



WE LOVE OUR MEMBERS

Texas Children's Health Plan

Take Action Now!

MAIL

ONLINE

PHONE

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CHIP TEXAS STAR STAR Kids

Your Guide to Renewing Medicaid!

With the holidays quickly approaching, there's no better gift than knowing your family has health coverage.

When it's time for your family to renew your Medicaid coverage, make sure you're prepared! Check out the helpful video above that has a step-by-step guide about the renewal process.

Need more help? You can also visit our website to learn more and contact our Application Assistance team: texaschildrenshealthplan.org/renew.



Don't let transportation stop you from getting care!

With holidays and chilly weather in full swing comes flu season. If you're too sick to drive, don't have a ride to your doctor's appointment or can't pick up your child's prescription at the pharmacy — we can help! As a Texas Children's Health Plan member, you can arrange a ride at no cost.

You can schedule transportation by phone or through the [MTM Link mobile app](#). Depending on your needs, rides may include wheelchair-lift-equipped vehicles, stretcher vans, mini vans or ambulatory vans. Just make sure to tell us what type of ride you need in advance.

Let us help you stay healthy, so you can get back to the holiday spirit!

[Learn More](#)



Oral health and well-being

Good oral health is more than just avoiding cavities. In fact, oral health is key to overall health, lower medical costs and better quality of life.

Here's some tips to help maintain your families' oral health:

- Children ages 2-6 should **brush twice a day** using a pea-size amount of fluoride toothpaste. Begin flossing as soon as your child's teeth touch.
- **Don't give your child milk and/or juice right before bed.** Sugars left on your child's teeth at night can cause tooth decay.
- Schedule your child's **routine dental check-ups every six months.**

Did you know your child's Medicaid or CHIP plan comes with dental benefits? Visit YourTexasBenefits.com or call [2-1-1](tel:2-1-1) to learn more about your child's dental care options.

Want to start your dental health care journey? You can get a dental care screening at some of our Texas Children's Health Plan events.

[Learn More](#)



Stay In-Network, Save Money!

When you or your child are seeking medical care, check to see if your provider is in-network. Why? If you select an out-of-network provider, you may end up paying much more or even the full price for the services you receive.

To protect yourself from high medical costs, make sure you stay within Texas Children's Health Plan network of more than 27,000 providers for all of your medical needs!

Not sure if your or your child's provider is in-network? Use the ["Find a Doctor"](#) tool on our website or call the Member Services phone number on the back of your Member ID card.

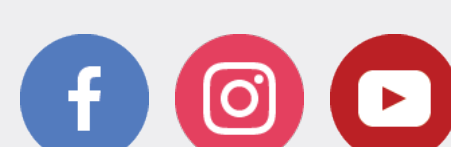
Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our Help Line](#)
- [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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