



Start this year right by staying on top of routine checkups

As a new mom, it's normal to have a lot of questions about your new bundle of joy.

One of the first steps is to schedule an appointment with your baby's primary care physician (PCP) right after birth. Then, follow the well visit schedule so your baby stays up to date with checkups and immunizations. Staying on track means that by 15 months, your baby will have 6 to 8 checkups.

Don't forget! [Your care is important too](#). Plan to see your doctor at least 1 or 2 times after delivery to ensure you are recovering well and avoid complications. [We are here to help you](#) schedule appointments or rides to the doctor's office at no cost.

As part of our Healthy Rewards Program, we reward you for healthy actions. You can earn rewards for staying on top of checkups for baby and you!

[Get Rewarded](#)



Is your child up to date with vaccines?

Whether if your child is at home or returning to school, it's important to stay on top of their immunizations.

As an extra layer of protection, vaccinations help your child stay healthy by preventing infections and complications like pneumonia, ear infections, and meningitis. Some of these diseases can be life-threatening. In fact, childhood vaccinations save an estimated [4 million](#) lives worldwide every year!

With outbreaks of vaccine-preventable diseases like measles, polio, and diphtheria on the rise across the United States; making sure your child gets their immunizations in childhood and on time is critical!

Check out the latest Centers for Disease Control and Prevention's recommended [immunization scheduler](#).

Talk to your doctor if you have any questions or concerns about immunizations.



Sexual Health Screenings for Teens and Young Adults

Sexual health screenings for [Sexually transmitted infections](#) (STIs) and cervical cancer helps teens and young adults stay healthy.

STIs can lead to long-term health issues like infertility, cervical cancer, and even death. STI rates, particularly for Chlamydia and Gonorrhea, continue to rise around the world. It is strongly encouraged to get sexual health screenings beginning at the age of 16, especially if you are sexually active. 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 doctor if you have any questions or concerns about STIs.

Did you know STAR members 21 years or older get rewarded for completing a [cervical cancer screening](#) during a routine checkup? Restrictions and limitations may apply.

Got your renewal packet? Respond quickly!

Almost everyone with Medicaid coverage will need to renew their plan each year, so keep an eye on your mail and email inbox for a notice from Texas Health and Human Services Commission (HHSC).

Act quickly when you receive your renewal packet from HHSC! You will need to submit your information back to HHSC even if nothing has changed. Otherwise, you might lose your coverage.

Log into your profile on [YourTexasBenefits.com](#) to renew online or learn more at [texaschildrenshealthplan.org](#).

Texas Children's® MyChart

Texas Children's® MyChart lets you stay connected to your health coverage 24 hours a day any time, any place. You can update your primary care physician, print out your ID card, review your information, see referrals and much more. MyChart, managing your care – made easy.

[Sign Up](#)

Upcoming Events

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

Helpful Links

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



MK-2401-883

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