



Self-care during postpartum period

After giving birth, we understand that you may have your full attention on your baby, but do not forget about your health, too. It is recommended to schedule your first postpartum visit within three weeks of your delivery. These checkups help make sure you are recovering well to avoid any problems after delivery. [More than a third](#) of women experience health problems after childbirth. That is why it is important that you complete your care from the beginning of your pregnancy through postpartum, to ensure your and your baby's good health.

To learn more on what to expect during these visits, visit our [website](#).

Need help? We can help you [schedule an appointment](#).

As part of our [Healthy Rewards Program](#), you can get a \$25 reward card when you complete at least one postpartum visit within 84 days of giving birth.



Sexually Transmitted Infections (STIs) Awareness Month

Screenings for sexually transmitted infections (STIs) and cervical cancer help teens and young adults stay healthy. STIs can lead to short-term health issues like urinary tract infections and long-term health issues like infertility, cervical cancer and even death. STI rates for chlamydia and gonorrhea [continue to rise in the state of Texas](#). Therefore, health experts strongly encourage teens to get sexual health screenings beginning at the age of 16. The best options for ruling out STIs are getting an STI screening, cervical cancer screening, and/or a pap smear during your routine checkup.

Talk to your teen's doctor if you have any questions or concerns about STIs.

As a Texas Children's Health Plan member, you can get a \$25 reward card when your teen completes a yearly wellness visit between the ages of 16 and 21.

[Learn more](#)



Save time with Texas Children's MyChart App!

As a busy parent, we know that you have a million-and-one things on your plate. The good news is that Texas Children's MyChart app can help save you time and avoid a long phone call!

It's easy to use and free for our members, and you can access your health coverage information, 24/7. Here are some of the other benefits of MyChart:

- Update your Primary Care Physician (PCP).
- Access/print a temporary Member ID card.
- Keep track of your claims.
- Redeem rewards through Healthy Connections.

With MyChart, your health information is just a few clicks away!

[Learn more](#)



Staying on top of your child's medication

As a parent, we understand that you are very busy. For some parents, it can be tough to keep up with the medicines your child is taking, especially if they have more than one health condition.

For your child to get the most from their medications, it is important for your child to take them exactly as prescribed. If medication is not taken the right way, it may not work. It can also cause side effects that could be harmful to your child.

Here are a few tips to ensure you are managing your child's medications safely:

- Check the exact dose, such as when and how to take each medication.
- Follow the medication instructions exactly. It may help to use a pill organizer as well as setting an alarm for reminders.
- Always tell your doctors all the medications you are taking. Carrying a list can help during visits with your providers.
- Stay on top of expired or discontinued medications and dispose of them properly.

If you have any questions or concerns about your child's medications, talk to your child's doctor or call our 24-Hour Help Line at [1-800-686-3831](#).

CAHPS Survey: We want your feedback!

Members: The Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey may be in your mailbox soon!

This annual survey gathers feedback on the quality of care you and your family have received from our network of healthcare providers. ***It is mailed out via a third party, is completely anonymous, and is sent at random to only some members.*** (Not all members will get the survey.)

If you do get the survey, please be sure to complete it! Your feedback will help us provide you and your family with the best care possible.

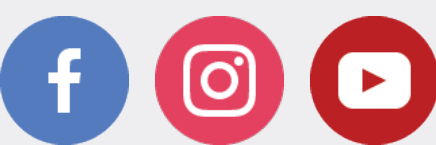
Upcoming Events

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

[Events](#)

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](#)



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