



inside

- EXPERT ADVICE ON CAR SEATS**
Make sure your kids are strapped in right..... 4
- NEWS ABOUT YOUR BENEFITS**
Updates to preventive care coverage..... 5
- TAKE CARE OF TEETH AND GUMS**
Your pearly whites are a window to your overall health..... 6
- FIT & FABULOUS**
Don't let winter spoil your fitness routine..... 7

Want the total collection?
For past issues, visit
www.selecthealth.org/totalfitness.

How to Ease Your Child's Tummy Troubles

Tummy aches are no fun, especially when you watch your child suffer through one. But gastrointestinal (GI) infections are common among children, and almost all kids will experience pain, vomiting, or diarrhea at times. Worrying about how to handle your child's illness is normal, but how do you know when it's serious enough to take your child to the doctor?

"Stomach and GI issues are very common among children, and the good news is that most infections are easily treatable," said Nicole Langston, MD,

a hospitalist at the new Intermountain Riverton Hospital Children's Unit, which is operated by Primary Children's Medical Center.

COMMON CAUSES

GI issues in both kids and adults can be the result of bacterial infections like *E. coli* and salmonella or viral infections. They can also be the result of a parasitic infection like cryptosporidium, which recently made headlines as a result of children not wearing the appropriate diapers in swimming pools.

One of the most common causes of GI infections is gastroenteritis. This happens when the stomach and lining of the intestines are irritated. The irritation causes diarrhea and sometimes cramping or vomiting.

Usually, the child becomes sick suddenly, with a low-grade fever, frequent diarrhea, vomiting, and sometimes a cough or runny nose that can last up to nine days. During this time, kids can easily become dehydrated.

FOR THE REST OF THIS ARTICLE—AND FOR A HOME REMEDY FOR REHYDRATION—TURN TO PAGE 2.

(continued from page 1)

“There are a lot of things my colleagues and I worry about when we see patients who are experiencing these symptoms,” says Langston. “But our number one concern is dehydration. There is always the worry that with vomiting and diarrhea, a child will lose too much fluid and not be able to replace that fluid.”

To check for dehydration, look for these signs:

- Sunken eyes
- The soft spot is sunken on the top of a baby’s head
- Dry mouth and tongue
- No tears
- No urine in 12-18 hours, or less than four times in a 24-hour period. If output is less than this, seek medical attention.
- Unusually sleepy or tired

If you think your child is dehydrated give them an oral electrolyte solution or make a batch of Oral Rehydration Solution (see recipe on this page). Both have a good balance of water, electrolytes, and sugar. Avoid water alone, anti-diarrheal medications, or juice, which contains mostly sugar.

Getting sick kids to drink can also be difficult so Dr. Langston recommends letting them use a straw and a cup instead of their regular sippy cup. “Even using a syringe and squirting it into their mouths can be something different and fun,” she said. “The important thing is to get them fluids.”

Learn more about combating GI infections at:

intermountainhealthcare.org/health

www.fightbac.org

www.kidshealth.org

www.healthychildren.org

Homemade Oral Rehydration Solution from the World Health Organization

- 5 cups water (1 liter)
- 8 level tsp sugar
- 1 heaping tsp salt

Getting Kids to Drink Up:

- Use a flavor packet to make the drink look and taste better. Just be sure it doesn’t have added sweeteners like sugar or aspartame.
- Mash up a banana or pineapple to give the solution more of a smoothie consistency.

1.5 Million

The number of doctor visits the Center for Disease Control and Prevention estimates occur each year from gastroenteritis.

Keys to Avoiding GI Infections:

- **Wash your hands thoroughly and often.**
- **Be smart about food preparation.** Wash your hands and countertops often when preparing meals. Don’t cut raw chicken and vegetables on the same board. Cook food to proper temperatures.
- **Get vaccinated.** The best way to prevent illness is by vaccinating your child against rotavirus—the most common cause of severe diarrhea in children in the United States—and hepatitis A, which is responsible for almost 50 percent of acute viral hepatitis.



ALL MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.





KIDS WIN WITH FAMILY MEALS

It may be difficult to gather your family around the dinner table, but family meals are a wonderful way to stay connected to each other and have fun together.

FAMILY MEALS MATTER

Studies show that time spent around the dinner table can strengthen a family and improve children's and teens' health. Eating together as a family can help children eat a wider variety of foods, get better grades, and improve their self-esteem. In addition, family meals reduce the risk of smoking, drinking, using drugs, and developing eating disorders.

And while it might not always seem like it, children see the benefits too. In a survey of more than 900 adolescents, 63 percent said eating together as a family is important and 64 percent agreed that sharing meals brings their family closer together.

