



Get a healthy start this school year!

Back-to-school season is here! And it's the perfect time to prepare your kids for a healthy school year!

Whether you are getting ready for sports or school, getting your immunizations, sports and physical exams are key to making sure your kids are ready for action. These are part of your kid's Well-Child Checkups, that's why it's important that you stay on track with these visits for their overall well-being.

Did you know you can get rewarded for completing a sport or school related physical exam? [Visit our website](#) to learn more. Restrictions and limitations may apply.

Texas Children's Health Plan hosts many fun, FREE events such as Back-to-School! Visit www.texaschildrenshealthplan.org/events to see what is coming up next. See you there!



Checking your baby's weight during pregnancy

Getting prenatal care early on in your pregnancy helps spot health problems, such as your baby's weight.

Low birthweight is when a baby is born weighing less than 5 pounds, 8 ounces. This can cause serious short and/or long term health problems for some babies, such as trouble eating, gaining weight and fighting off infections.

That's why, it's recommended to schedule your prenatal visits at the beginning of your first trimester. We encourage you to schedule an appointment within the first 42 days of being enrolled with us. [Call us](#) if you need our help scheduling these visits.



Never leave your child in the car – even for a minute.

Texas summer [heat temperatures can rise up](#) to over 100 degrees, and even more inside of a car. The [temperature inside of a car](#) can go up by 19 degrees in just 10 minutes. That's why it's important to never leave your children alone in the car; not even for a minute, as it can lead to heatstroke or even death.

[Heatstroke](#) is when your body overheats due to high temperatures. A few signs of heatstroke include severe headache, little or no sweating, fast breathing and heartbeat, seizures, confusion or loss of consciousness and body temperature rises to 104°F or higher.

If you think your child is having a heatstroke, get emergency medical care right away.

You can avoid heatstroke by teaching kids to drink plenty of water and go inside when they feel overheated. And never leaving kids alone in the hot car.

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.

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](#)



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