



Managing asthma in spring allergy season

Spring is here! That means more sunshine, flowers and asthma and allergy triggers. During this time, plants grow and release pollen. That's why, this season can be difficult or even life threatening for those with asthma.

If you or your child has asthma, it's important to know how asthma medication works.

Two types of medication, known as "relievers" and "controllers," are used in the treatment of asthma. Reliever medication works fast and is used to treat severe symptoms. Controller medication works slow and is taken every day, to help stop asthma attacks, even if you or your child feels well.

For more information on medications and how to create an Asthma Action Plan with your or your child's doctor, [click here](#).

Learn more



Well-Child Checkups and Vaccinations

Going to Well-Child Checkups is key to making sure your child is growing in a healthy way. Even if your child isn't sick, it's a good chance for your child's primary care provider to keep a close eye on any health issues. These visits are at no cost and may include physical exams, vaccinations, blood tests and more.

Vaccines can help protect your child by fighting infections like pneumonia, ear infections, and meningitis. Some of these infections can even be life threatening. In fact, childhood vaccinations save an estimated [4 million](#) lives worldwide each year. That's why, it's so important your child gets their vaccinations in childhood and on time.

Talk to your doctor if you have any questions about vaccinations.

Want to learn more about Well-Child Checkups and vaccinations? [Click here](#).



Bipolar disorder: Get the help you or your child needs

Bipolar disorder is a mental illness that changes mood, energy and thoughts. People with this disorder may have different types of high and low moods — known as mania and depression.

[Symptoms](#) usually start at the age of 25, but can also happen in teen years or in childhood. If left untreated, it can get worse. With a treatment plan, many people live well with the condition.

If you have mental health concerns, a good place to start is with your primary care provider (PCP).

We are here to help. [Visit our website](#) to learn how we can support you in getting early or follow-up care.

If you or your child has an emergency and need mental health or substance use treatment immediately, go to the nearest ER or call 911. For more support, call our 24/7 Behavioral Health/Substance Abuse Hotline: 1-800- 731-8529 (STAR/STAR Kids), 1-800-731-8528 (CHIP).



Have you scheduled your prenatal care visits?

If you are pregnant, you may be feeling excited and have a lot of questions.

A good place to start is with your doctor. It's important to begin [prenatal care visits](#) within the first trimester to help spot any issues early on and during pregnancy. You can expect important health exams, screenings, vaccinations and provider recommendation at these visits. Schedule your first prenatal visit within 30 days of finding out you are pregnant. The earlier you are seen, the better!

If you don't have a primary care physician (PCP) or obstetrician gynecologist (OB/GYN) picked out, [we can help!](#)

To learn more about this exciting journey, visit our [Healthy Pregnancy](#) website.

Schedule your appointment

Upcoming Events

Texas Children's Health Plan hosts many fun, FREE events! Visit our website to see what is coming up next. See you there!

Events

Sign up for “Ready for Renewal” alerts!

Do you know when to renew your CHIP and/or Medicaid coverage? If you don't, sign up for renewal alerts so you don't lose your coverage. (It's easier to renew than to re-apply, and your medical care could be costly!)

Follow these steps to set up renewal alerts: First, download the Your Texas Benefits app onto your smart phone. Then, log into your profile and go to the Message Center. Lastly, select Alert Settings.

If you have questions, visit our website: texaschildrenshealthplan.org/renew.

Learn more

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](#)