FIND THE TIME AND MAKE IT COUNT

Finding time for an extended family meal can be challenging, especially if everyone has a busy schedule. But when you do sit down at the table for a family meal, here's how to make the most of it:

- Eat at the table. Talking to one another is easier when you're facing each other instead of sitting side by side at a counter.
- Turn off the TV during mealtimes. Studies show having the television on while eating negates many of the benefits of a family meal.
- Ask everyone to turn off their cell phones while at the table. Even if they don't answer it, the ringing alone can be a major distraction.
- Include everyone in conversations and keep it positive. Avoid nagging, complaining, or controlling discussions.

Looking for more ways to get your family to eat healthy foods and be more active? LiVe is a public service campaign from Intermountain Healthcare®. See the "Support Each Other" section at intermountainlive.org for tips on how to help your family enjoy meals together.

New Riverton Hospital Children's Unit Opens

On October 11, Intermountain Healthcare® opened a Children's Unit in Riverton Hospital, operated by Primary Children's Medical Center. The relationship between Riverton Hospital and Primary Children's Medical Center is the first of its kind within the Intermountain system.

The purpose of this unusual and progressive partnership between the two Intermountain Healthcare facilities is to bring the best care possible to the children of the southwest end of the Salt Lake Valley. Initially, the Riverton Hospital 30-bed Primary Children's Unit will admit short-term patients not requiring complex care, but eventually it will expand to admit more complicated medical and surgical cases.

"It is thrilling to see Riverton Hospital grow to include a Children's Unit," said Blair Kent, administrator for Riverton Hospital. "It means that everyone in the family—from newborns to grandparents—can be taken care of right here at Riverton Hospital."

EXPERT ADVICE ON CAR SAFETY SEATS

Choosing, installing, and using a car seat can be confusing. At Primary Children's Medical Center in Salt Lake City, passenger safety technicians work with parents and other caregivers to properly secure children in child safety seats. Here are some of their top tips to keep you riding safely.

USING A CAR SEAT

Use rear-facing car seats as long as possible. New research indicates that toddlers are more than five times safer in a rear-facing car seat up to their second birthdays. Next, use a forward-facing car seat with a harness until your child weighs 40 pounds, or reaches four years of age. Then, use a booster seat until at least age 8, or until your child is four feet nine inches tall, when adult seat belts fit properly. Finally, use a seat belt for the rest of your life.

SAFETY TIPS FOR INSTALLATION AND USE

Read the vehicle owner's manual and the car seat manufacturer's instructions. Make sure that the car seat fits your child, fits your vehicle, and that you know how to properly use it.

When a car seat is installed correctly, it should not move more than an inch side to side and forward and backward. If your vehicle was made after 2002, it likely comes with the LATCH (Lower Anchors and Tethers for Children) system, which will secure the car seat without the use of seat belts. You can use either a seat belt or the LATCH system, but never both at the same time.

The car seat harness should fit snugly on the child and you should not be able to pinch any fabric of the harness (webbing) between your fingers when it is placed on the child. Position the chest retainer clip at the arm pit.

PURCHASING A CAR SEAT

All car seats are tested for safety and must meet the same federal safety standards. Some have extra comfort and safety features, but even the least expensive model can protect your child when it is properly installed and correctly used.

Use caution when borrowing a car seat or buying a used car seat. Car seats expire after six years, at which time the plastic may easily break or crack. Car seats that have been in a crash should be replaced.



Never drive without making sure your baby is buckled up properly.

RECYCLING YOUR CAR SEAT

Instead of filling landfills with car seat plastics, many cities now offer car seat recycling services. Check with your local recycling company to find out about special clinics. Along the Wasatch Front, you can drop off your used car seats every Friday at the Utah Safety Council, 1574 West 1700 South, in Salt Lake City, from 9:00 a.m. to 4:00 p.m.

GET YOUR SEAT CHECKED

No matter where you live in Utah, you can get help installing your child's car seat. Call the Passenger Safety Hotline at Primary Children's Medical Center at **801-662-2277 (CARS)**. You can also find a car seat inspection station at www.seatcheck.org or by calling **1-866-SEAT-CHECK**.



Preventive Care— At No Cost to You

The goal of preventive care, such as regular checkups and screenings, is to help you avoid illness and to detect problems when they are most treatable. SelectHealth has always been committed to covering preventive services. Now, as a result of the Affordable Care Act, many preventive services will be available at no cost to you. That means no copayment, coinsurance, or deductible.

