

# Healthy Hints for Teens

Molina Healthcare of California • Spring 2014



## How to avoid hearing damage from your music player.

Most music players, phones, etc. come with a pair of earbuds today. They are great for anyone who loves music. Earbuds are tiny speakers that you wear inside your ears. Did you know 1 in 5 teens has hearing damage? Research suggests that it may have to do with the increase use of headphones.

### Signs you may have hearing loss include:

- Ringing or buzzing sound in your ear after hearing a loud sound.
- Muffling or distortion of sound.

### To prevent hearing loss:

- Follow the 60/60 rule. Listen to music at no more than 60% of the maximum volume.
- Never max out the volume.
- Limit the amount of time you listen to music with earbuds to 60 minutes a day.
- Try using headphones that go on the outside of your ears instead. Keep the volume low.
- Avoid plugging in when there is a lot of noise around you. It is more likely you will turn up the volume increasing the chance of hearing loss.
- Limit the time you listen. Give your ears a rest.

## WAKEMYMOJO

This is a fun and easy health tracker game for kids and teens. Wake mighty Mojo with your life energy before it wastes away. Log in the food you eat, your daily physical activity and your mood. How well Mojo feels will depend on how well you take care of yourself. Enter your habits and they will reflect on Mojo. As you improve your habits so will Mojo's wellbeing. Available for Android, iPhone and iPad.



APP CORNER

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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 (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 Adolocentes) a su domicilio, por favor llame al Departamento de Educación de la Salud al (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 Healthcare Member Services at (888) 665-4621 (Medi-Cal or Healthy Families).

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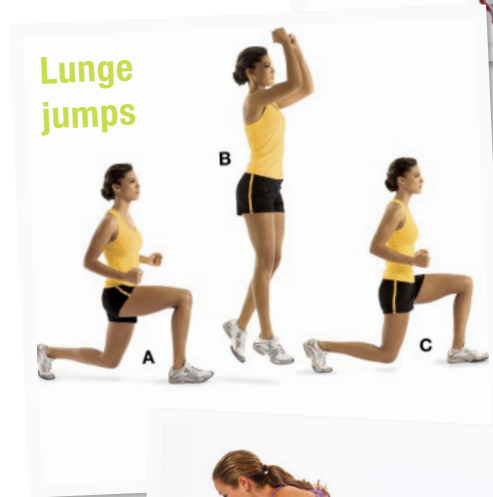
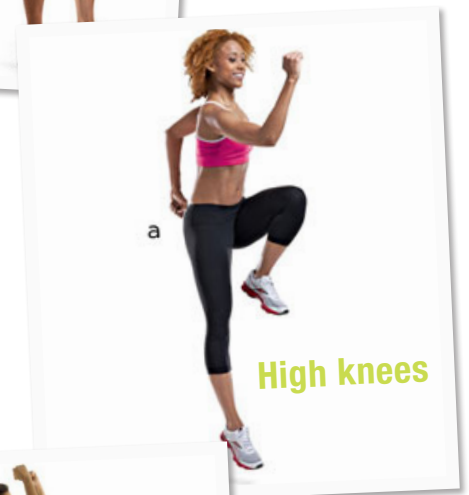
## 20 Minute In-Home Workout

A body in motion stays in motion. A body at rest stays at rest. Daily exercise is one of the best ways to improve your overall health. You'll feel better, sleep better, look better, and have more energy. The best part is you don't need any machines. You can use your own body weight. You can do them in the comfort of your own home. What are you waiting for? Try it!

\*Tip: Try these exercises while you're watching commercials during your favorite TV show. It might just be the most valuable 20 minutes of your day!

- 1 High knees** – Lift your knees up to your chest like a fast bouncy march in place.
- 2** If you have **stairs** in or around your home, sprint up and down. Try going up two steps at a time.
- 3 Squats** – Squat as many times as possible. Be sure to keep your feet shoulder width apart.
- 4** Do as many **jumping jacks** as you can during a commercial break.
- 5 Push-ups** – do as many push-ups with your knees on the ground as you can. As you get stronger, try full push -ups as shown.
- 6 Lunges** — lunge around the room or in place. Be sure that your knees do not bend past the tip of your toes!

\*Avoid sore muscles! Remember to stretch before and afterwards!



## E- cigarettes

The tobacco companies are now pushing e-cigarettes as a safe option to smoking.

