



## Join us at our Holiday Bash Events!

Celebrate the magic of the holiday season at our upcoming Texas Children's Health Plan Holiday Bash events!

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

- Meet, greet, and take pictures with your favorite holiday characters like Santa Claus.
- Tips on how to become a germ-fighter and stay flu-free during the holidays.
- Holiday fun at the children's area.
- Health screenings and community resources.

Does your family want to join us but need a ride to the events? We can help! [Click here](#) to schedule a ride at no cost.

To learn more about these events and the offered health screenings, visit [texaschildrenshealthplan.org/events](https://texaschildrenshealthplan.org/events).



### Keep away the flu, colds and RSV!

Cold, flu, and respiratory syncytial virus (RSV) season has arrived! Our top priority is keeping your family healthy.

Symptoms for the flu, colds, and RSV can range from mild to severe, including a runny nose, sore throat, fever, vomiting and diarrhea. **If your child has these symptoms, schedule a visit with their provider as soon as possible.**

In addition to getting your flu and RSV vaccines, here are some helpful tips to keep your family healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often, and be sure to use both soap and water.
- If you are sick, stay home and avoid contact with others.
- Reduce the risk of getting sick with good sleep, a balanced diet, and moderate exercise.

Visit [texaschildrenshealthplan.org/flu](https://texaschildrenshealthplan.org/flu) for more information.



### We care for you

At Texas Children's Health Plan, we acknowledge, respect and honor all aspects of who you are. No matter your background or beliefs, we are committed to providing you the best quality of care and services.

That's why we give you a range of tools and support to help. These include:

- Speaking to you in your chosen language when you call us.
- Giving you support groups for our diverse member community.
- Putting our printed materials in your language.

We also train our teams and our doctors so they can give you the right support.

Check out our website to learn more about these services or give us a call to find out more!

[Contact Us](#)



### Your Healthcare Options during the Holidays

Whether you're traveling during the holidays to visit loved ones or going on vacation. Having a plan for what to do if you have a health issue can make your travels smoother and help avoid problems. As a member, you have great options.

The place to start is with your primary care physician. They can help you decide what to do next.

You can also call our [24-Hour 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](#). Texas Children's Anywhere Care can help you get an online appointment with a health care provider.

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

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

Don't risk losing your Medicaid coverage during 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.

### Texas Children's® MyChart

With Texas Children's® MyChart, your health information is only a few clicks away, 24/7! You can update your primary care physician, print out your Member ID card, review your information, and even access referrals.

MyChart: Managing your care, made easy.

[Sign Up](#)

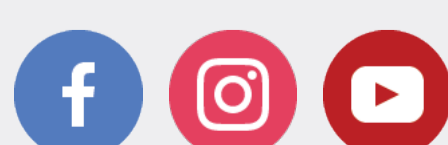
### Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our 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-2411-108

Copyright © 2024 Texas Children's Health Plan. All rights reserved.

Our mailing address is:  
PO Box 301011, WLS-8360 Houston, TX 77230-1011

Want to change how you receive these emails?  
You can [unsubscribe from this list](#).