



It's the final stretch! Stay on top of your prenatal care.

If you are in the last few months of your pregnancy, it is important to keep up with your prenatal checkups. These visits can help prevent complications that may come up, and we want to make sure you have a safe delivery!

It's also a great opportunity to talk with your provider about your delivery options. The most common type is vaginal delivery, as it carries more benefits and less risk for your baby. The other type is a caesarean section (C-section), which is surgical. You and your provider will work as a team to decide your best option.

If you want to learn more about these delivery options, our Healthy Rewards Program offers basic baby care and birth classes at no cost!

[Sign up](#)



Have a plan for your child's ADHD!

An estimated [7 million \(11.4%\) of U.S. children ages 3-17 years](#) have been diagnosed with ADHD.

If your child is diagnosed with ADHD and prescribed medication, you should schedule a follow-up visit with your child's provider. (We recommend that you schedule this follow-up visit within 30 days of receiving their medication or any time you have concerns.)

The provider can help you manage your child's treatment plan, make sure the plan is working, and even change it if your child has new symptoms or side effects. You will work together to support your child's needs.

You can even earn rewards for managing your child's ADHD! Visit our [Healthy Rewards Program](#) page to learn more.



Substance Use Disorder: Know the risks; get help!

You might not know this, but [more than 1-in-6 children aged 12 or older in the U.S.](#) reported experiencing a substance use disorder (SUD).

While there are different types of SUD, they all can lead to serious consequences like a weakened immune system, heart conditions, liver damage, lung disease, altered brain chemistry, and even death.

If you or your child are struggling with SUD, your provider or a specialist will help you get the care you need. [Click here](#) to access resources for managing SUD.

If you or your child needs substance abuse treatment immediately, call the 24/7 Behavioral Health/Substance Abuse Hotline: [1-800-731-8529](#) (STAR/STAR Kids) or [1-800-731-8528](#) (CHIP). If you have a life-threatening emergency, you should call [9-1-1](#) or go to the nearest ER.



Check your health at our upcoming fall events!

Get a healthy start on fall at our Fall Fest at Freedom Center Church, the Houston Buddy Walk, and Fall into Wellness Health Fair & Festival.

There will be fun activities the whole family can enjoy, including:

- Blood pressure, glucose, dental and vision screenings.
- Children's immunizations, flu vaccines and community resources.
- Talks from experts on diabetic retinopathy and liver cancer.
- A [one-mile walk](#) celebrating the abilities of individuals with Down syndrome.
- Family fun, giveaways, live music and much more!

To learn more about these events and the offered health screenings, visit www.texaschildrenshealthplan.org/benefits/member-events.

CHIP-P Moms: Be sure to enroll your baby!

Starting November 2, 2024, newborns of CHIP-P mothers will not automatically be covered by their mother's chosen health plan. If you want your newborn to be enrolled in Texas Children's Health Plan, too, you will have to notify Texas Health and Human Services Commission (HHSC). Make sure to call HHSC at [2-1-1, Option 2](#), as soon as possible to make sure they have your correct mailing address on file.

Watch your mailbox!

An enrollment packet from HHSC will be mailed to you soon after your baby is born. You will then fill out the packet, choose a health plan for your newborn, and mail it back to HHSC. If you have not made a choice in 15 business days, HHSC will assign a health plan instead.

Questions? Go to YourTexasBenefits.com or call [2-1-1, Option 2](#).

Flu season is here! Without coverage, it could be costly.

Don't risk losing your Medicaid coverage as we head into cold and flu season. Keeping your coverage will help you avoid any expensive out-of-pocket costs if you or your children get sick. (Our tip: Make sure you know your coverage end-date so you can be ready to renew it.)

Need to renew your coverage? [Visit our website](#) to learn how.

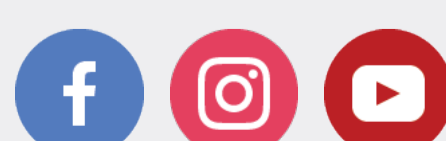
Helpful Links

- [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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