**Q: What are Electronic cigarettes?**

A: Electronic cigarettes or “E-cigs” are battery powered devices. They use a cartridge that is filled with a liquid. The liquid contains nicotine, flavor and other chemicals. When the liquid is heated, it releases a chemical filled vapor.

**Q: Are they dangerous?**

A: The main difference between a cigarette and an E-cigarette is that E-cigarettes do not contain tobacco. But they both contain nicotine. Nicotine is the chemical that causes addiction. It affects your brain, heart and nervous system. It raises your heart rate and blood pressure. Once addicted it is very hard to quit.

**Q: Should I avoid them?**

A: Yes. E-cigarettes are giving a false idea that they are safe and do not harm our health. Do not let the tobacco companies fool you into thinking they are safe. They are not approved by the FDA (Federal Drug Administration). They can cause addiction. There is nothing cool about poor health and addiction.

## Colorful Fruits and Vegetables in Spring

Find the fruits and vegetables listed below that are now in season!

A I Q A G L G M M Y A T H Q Y  
 O S Z S T R A W B E R R Y I V  
 S B P J D N E T F J T W O L X  
 W T V A G Q J E B A I Z D O U  
 O Z O O R S O L N B C Y U C U  
 R L W C Y A U W U S H D N C A  
 A S P P I E G N H W O Y H O D  
 N W U Q B R L U C D K Q H R H  
 G W Y E G Z P D S O E O A B U  
 E W R S P I N A C H D L P L R  
 Y R R E B P S A R P L A F Q A  
 Y S I V A J Y P Z O X F L Y P  
 L B N B X M Z Q C N U W D A Q  
 N P E M H Q L T K P V J T H U  
 M J X X O K F Z P M T J Q Y R

APRICOTS  
 ARTICHOKE  
 ASPARAGUS  
 BLUEBERRY  
 BROCCOLI  
 COLLARD  
 GREENS  
 MANGO  
 ORANGE  
 RASPBERRY  
 SPINACH  
 STRAWBERRY

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<https://www.facebook.com/MolinaHealth>



<https://twitter.com/MolinaHealth>



<http://www.youtube.com/user/MolinaHealthcare>

## Questions about your health?

**CALL OUR NURSE ADVICE LINE!**

English: (888) 275-8750  
 Spanish: (866) 648-3537

**OPEN 24 HOURS!**

Your family’s health is our priority!

For the hearing impaired please call  
 TTY (English): (866) 735-2929  
 TTY (Spanish): (866) 833-4703  
 or 711

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

As a teen you need routine, yearly check-ups. These check-ups are important for finding any health problems. Your doctor will do a physical exam to see if you are developing and growing normally. **Earn a reward** for completing your well check-up. See how below:

- **Print** and take this form to your doctor. If you would like a hard copy of this form mailed to you, please e-mail us at HealthEducation.MHC@Molinahealthcare.com. Be sure to provide us your first and last name and your correct mailing address in the body of the e-mail.
- Have your doctor **complete** your comprehensive well care **check-up**.
- Have the **office fill out** this **form** and stamp the name of the doctor and date of visit. Have your doctor's office **fax** the completed **form to** Molina Healthcare at **(855) 556-2078**.

Once we receive your completed form, you will be mailed information on how to redeem **\$20.00** worth of **gifts** online at the Molina Reward Store. You can choose from all kinds of great stuff!

**This well-check certificate is good from 1/1/2014 through 12/31/2014.**

### TO BE COMPLETED BY MEDICAL OFFICE

This is to certify that \_\_\_\_\_ has had a comprehensive well care visit with his/her doctor on \_\_\_\_/\_\_\_\_/2014. The Staying Healthy Assessment (IHEBA) was completed and/or reviewed on \_\_\_\_/\_\_\_\_/2014.

Services	Date of Service
Tdap	
Meningococcal conjugate	
BMI Percentile or BMI Percentile plotted on age growth chart	
Counseling for Nutrition	
Counseling for Physical Activity	

Patient Date of Birth: \_\_\_\_\_

Member ID Number: \_\_\_\_\_

Please mail gift information to: \_\_\_\_\_

Member Address: \_\_\_\_\_

OFFICE STAMP HERE

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## Quick and Healthy Breakfast

- 1 slice whole grain toast
- 2 tablespoons mashed up avocado
- 1 scrambled egg



Spread the mashed up avocado on the slice of toast. Top it with the scrambled egg. Add salt and pepper to taste. Enjoy!

Dr. Cleo says:

**“ Take good care of your health.”**

