



## Teen 2 Xtreme

You are invited to join T2X. T2X is a teens-only website. At T2X you can connect with other teens around topics that matter to you. T2X allows you to express yourself. You can talk about the things you care about. You can share your thoughts. You can find ways to take action to help yourself and your community. Join today to meet other teens. Have some fun and achieve your dreams!

If you are between 13-17 years old, check out what T2X has to offer:

- A safe place to make friends with other teens.
- Participate in fun polls, contests, chats with health experts, blogs, videos and more.
- View Club, a video series, and other fun content.
- A place to submit your own creative work and ideas.



T2X is produced by the UCLA School of Public Health, Health Net Community Solutions and other partners.

**Join us at <http://T2X.me> today!**

## Ask the Registered Dietitian

A healthy lifestyle starts with healthy foods. But knowing what's healthy to eat can be a challenge these days. That's why Molina Healthcare's Registered Dietitian (nutritionist) is here to help. Visit the "Ask the RD" web page at:

[http://www.MolinaHealthcare.com/medicaid/providers/ca/resource/Pages/ask\\_rd.aspx](http://www.MolinaHealthcare.com/medicaid/providers/ca/resource/Pages/ask_rd.aspx) and ask your questions. Your questions will be answered within 2-3 business days.

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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 1-866-472-9483, 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 1-866-472-9483, de lunes a viernes de 8:30 a.m. a 5:30 p.m.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this newsletter is for information only. This does not replace your doctor's advice.

Go to [www.MolinaHealthcare.com](http://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.

## “My Plate” is IN, “My Pyramid” is OUT

As a teen, you go through many changes. One change could be that you are becoming more independent. You are making more of your own choices. An area you are most likely making your own choices is in what you eat. Healthy eating habits are very important during the teen years because your body is growing and changing fast. Eating healthy will help your body grow well, look good and feel good. It can also help you do well in school, work and sports. Eating healthy can also help prevent extra weight gain. Extra weight gain can lead to adult diseases like diabetes and high blood pressure.

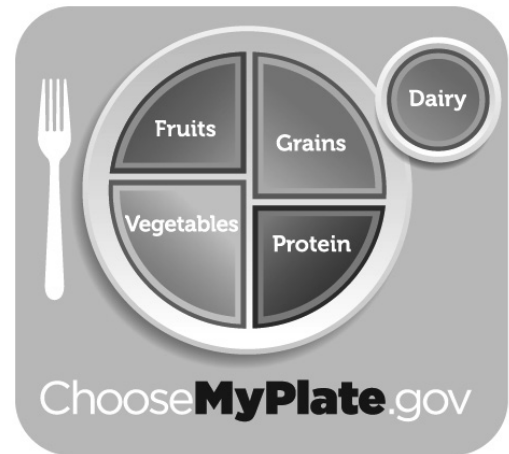
But, trying to figure out how to eat healthy can be confusing. Many people have used MyPyramid to make healthy food choices. But in early June, the USDA replaced MyPyramid with a new food icon called “MyPlate”.

“MyPlate” was designed with busy people, like teens, in mind. It is a simple way to make healthy food choices at mealtimes, both at home and at school. It shows you how to eat healthy by getting back to the basics. The new icon is a plate that is half filled with fruits and vegetables (more veggies, please!). The other half is filled with whole grains

such as brown rice, bread and oatmeal and proteins such as chicken, seafood, eggs, and beans. To complete your meal, you would add a small cup of dairy such as skim milk, yogurt or low fat cottage cheese.

If your plate looked like “MyPlate” more often, your body will transform into a new, healthier, you.

To learn more about “MyPlate”, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



Whole Grains	Fruits	Vegetables	Protein	Dairy
1/2 cup oatmeal	1 medium apple, orange, banana	1/2 cup broccoli	1 small chicken breast	8 oz. skim milk
1 small slice of whole grain bread	1/2 cup berries	1/2 cup peas	3 oz. baked fish	8 oz. yogurt
1/2 cup pasta	1/2 cup fruit salad	1 cup spinach salad	1 large egg	1/2 cup low fat cottage cheese
1/2 cup brown rice	1 slice of melon	1 cup vegetable soup	3 ounces beef	
Whole grain crackers				

### Did you know....

In California, 62% of teens ages 12-17 drink at least one soda or other sugar-sweetened drink every day. Those who drink one or more sodas or other sugar-sweetened drink each day are 27% more likely to be overweight or obese.

Percentage of teens drinking one or more sodas per day by County:

- ▶ Riverside County – 69.5%
- ▶ San Bernardino County – 68.5%
- ▶ Sacramento County – 55.5%
- ▶ San Diego County – 63.1%
- ▶ Los Angeles County – 64.9%

Do you want to lose some weight? Stop drinking sodas and sugar sweetened drinks and watch your body transform!

Source: UCLA Center for Health Policy Research



## 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!

English: 1-888-275-8750

Spanish: 1-866-648-3537

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call  
TTY (English): 1-866-735-2929  
TTY (Spanish): 1-866-833-4703

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