



Stay on top of routine checkups and get rewarded!

As a new mom, it's normal to have a lot of questions about your new bundle of joy.

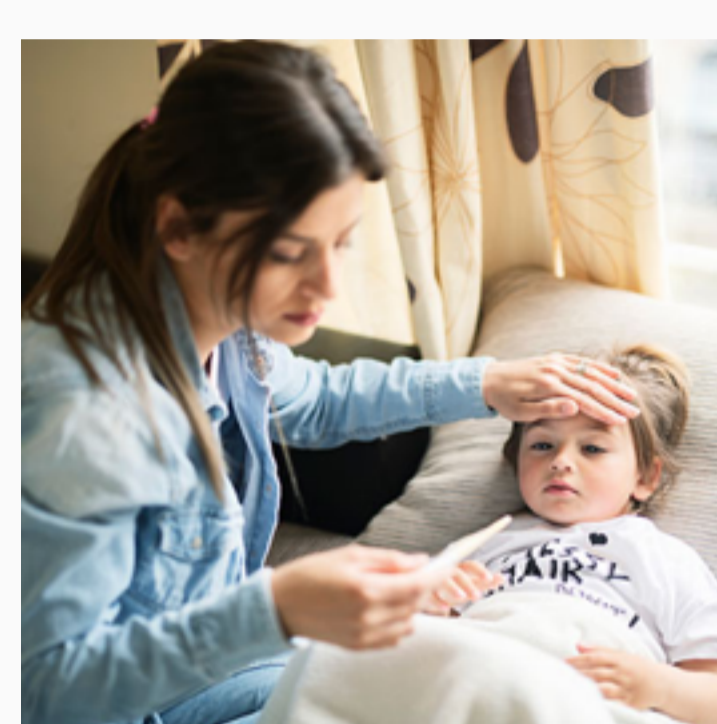
One of the first steps is to schedule an appointment with your baby's primary care provider (PCP) right after birth. Then, follow the [Well-Child Checkup schedule](#) so your baby stays up to date with checkups and immunizations. Staying on track means that by 15 months, your baby will have 6 to 8 checkups.

It's important that you don't miss any of your visits to ensure your baby stays healthy. Call your provider to schedule your checkup today!

[Your care is important too.](#) Plan to see your doctor at least 1 or 2 times after delivery to ensure you are recovering well and avoid complications. We can help you [set up your visits](#) or rides to the doctor's office at no cost.

As part of our Healthy Rewards Program, you can receive a \$25 reward for completing a prenatal and postpartum care visit.

[Get Rewarded](#)



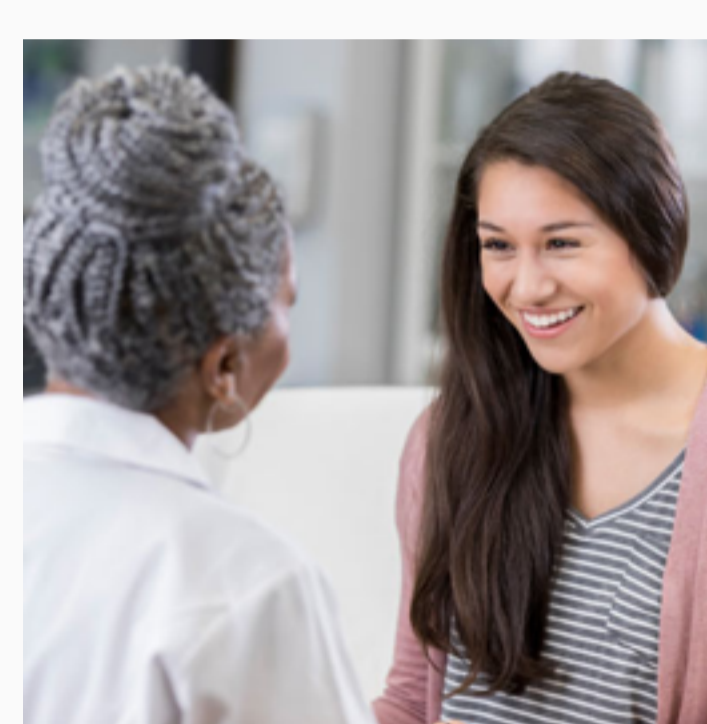
How to Prevent Upper Respiratory Infections!

When it's cold and wet during the winter season, many children become sick with upper respiratory infections (URI). A URI affects the upper part of the respiratory system, including the sinuses, throat, lungs or airways.

Here are some tips on symptoms and treatment that will help you keep your family healthy:

- Symptoms include a runny nose, sore throat, coughing, mild headache, mild body aches and/or pain when swallowing or speaking.
- Treatment depends on the infection, but almost all get better with plenty of rest and drinking fluids.

If you think your child is sick and needs immediate attention, you have options! First, call your child's doctor to talk about symptoms and treatment. As a member, you can also reach out to our [24-Hour Helpline](#) and/or schedule an online visit through [Texas Children's Anywhere Care](#). If it's the weekend or late at night, you can also [find an urgent care clinic](#) near your home.



Sexual Health Screening for Teens and Young adults

A sexually transmitted infection (STI) is a virus, bacteria, fungus, or parasite people can get through sexual contact, such as such as Chlamydia, Gonorrhea and more. STIs can lead to long-term health issues like infertility, cervical cancer, and even death.

Screenings for STI and cervical cancer helps teens and young adults stay healthy.

The best way to rule out STI's is by getting an STI screening, cervical cancer screening and/or a pap smear during your routine checkup. When found early, cervical cancer can be highly treatable. Regular cervical cancer screening can [help detect changes](#) in your cervical cells before they become cancerous. That's why it's important to get these screenings beginning at the age of 16, especially if you are sexually active.

Talk to your doctor if you have any questions or concerns about STI's.

Did you know STAR members 21 years or older [get rewarded for completing a cervical cancer screening](#) during a routine checkup? Restrictions and limitations may apply.



Be Your Best Self this New Year!

The New Year is a great opportunity to be your best self, and the best way to do so is to take care of your mental health.

Mental health issues influence how we think, how we feel, and how we act. It can even make day-to-day activities more difficult. Leaving these concerns untreated can have long-lasting effects. That is why it is so important to take action.

There are many different ways to protect your mental health, but a good place to start is with your primary care provider (PCP). If needed, the PCP can refer you to a behavioral and/or mental health specialist.

We are here to support your family's mental health! [Visit our website](#) to learn more about how we can support you in getting mental health care.

If your child has an emergency and needs mental health or substance use treatment immediately, go to the nearest ER OR call 911. For additional support, call our 24/7 Behavioral Health/Substance Abuse Hotline: 1-800-731-8529 (STAR/STAR Kids), 1-800-731-8528 (CHIP).

Your Guide to Renewing Medicaid!

When it's time for your family to renew your Medicaid coverage, make sure you're prepared! Check out the helpful video that has a step-by-step guide about the renewal process.

Need more help? You can also visit our website to learn more and contact our Application Assistance team.

[Renew](#)

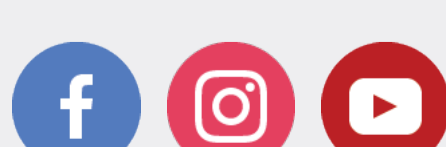
Upcoming Events

Texas Children's Health Plan hosts many fun, FREE events! Visit our website to see what is coming up next. See you there!

[Events](#)

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](#)



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Our mailing address is:

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

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