If you or your employer has purchased a new SelectHealth plan after October 1, 2010, these benefits are available now. Otherwise, these changes take place at your plan or policy's next renewal.

Please note: These changes may not apply to those on an employer-sponsored plan that maintains grandfathered status. To find out when your plan or policy renews or if it qualifies for this benefit, please contact Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038**.

Preventive care services are covered at 100 percent when your doctor or hospital submits claims with preventive diagnoses codes. If a preventive service identifies a health condition that requires further testing or treatment, regular cost-sharing (copays, coinsurance, or deductibles) may apply to the additional services.

For additional details about healthcare reform and how it may affect you, visit www.selecthealth.org/healthcarereform.



The Doctor *is in*

CHOOSING A DOCTOR

Good health is more than just a visit—it requires a partnership with your doctor.

We encourage you to maintain a relationship with a participating doctor who focuses on primary care services (primary care provider). Primary care providers specialize in family practice, internal medicine, obstetrics/gynecology, or pediatrics. They can meet your general medical and preventive care needs, as well as help you decide if you need to see a secondary care provider (a specialist).



*Stephen Barlow, M.D.
Chief Medical Officer
SelectHealth*

When you use participating providers and facilities, you will receive better benefits and the following advantages:

- They bill SelectHealth for you.
- They accept SelectHealth's fee schedule and will not bill you for excess charges for covered services (you are responsible for any deductibles, copays, and coinsurance).
- They agree to prenotify SelectHealth before you receive certain major services.

NEED HELP FINDING A DOCTOR?

SelectHealth Member Advocates® is a service provided by a team of representatives who are available to give you information about doctors in your area.

Member Advocates can help you choose a doctor who is accepting new patients and get an appointment for annual exams, immunizations, and checkups. They can give you information about your doctor, such as where he or she went to medical school, or if your doctor speaks another language. If your doctor is unavailable, they can help you find urgent care.

Member Advocates can be reached weekdays between 8:00 a.m. and 6:00 p.m. at **801-442-4993** (Salt Lake area) or **800-515-2220**.

TAKE CARE OF Teeth and Gums



A healthy smile could truly be a sign of picture-perfect health. Having a healthy mouth can help keep your body working properly. Research has shown links between heart disease and gum disease, and people with diabetes may find that controlling gum disease can help keep blood sugar under control.

WHAT CAUSES TOOTH AND GUM DISEASE?

Extra sugar in your saliva feeds the bacteria that help form plaque, a sticky substance covering your teeth. Over time, plaque can wear down your tooth enamel, cause mouth infections, and form cavities.

WATCH FOR SIGNS OF DENTAL PROBLEMS

To prevent gum disease and other dental problems, visit your dentist every six months. Tell your dentist or hygienist right away if you have any of the following symptoms:

- Trouble chewing or a different feeling in your bite
- Bad breath
- Loose or sensitive teeth
- Gums that bleed when you brush or floss
- White patches or a bad taste in your mouth
- Ill-fitting dentures
- Mouth dryness or soreness
- Gums that pull away, making your teeth look long

HEALTHY MOUTHS, HEALTHY BODIES

Visit your dentist regularly to have your teeth cleaned and your mouth and gums examined. Dental visits are key, but it's also important to guard your oral health between appointments:

- Brush your teeth after every meal, snack, and before you go to sleep.
- Floss daily. Flossing removes plaque and food particles that your toothbrush can't reach.
- If you smoke, quit. Smoking makes gum disease worse. Ask your dentist or doctor for help if needed.

Let SelectHealth Help You Care for Your Teeth

Protecting your pearly whites is easy with a SelectHealth dental plan. Each plan includes comprehensive benefits, and premiums start as low as \$16 a month. And with nearly 1,400 providers in Utah, you'll find a dentist near you. Learn more at www.selecthealth.org/dentist.

Connect With **TOOTHY**

For dental tips, games, videos, coloring pages, and more, visit ProtectToothy.com. Your teeth will thank you!

Become a fan of Toothy on Facebook, and we'll send you a free Toothy item. Just log in at www.facebook.com/protecttoothy. Post a comment, and send an e-mail to marketing@selecthealth.org to let us know where you'd like us to mail your item.

