



Protect yourself from “Whooping Cough”

You may have heard a lot of talk in the news about a rise in “whooping cough” (also called pertussis) cases. It feels no different than a cold. It is an infection that starts with a runny nose, fever and cough. If it is not treated, it can turn into a very bad, raspy cough. The cough sounds more like a loud bark than a cough. It can threaten the lives of infants and young children.

People with pertussis can spread it by coughing or sneezing while in close contact with others. Others can get it by breathing in the bacteria.

Lately, there have been many cases of pertussis all over the United States. It is important that every person get their shots in order to prevent the spread of this disease. The vaccine for pertussis is called Tdap. Starting with the next school year, students going into grades 7-11 will have to show records of the Tdap shot in order to enroll in school. The Centers for Disease Control (CDC) recommends that children get the Tdap vaccine at their yearly check-ups at age 11 or 12. If teens (ages 13- 18) missed getting the Tdap vaccine, ask their doctor about getting it now.

There is no lifelong way to protect from pertussis. A shot is the best way to keep from getting it. Ask your doctor if it is time for a booster shot. Make sure that all people in your house get their shots as well.



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Message to Parents

If you do not want the Healthy Hints for Teens newsletter sent to your home, just let us know. Please call Molina Health Education Department at 1-800-526-8196, extension 127532, Monday through Friday between 8:30 a.m. and 5:30 p.m.

Mensaje Para Padres

Si no desea que enviemos nuestro folleto informativo titulado Healthy Hints for Teens (Sugerencias Saludables Para Adolescentes) a su domicilio, por favor llame al Departamento de Educación para la Salud al 1-800-526-8196, extensión 127532, de lunes a viernes de 8:30 a.m. a 5:30 p.m.

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Go to www.MolinaHealthcare.com to find a list of doctors who work with teenagers. If you would like to change your PCP to one of these doctors, please call Molina Member Services at 1-888-665-4621 (Medi-Cal or Healthy Families).

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

Fun Ways to Stay Active and Healthy



BEING ACTIVE IS GOOD FOR YOU! It is a simple truth. Getting some type of exercise every day will keep your heart happy. It will help you build stronger bones and muscles. Best of all, being active will help you release stress, keep a healthy weight and be in a better mood.

For a healthy heart do things that will make you sweat, get your heart pumping and speed up your breathing. Try swimming, in-line skating, jumping rope, biking or skate boarding. Even better, get some friends together for a friendly game of basketball, soccer, or volleyball. If sports are not for you, join a dance class. Dancing is a great way to stay in shape and is a lot of fun. Try swing, salsa dancing, or even belly dancing. To get the full benefits, enjoy these activities 3-5 times a week for at least 30-60 minutes.

For building stronger bones and muscles give your body a challenge. Count how many push-ups and pull-ups you are able to do or see how high you can climb a rope. Set a goal to try to do more the next week. See if you can beat your classmates in a tug-of-war. If you are ready for more, talk to your doctor and discuss if it is safe for you to start lifting weights. Before you start any type of strength training program, you must talk to a fitness expert who knows how to work with teens. Strength training can strain or hurt your body if you are not careful. So be smart about it! For best results, strength train 2-3 times a week for 30-60 minutes. Be sure to include a warm-up and a cool down.

LAST BUT NOT LEAST, do things that will keep you flexible. When you are flexible, you can move your arms and legs freely without feeling tightness or pain. Try yoga, ballet or even martial arts. Before and after any type of activity do simple stretches like touching your toes and side stretches. A flexible body helps prevent injury!

