



Spring is in the air: Managing Asthma

Asthma is a [leading chronic illness](#) among children in the United States.

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

[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 slowly over time and is taken every day, even if you or your child feels well, to try to stop asthma attacks

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



Planning to grow your family?

Congratulations! We understand you may have a lot of questions about this journey. A great place to get answers is from your doctor during your first prenatal visit. [Getting prenatal care](#) within the first trimester is important to your and your baby's health. Schedule your first visit prenatal visit within 42 days of being enrolled with us. 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.



Staying on top of your prescriptions

Medications can be an important part of staying healthy.

The good news is that many medications are covered as part of your plan. If you want to check on your specific medication, you can [call us](#).

Some medications do need special permission from your doctor before you can pick them up at the drug store. So you should always check with your doctor before you go to the drug store, especially if you are picking up a new medication.

Once your prescription is all set, you should be able to find a drug store near your home or work. We have a wide range of drug stores that are part of your network. You can [find one online](#) anytime.



Texas Children's® MyChart

As a Texas Children's Health Plan member, you have 24/7 secure access to Texas Children's MyChart.

This app is available on your phone, tablet, or computer where you can take care of everything that includes your health care coverage, all in one place.

- Update your primary care physician.
- Access and print a temporary ID card and request a replacement.
- Review your eligibility and coverage information.
- Access Healthy Connections to track and redeem your rewards from our Healthy Rewards Program.

Need help signing up? Call Member Services or visit: www.texaschildrenshealthplan.org/mychart.

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 to find a location most convenient to you.

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](#)



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