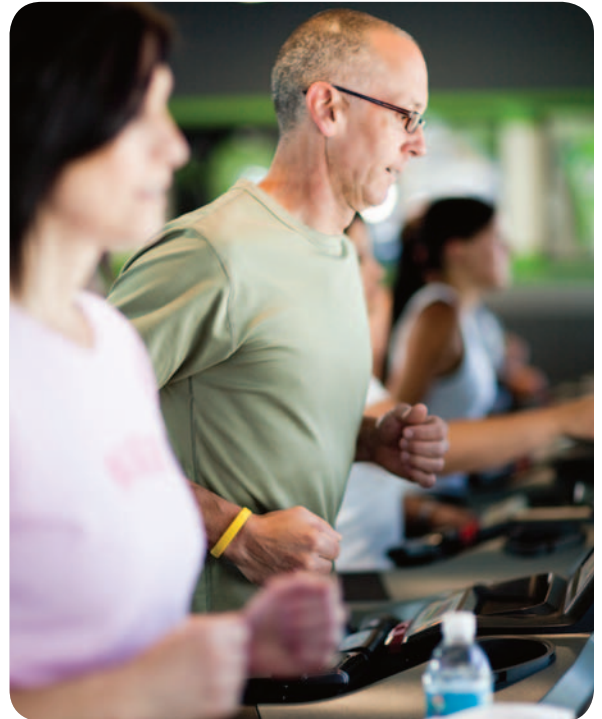


DON'T LET BAD WEATHER SPOIL YOUR EXERCISE TIME

Do your exercise plans get put on hold during cold or dreary months? Beat the bad-weather blahs and tone up for spring by trying these activities that bring your workout indoors:

- Think of your home as a gym. Consider investing in a treadmill, stationary bike, or other exercise machine.
- Be creative. You don't necessarily need expensive equipment to get a good aerobic workout at home. Try climbing stairs, jogging in place, or jumping rope.
- Join an indoor volleyball, basketball, or soccer team.
- Swim laps or do water aerobics in an indoor pool.
- Walk briskly around an indoor mall.
- Be a "domestic athlete." Cleaning closets and washing windows or floors counts as exercise—and helps you get a head start on your spring cleaning.
- Rent or buy some workout videos.
- Experiment with different exercise classes—from tai chi to spinning—at a local fitness center.

If you've been inactive for a while, start gradually and add a few minutes of physical activity each day. Eventually, try to get at least 30 minutes of moderate aerobic exercise five or more days of the week. Experts recommend stretching every day and lifting weights two to three times a week.



POOR HEALTH ISN'T AS OBVIOUS AS YOU THINK.

It might surprise you to learn that even people who look perfectly healthy could be at risk for serious conditions such as high blood pressure and diabetes. So even if you think you're in decent shape, take the My Health Score assessment on the *My Health* section of www.selecthealth.org.

My Health Score is a free health assessment tool located in the Wellness Tools section on *My Health*. Just answer a few questions, and you'll receive an accurate, confidential report that includes:

- An intuitive, at-a-glance summary with prioritized results
- Customized plans to help reduce or eliminate risk factors
- Compelling "what if" scenarios showing the impact of changes to your lifestyle



Log on to *My Health* at www.selecthealth.org to take the My Health Score assessment today, and start getting a clear picture of your overall health.



SelectHealth, Inc.
Marketing/Total Fitness
P.O. Box 30192
Salt Lake City, UT 84130-0192

Total Fitness is presented by SelectHealth, Inc., P.O. Box 30192, Salt Lake City, UT 84130-0192. All rights reserved. *Total Fitness* and its graphic representation are trademarks. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permissions. The publishers do not assume responsibility for unsolicited editorial material. SelectHealth is the trademark of SelectHealth, Inc. *Total Fitness* is an information newsletter for the members of a SelectHealth plan.

The information provided in this newsletter is intended to be used as a general guideline and should not replace the advice of your doctor. Always consult your doctor for individualized care. **The information contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.**

5285ME

UCR

Nonprofit Org.
U.S. Postage
PAID
Selecthealth Inc

MEMBER SERVICES

801-442-5038 (Salt Lake area) or 800-538-5038



Spanish Baked Fish

Here's a savory and nutritious meal that's sure to make you and your family smile.



NOW
you're cookin'

SERVES FOUR

INGREDIENTS

- 1 pound perch fillets, fresh or frozen
- 1 cup tomato sauce
- ½ cup onions, sliced
- ½ tsp garlic powder
- 2 tsp chili powder
- 1 tsp dried oregano flakes
- ⅛ tsp ground cumin

DIRECTIONS

1. Thaw frozen fish as specified on package directions.
2. Preheat oven to 350 F. Lightly grease a baking dish.
3. Divide fish into four pieces. Arrange them in baking dish.
4. Mix together the other ingredients and pour over fish.
5. Bake until fish can flake easily with a fork, about 10 to 20 minutes.



NUTRITION FACTS PER 3-oz SERVING

Calories 135
Total Fat 1 g
Cholesterol 104 mg
Sodium 448 mg