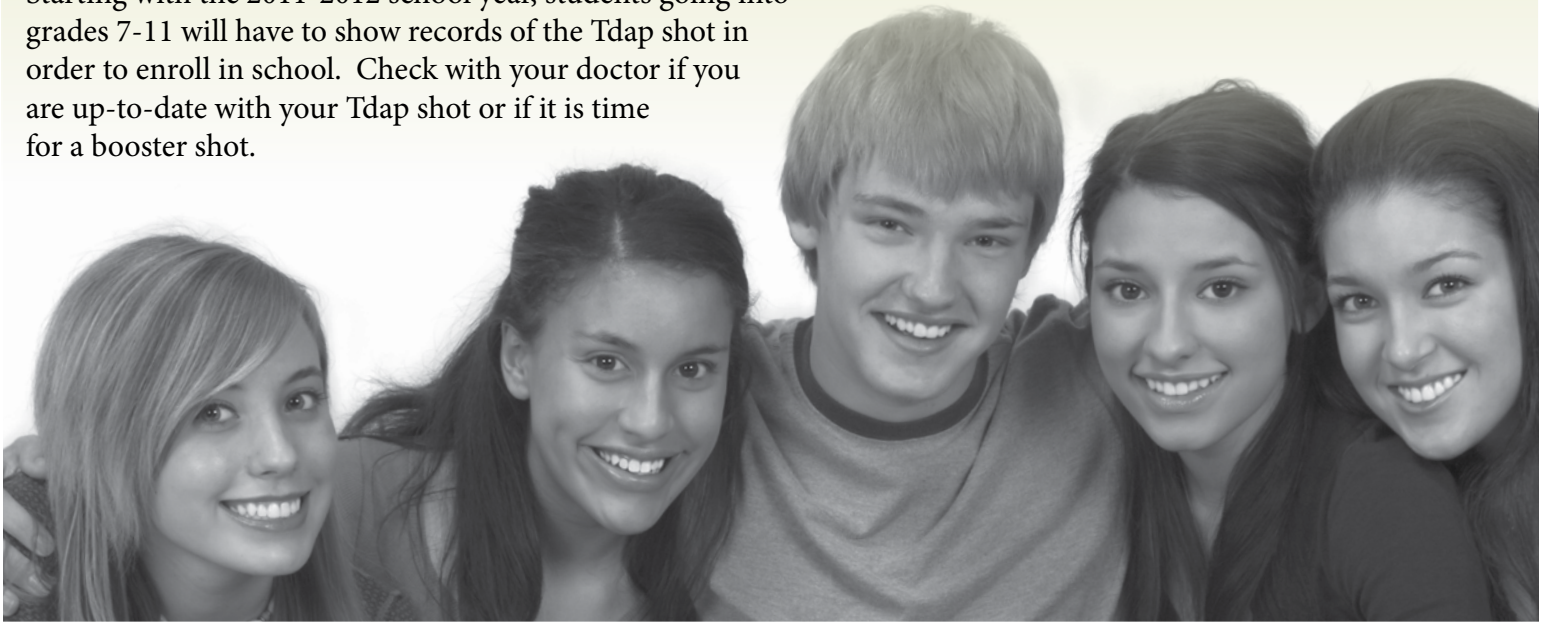
It is better to combine many activities for full benefit. Begin any exercise slowly and do not over do it. If you get any chest pains, feel dizzy or nauseous, slow down and rest. If these symptoms persist, call your doctor. If you have any health problems, talk to your doctor before you begin to exercise. No matter what you choose, choose to be active. Take a walk. Play in the park. Turn off the TV for the whole day and clean your room. Be active and your body will thank you for it!

Ask the Registered Dietitian

A healthy lifestyle starts with nutritious foods. But knowing what's healthy to feed yourself can be a challenge these days. That's why Molina Healthcare's Registered Dietitian is here to help. Visit our website at www.MolinaHealthcare.com and ask your question on the "Ask the RD" web page.

Important Reminder

Starting with the 2011-2012 school year, students going into grades 7-11 will have to show records of the Tdap shot in order to enroll in school. Check with your doctor if you are up-to-date with your Tdap shot or if it is time for a booster shot.



Teens... Protect Your Health! Get Your Check-Up Today!

Go in for your check-ups! They can help you look and feel your best. Molina will give you something special for taking this step!

1. Cut out and write your name and address on the form below.
2. Make an appointment with your doctor for a health check-up.
3. Take the form with you to your appointment.
4. After your check-up have the office staff stamp it. (Do not have your doctor sign it. We want the stamp from the doctor's office so we can read it.)
5. Send it back to us in the enclosed postage paid envelope to receive a \$20 gift card to Best Buy.



Your Teen Check-Up Certificate

This is to certify that _____ has had a complete
Print Your Name (Teen member)

health check-up by his/her doctor. **Please have the office stamp the name of the doctor, date of visit and fax the certificate back to Molina at 1-562-901-1176.** Molina Healthcare will send your gift card.

Date of Birth: _____ Date of Visit: _____

Please mail gift card to: _____

Member Address: _____

Please Stamp Here/For one office visit only



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Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/1-866-735-2929 English

TTY/1-866-833-4703 Spanish

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