



## Teens, Spark Your Way to a Healthy Lifestyle

Teens these days have a lot going on with school, sports, or other programs. With such a hectic schedule each day, it can be hard to remember to eat well *and* exercise too! At Molina Healthcare, we know just how tough this can be. So if you need some help to get healthy or to losing weight in 2010, then we have just the answer for you: **SparkTeens.com!**

**SparkTeens.com** is a **FREE** online health and weight loss website made just for teens 13-17 years old! It is full of information about teen health, diet, and fitness. SparkTeens gives you all the tools you need to make sure staying healthy and fit are a part of your busy life!

So what is it that makes SparkTeens so great? Here are just a few of the many things SparkTeens has to offer:

- A free online diet plan. It lets you track what you eat and how active you are. This way you can see what you need to do to lose weight!
- A free recipe library. Here you can find simple, easy, and healthy dishes to make. Or you can ask your parents to cook these meals for the whole family.
- Do you know how many calories, fats, and carbohydrates you should eat each day? SparkTeens tells you! It tells you how many of each you should eat. This is based on your own body and how active you are.
- Do you want to work out, but don't know what to do? SparkTeens will tell you! The website gives you simple and short workouts that will work each part of the body. You can make a fitness plan for each day of the week!
- You can also make friends online! SparkTeens has other users who you can add as "friends." You can talk to them through message boards and blogs. It is a great way to find support from others your own age who are going through the same thing.
- You can even make your own homepage. You can put up your pictures and tell everyone about yourself!
- And, you can also join a SparkTeam. A SparkTeam is a group of teens who share common interests. For example, you can join a team for music lovers, runners, or people who love soccer. You can even start your own SparkTeam!

With everything **SparkTeens.com** has to offer, why not join today. You can make friends, learn about diet and health, and get fit! It is easy to sign up. All you need is a computer with internet access. Go to **SparkTeens.com** now. And start to reach your health goals today!

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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.

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.

## Teen Newsletter Evaluation Results

### We Asked. You Spoke. Here are the results.

- 93% said our newsletter was very good or good.
- 91% said our newsletter was very helpful or helpful.
- 92% said our newsletter was very easy or somewhat easy to read.
- 91% said that you would share what you have read with a friend.



Listed below are the top six health topics you wanted to see in the newsletter.

- 1) Nutrition, Diet, Exercise and Weight loss
- 2) AIDS, STD's and Sex
- 3) Drugs and Alcohol
- 4) Diabetes
- 5) Pregnancy and Birth control
- 6) Asthma

*Thank you for your replies.*

## Summer Fun: Be protected from the sun.

Summer is almost here! Knowing how to protect yourself in the sun will help you be healthier and stay looking younger, longer.

### Tips you can use:

1. Always put sun block on 20-30 minutes before you plan to be outside.
2. Use a sun block that is at least SPF 15 or higher. Put on more sun block every two hours and after you go in the water or if you sweat.
3. Use a sun block that protects against both UVA and UVB rays.
4. Wear sunglasses that have UV protection. This should be listed on the glasses when you buy them.
5. Wear clothing that covers your arms and legs. Wear a hat.
6. Sit or stand in the shade when possible.
7. Remember that you can get burned on a sunny day and on a cloudy day.

## What Do You Know About Birth Control?

Match the birth control method on the top with its description on the bottom

a. Condoms	b. Birth control pills	c. The Patch	d. Abstinence	e. Vaginal ring
f. IUD (intrauterine device)	g. Diaphragm	h. Cervical cap	i. Depo-Provera (the shot)	
1. _____	A small piece of plastic that is put in a woman's uterus only by her doctor.			
2. _____	A patch that a woman applies directly to her skin. This patch releases hormones that prevent pregnancy. Hormones are chemicals made by the body.			
3. _____	Round, rubber, film that a woman puts into her vagina, over the cervix, so that sperm cannot get in the uterus.			
4. _____	A shot given by your doctor that releases hormones. The hormones prevent pregnancy.			
5. _____	No sex at all. This is the only 100% sure way to not get pregnant.			
6. _____	Also known as "rubbers." Fits over the penis after it is erect. If used correctly it will catch the sperm and trap it inside. A new one must be used every time you have sex.			
7. _____	A soft ring that is put in a woman's body. The ring releases hormones into the body. This prevents pregnancy.			
8. _____	A small rubber cap that fits over the cervix and blocks sperm so that it does not cause a pregnancy.			
9. _____	Pills you get from your doctor that contain hormones. These hormones can help prevent pregnancy.			

1. f 2. c 3. h 4. i 5. d 6. a 7. e 8. g 9. b

This is for your information only. Some of the methods above must be given to you by your doctor. Ask your doctor to show you how to use birth control. Your doctor will make sure you are using it correctly.

Birth control can help prevent you from getting pregnant. It is also called contraception. Not having sex (abstinence) is the only birth control method that is 100% safe against pregnancy. It is also the only way to keep from getting STD's (Sexually Transmitted Diseases). STDs are infections that you can get by having sex or body contact with someone else who has one.

There are a lot of birth control methods. They work best when used the right way every time you have sex. It is important to talk to your doctor so that you can get help to

decide which method is best for you. They are there to help. You can also talk to your parents. It may be hard to talk about sex and birth control with your parents. Remember they want what is best for you. This topic is sometimes hard to talk about, especially in some cultures due to your beliefs and religious practices. In many cultures not having sex may be more common. It is important for you to learn and protect yourself. There are family planning clinics all over the U.S. that give birth control to teens for free or at low cost.

If you would like to get a brochure that talks about birth control methods call the Health Education Department. Call 1 (800)526-8196, extension 127532; Monday - Friday between 8:30 a.m. and 5:30 p.m. Your call will be kept private.



200 Oceangate, Suite 100  
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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

## Important Reminder

Please check with your doctor during your ANNUAL Wellness Visit if you are up-to-date with your **Tdap/Td and meningococcal shots**. These shots should be completed by the time you are **13 years of age**.

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

As you grow, you begin to make your own decisions. Some of these decisions will be the hardest and most important decisions you will have to make. Your body is changing during your teen years. You start to have new feelings and questions. Your doctor can help you find the best way to deal with them.

### Do you have questions about?

- Your weight
- Your body
- Certain diseases or illnesses
- Drugs and/or alcohol
- Vitamins - food supplements
- Hepatitis B



Did you know that your doctor can help answer many of your questions? Did you also know that most things you talk about with your doctor are kept private? So do not be afraid to talk to your doctor about what is on your mind. Do not be afraid to ask questions. Your doctor is there to answer questions. Your doctor

is there to help you stay healthy. Your doctor can help you best when you have regular check-ups or exams. When you go in for your check-up be sure to bring your immunization (shots) record with you. If you do not have one, ask your doctor. It is important that you get your immunizations (shots) that your doctor recommends for you.

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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