



Healthy Holiday Eating

'Tis the season for family, festivity, and food—often times, maybe a little too much food. All of the holiday festivities and stress can take a toll on your well-being. This can be even more difficult if you have diabetes.

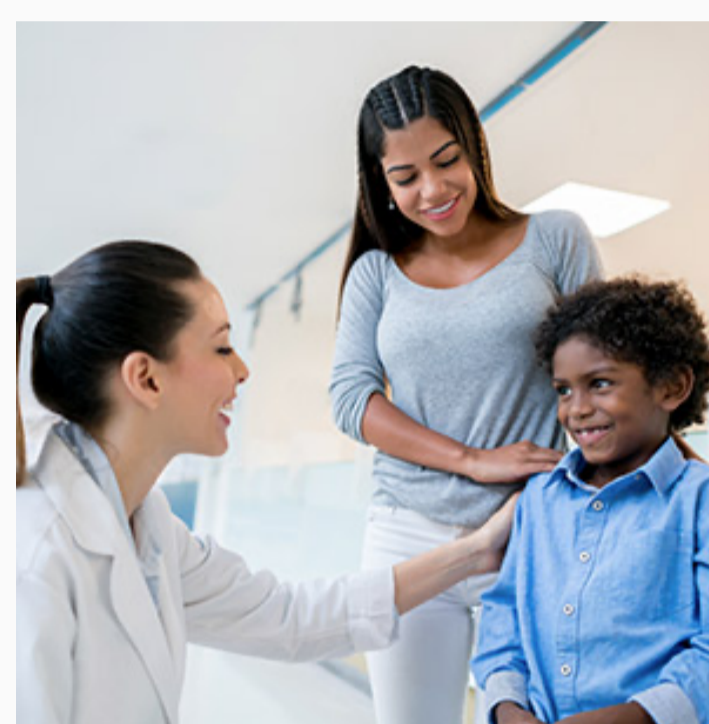
That's why it's important to enjoy the festivities safely by having healthy eating habits. Healthy eating habits can help control your blood sugar, manage your weight and control heart disease risk factors.

Here are a few tips to help you stay healthy during the holidays, and all year-round.

- [Plan healthy versions](#) of your favorite dishes
- Choose to eat healthy carbohydrates
- Don't forget to exercise

As a member, you get rewarded for taking steps to manage your diabetes! Restrictions and limitations may apply.

[Get Rewarded](#)



We Care For You

At Texas Children's Health Plan, we acknowledge, respect and honor all aspects of who you are. No matter your background or beliefs, we are committed to providing you the best quality of care and services.

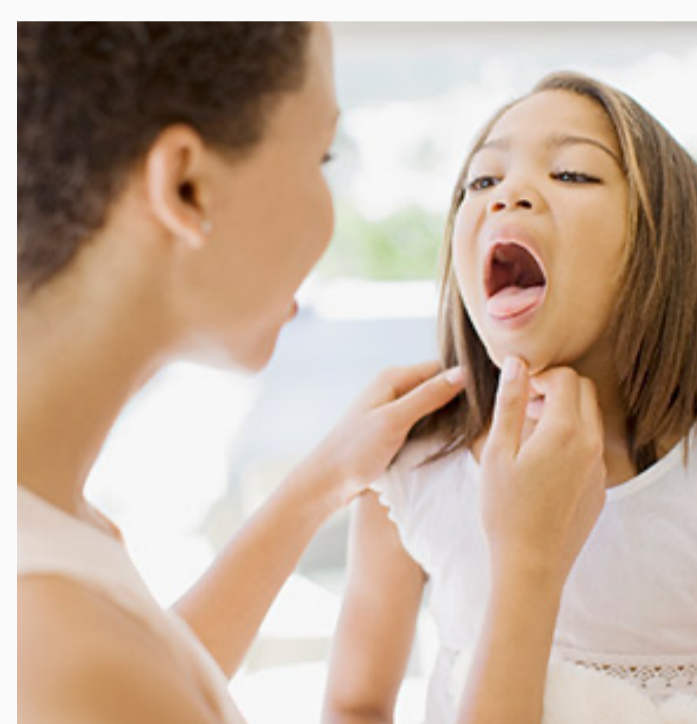
That's why we give you a range of tools and support to help. These include:

- Speaking to you in your chosen language when you call us
- Giving you support groups for our diverse member community
- Putting our printed materials in your language

We also train our teams and our doctors so they can give you the right support.

Check out our website to learn more about these services or give us a call to find out more!

[Contact Us](#)



Strep Throat - Causes and Symptoms

Worried your sore throat may be strep throat? [Strep throat](#) is an infection in the throat and tonsils caused by bacteria. Usually people spread the bacteria to others through respiratory droplet and direct contact.

Your doctor can do a quick test to see if you may have strep throat. They'll also prescribe the [antibiotics](#) needed for a full, safe recovery. Here are some common strep throat symptoms:

- Fever
- Sore throat that begins very quickly and may look red, especially without runny nose, cough, or congestion
- Pain when swallowing
- Tiny, red spots on the back and roof of the mouth
- Swollen glands on the front of the neck

[Learn More](#)



Need help with your renewal packet? Come see us in person!

Do you need help applying for or renewing CHIP and/or Medicaid? We know that the process can feel overwhelming and confusing, but our Application Assistance team is ready to help serve you.

There are multiple locations across the Houston area where a representative can help you with your renewal packet in person! Go to texaschildrenshealthplan.org/application-assistance to find the location that is most convenient for you.

Before your visit, you will need to gather the following documents that prove:

- Your child's social security number.
- Your family income within the last 30 days. (EX: check stubs, most recent income tax, W-2 form, wage forms and/or a letter from your employer.)
- U.S. Birth Certificate or proof of legal residency status for your child.

We are here for you and want to make sure you and your family stay healthy! For any other questions about Application Assistance, go to texaschildrenshealthplan.org/get-covered.



Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our Nurseline](#)
- [Have a question? Call us!](#)
- [Get a ride to the doctor's office or drug store](#)
- [Community resources](#)
- [Join a Member Advisory Group](#)
- Member Handbooks
 - [CHIP](#)
 - [STAR](#)
 - [STAR Kids](#)

Get in Touch!

What do you think of this newsletter? Have a topic you'd like to hear more about? Let us know by taking a short survey!

[Take Survey Here](#)



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