness in your community

Delaware Physicians Care, Incorporated, wants to reach out to your neighborhood.

Please call us if you want to have a meeting with a Wellness guest speaker. We can give you health education handouts and let you know about future health events.

Call Prevention and Wellness at 1-866-543-2167, or visit [www.DelawarePhysiciansCare.com](http://www.DelawarePhysiciansCare.com) for more information.



were bad." Instead, explain why this behavior isn't safe. Then tell your child what to do instead.

**Be consistent.** Your rules don't have to be the same as other parents' rules. But the rules you do set should not change from day to day.

**Get help if you need it.** Your child's doctor can offer advice whenever you're not sure about how to care for or guide your child.

Source: American Academy of Family Physicians

## Steps to take to have fun in the sun

Some days a beach or a pool is the place to be.

But spending time in the sun can also damage skin and lead to skin cancer. So protect your family when you play outdoors.

For instance:

- Seek shade when you can.
- Use a sunscreen with an SPF

(sun protection factor) of at least 15 for yourself and kids older than 6 months. Use shade, hats and clothing to protect younger babies.

- Also, cover up with:
  - A wide hat that shades the face, neck and ears.
  - Sunglasses that block at least 99 percent of UV (ultraviolet) sunrays.

Check the label.

- Loose-fitting, long-sleeved shirts, pants or long skirts.
- Finally, when you plan your day, try to avoid the sun when it's strongest—from about 10 a.m. to 4 p.m.



Sources: American Academy of Dermatology; American Academy of Family Physicians



## Protect your eyes

**S**afety goggles can prevent most eye injuries. It's important to wear them when you:

- Play sports.
- Work on cars.

- Use power tools.
- Do high-risk jobs, like construction or using machines.

Also take care when you:

**Clean the house.** Chemicals from cleaners can burn your eyes. Point nozzles away from you before spraying.

Open windows to let in air.

**Go outdoors.** Wear sunglasses. Ultraviolet rays from the sun can harm your eyes.

Also remember eye safety when you choose toys for your children. Don't get toys that have parts that stick out or are sharp. If you or someone else gets an eye injury, get medical help right away.

Source: American Academy of Ophthalmology

## Shots: For adults too

We work hard to make sure babies and kids get their shots on time. But did you know adults need regular shots too?

Each year many adults get sick or die from diseases that vaccines could prevent. Some diseases, such as meningitis, mainly affect young adults. Others, such as shingles, tend to occur as you get older.

Vaccines are safe. Which ones you need depends on your age, health and lifestyle.

Here are some common diseases adults can get shots for: » Flu. » Pneumonia. » Chickenpox. » Hepatitis A or B. » Tetanus. » Whooping cough. » Meningitis. » Shingles.

Your doctor can tell you which shots you need.

Sources: American College of Physicians; U.S. Centers for Disease Control and Prevention

## Take a look at your eye care benefits

All Delaware Physicians Care, Incorporated, members can have:

- An annual eye exam with a Block Vision eye doctor.
- One pair of glasses per year (or contact lenses, if there is a medical reason why glasses will not work).
- Any necessary surgical or advanced care.

### » action

**take** Give Block Vision a call at 1-800-879-6901.

## Keep children safe from lead

There are many dangers for kids. Some, like busy streets, are obvious. But others aren't. Lead poisoning is one of the less obvious dangers.

Lead poisoning occurs when lead builds up in the blood. It's especially bad for kids because it can lead to health problems. It can also make it hard for kids to learn.

Often, lead is found in chips and dust from old paint. Kids may breathe in the dust. They also might get it on their hands and then put their hands in their mouths.

But there are things you can do

to help protect your child:

- Clean and cover any chipped paint with new paint or duct tape.
- Have kids wash their hands often, especially before eating.
- If you have lead pipes, run the water for two minutes before drinking it or cooking with it. Don't use hot tap water for making baby formula, drinking or cooking.

Ask your child's doctor for more tips and whether your child should be tested for lead.

Source: American Academy of Pediatrics