



## Is your child up-to-date with vaccines?

August is National Immunization Awareness Month, and this is a great reminder to keep your child up-to-date with their shots. Is your child up-to-date with theirs?

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

These can be especially valuable for very young children. The U.S. Centers for Disease Control and Prevention (CDC) [recommends](#) that all children get the following vaccinations before their second birthday.

- Diphtheria, Tetanus and Pertussis (DTaP)
- Polio
- Flu
- Hepatitis A & B
- Chicken Pox
- Pneumococcal
- Rotavirus
- Measles, Mumps and Rubella (MMR)
- Haemophilus Influenzae Type B (Hib)

Download this recommended [immunization scheduler](#) and talk to your doctor if you have any questions or concerns about immunizations.

To find a mobile clinic offering no cost immunizations near you, [click here](#).



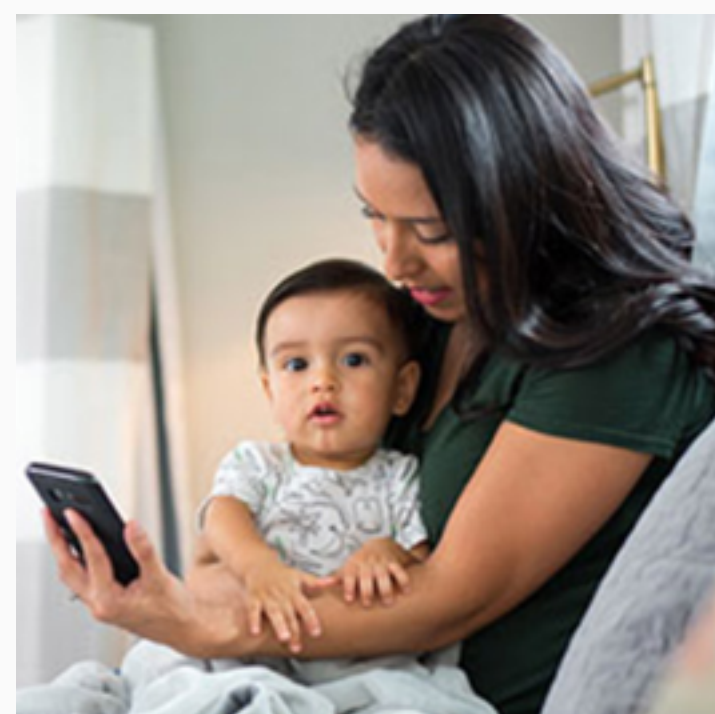
### Get a reward card for up to \$50 for your child's after school activities!

As a parent, it's exciting to see your child show interest in a new activity. It is also a great opportunity to support it!

Getting your kids involved with art, music or sports can help their emotional and physical health. It also gives your child a chance to socialize with their peers, make new friends, and learn new skills.

As part of our Healthy Rewards Program, you can receive a reward card of up to \$50 when you sign up for any extracurricular activity in a school or community program. Restrictions and limitations apply.

[Learn more](#)



### Your healthcare options this school season

Backpacks are packed, pencils are sharpened and the new school year is in full swing. Which can also mean a whole lot of expected and unexpected medical needs. Not to worry though. When your child needs medical care, you have options:

Call your primary care provider. They can help you decide what to do next.

You can also call our [24-Hour Nurse Help Line](#). You'll be able to talk to a registered nurse and get advice around the clock.

Have an online health care visit with a provider through [Texas Children's Anywhere Care](#).

If you have a life-threatening or serious emergency, you should go to the nearest emergency room or call 9-1-1.



### Eye health and diabetes

Getting your eyes checked should be a key part of your yearly wellness visit. This is especially important if you have diabetes, because you are at risk of getting diabetic retinopathy. Diabetic retinopathy can lead to vision loss and blindness. With diabetes management, these annual exams can help your doctor spot early signs of eye disease before they become severe.

In addition, you can get rewarded for taking steps to manage your diabetes and keeping track of your health with our Healthy Rewards Program.

[Learn more](#)

### New Website Alert!

We have made the Texas Children's Health Plan [website](#) even easier to use! In this update, we created new member journeys for pregnant women and children and streamlined the provider search-landing page. We have also enhanced the provider section to make it easier for your doctor to work with us too.

### Need help with your renewal packet?

Come see us in person! We know that the renewal process can feel overwhelming, but our Application Assistance team is ready to help you.

There are multiple locations across the Houston area where a representative can help you with your renewal in person. Visit [www.texaschildrenshealthplan.org/application-assistance](http://www.texaschildrenshealthplan.org/application-assistance) to find a location most convenient to you.

### Upcoming Events:

Texas Children's Health Plan hosts many fun, FREE events! Visit [www.texaschildrenshealthplan.org/events](http://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](#)



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Our mailing address is:

PO Box 301011, WLS-8360 Houston, TX 77230-1011

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