

Do You Know Your Cholesterol Level?

September is National Cholesterol Education Month. It is a good time to get your blood cholesterol checked. The blood test to measure the cholesterol level is called a lipid profile. Ask your doctor if you have not had this test done.

High cholesterol affects many Americans. It increases your risk for heart disease. You can have high cholesterol and not know it. Let us tell you some food and lifestyle choices that can help you lower the level.

LEARN WHAT YOUR CHOLESTEROL LEVELS MEAN

Total Cholesterol:

- ◆ Less than 200 mg/dL—Ideal. *Good for you!*
- ◆ 200—239 mg/dL—Borderline. *Be alert!*
- ◆ 240 mg/dL or more—High. *Danger!*

LDL (Bad) Cholesterol:

- ◆ Keep it low!
- ◆ Less than 100 mg/dL is ideal.

HDL (Good) Cholesterol:

- ◆ The higher, the better!
- ◆ Keep it 40 mg/dL or higher.



FOOD AND LIFESTYLES CHOICES

1. Read food labels to choose foods low in saturated fat, trans fat, cholesterol and calorie.
2. Bake, broil, or grill foods instead of frying.
3. Drink water or sugar-free beverages instead of regular soda.
4. Lose weight if you are overweight.
5. Do 30 to 60 minutes of moderate physical activity on most days.



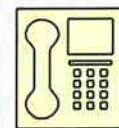
Change your lifestyle now. Start living healthy, and guard your heart!

Well-Child Check Up



Summer break is almost over. Your child is going back to school soon. Has your child had a well-child check up this year? If not, don't delay. **Call** your child's doctor for an appointment today.

A well-child check up is a chance for you to ask questions about your child's development. Also, it is a time for the scheduled vaccinations. Keep your child up-to-date on the recommended vaccines. It can protect your child and your families from life-threatening infections.



Appointment Assist

If you are having problems getting an appointment because you do not understand the doctor. Call us. We will help you to get an appointment.

Miami Dade	1-877-838-7526
Broward	1-866-899-4828



Teens and Immunization



When it comes to immunization, most of us don't think of the older children. But it is just as important for the teens. There are several vaccines scheduled for this age group which are:

1. Tdap – prevents tetanus, diphtheria, and pertussis
2. Meningococcal – prevents deadly bacterial meningitis
3. HPV (for Female only) – prevents four types of human papillomavirus
4. Influenza – prevents flu



There are other vaccines that teens in certain high-risk categories may need. Also, catch-up vaccines are available. It is for teens who didn't receive all their scheduled immunizations as younger children. Talk to the doctor about your child's needs.

We live in a busy world. But no matter how busy we get, it is important to make sure your child is seen by the doctor annually. So your child won't fall behind on their scheduled vaccines. Use your child's birthday as a reminder to take them for their annual well child check-up and the vaccines he or she needs. It's the best birthday present you can give to your child.

Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common childhood disorders. It can continue through adulthood. It could affect the child's functioning at home and at school. If left untreated, it can cause long-term effects.

Symptoms of ADHD can include:

1. A child who talks nonstop.
2. A child who can't sit still.
3. A child who daydreams or seems to be in another world.
4. A child who is easily distracted by what is going on around him or her.
5. A child who has difficulty focusing on one thing.



A child must have symptoms for 6 or more months to be diagnosed with the disorder. *If you suspect your child has ADHD, **call** Member Services for assistance.*

BE A SMART MOM

Text4baby is a **FREE** mobile service that promotes maternal and child health. This service is for pregnant women and new mom. It provides information on how to take care of your health while you are pregnant. And information on how to take care of your baby during the first year of life. Women who sign up will receive free SMS text messages each week. The information is timed to your due date or your baby's date of birth.

Registration is easy. It can be done online at www.Text4baby.org or from your cell phone. Simply text the word **BABY** to 511411. If you would like to receive information in Spanish, you can text the word **BEBE** to 511411. Then, you'll be asked to enter your baby's due date or your baby's birthday and your zip code. Once you are registered, you will start receiving free messages.

