Sports Physical versus Well Child Visit?

Back to school time is a busy time for parents. It is important to make sure children get school and sports physicals in time. Health fairs and sometimes schools offer physicals to make sure students are able to participate in school and sports. If your child has a physical at a health fair or urgent care center, you should also schedule a well child visit (routine check-up) with their primary doctor. Your child’s primary doctor knows your child’s health history best. This means they will be able to talk about development, behavior and important safety issues.

How often should your child have a well child visit (routine check-up)?

- Babies: 3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months and 18 months.
- Toddlers: 24 months and 30 months.
- Age 3 years and older: at least once a year.

*Don’t forget – you can earn MDwiseREWARDS when your child sees their doctor for a routine check-up.

Not sure who your child’s primary doctor is? Call MDwise at 800-356-1204 or 317-630-2831 in the Indianapolis area. We are happy to help.
Museum Access Pass

The Museum Access Pass makes access to The Children’s Museum and other local attractions easier. Families that meet the requirements can visit The Children’s Museum, Riley Children’s Health Sports Legends Experience and other attractions for a reduced price. They can do this for just $2 per family member, per visit. The pass is for up to two adults and your children. To learn more about the pass and locations, visit childrensmuseum.org/visit/hours/access-pass.

You may qualify if you are a member of any of these programs:

- Hoosier Healthwise.
- Temporary Assistance for Needy Families (TANF).
- SNAP and Hoosier Works.

Attractions include:

- The Children’s Museum of Indianapolis and Riley Children’s Health Sports Legends Experience.
- Terre Haute Children’s Museum.
- Conner Prairie.
- WonderLab Museum of Science, Health, and Technology in Bloomington.
- And many more!

Out of Area Care

You can still get health care even if you are far away from home. Before getting care, you must call your doctor. You can also call MDwise customer service for help. If you have a true emergency, do not call first, go straight to the nearest hospital.

Adults Need Check-Ups Too

Did you know that adults need routine check-ups too? Just like when you were a child, you should have a check-up at least once a year with your primary doctor.

To stay healthy, you need to see your primary doctor, so they can check for possible early signs of disease. Your primary doctor knows your health history and family history. This helps them know what diseases you are more likely to have. There are different cancer, diabetes and heart screenings your doctor can do to make sure you stay healthy. Be sure to tell your doctor if you have seen any other doctor or specialist. This helps them know about all medicines and treatments you are on. Call your primary doctor today to schedule a routine check-up.

Get your FREE gift card!

You don’t have to sign up for MDwiseREWARDS to earn points. You are automatically enrolled. Earn points for a variety of activities, like going to your doctor appointments. Then shop for gift cards with your points. Go to MDwise.org/MDwiseREWARDS to learn more.
Pregnancy Care

Starting your pregnancy care in the first twelve weeks is very important. It’s key to making sure you have the best outcome for your pregnancy. Here is the suggested schedule for when you should see your doctor during your pregnancy:

- One visit every four weeks until you are 28 weeks.
- From 28 weeks to 36 weeks, you should see your doctor once every two to three weeks.
- Once you are 36 weeks, you should have weekly appointments until you have your baby.

Your provider may want to see you more often. It is important that you go to all your appointments, even if you feel well. If you want to see your doctor outside your regular visits, you should call your doctor. They may ask you to come to their office or they may ask you to go to urgent care, the emergency room or the Labor and Delivery. If you have questions about your health, call MDwise NURSEon-call. NURSEon-call is available 7 days a week, 24 hours a day. Call 1-800-356-1204 and press option #4 to speak with a nurse.

POWER Account Education

To access your member monthly statement, log in to your myMDwise member portal. If you do not have a myMDwise account, you can create one. Visit the log-in page and click on the “Create Member Account” link. You will need your member ID card and an email address. If you do not have an email address, you can sign up for a free Google email account online.

After logging in to your account, click on the “Monthly Statement” link. This is located under “POWER Account” at the top of the screen.

What is on a member monthly statement? It shows POWER Account activity from a previous month. The POWER Account summary section shows an opening balance and claims paid for the month. It also shows any copayments and your remaining POWER Account balance. The contributions section shows what you have paid and what the state has paid. You can also see payment information for the entire year. If you earned rollover dollars or state discounts from a previous benefit period, those earnings are shown under “rollover summary.” These are available to you if you pay for “plus” and/or maintain “plus” status for the rest of the benefit period.

Your detailed health services will show under the “claims transactions summary.” For more information about specific claim activity, please click on the “View Claims” link that shows under “claims” at the top of the screen. You can click on “FAQ” to get more information about member monthly statements. You can also contact MDwise customer service with questions Monday–Friday between 8 a.m. and 8 p.m. at 800-356-1204 or 317-630-2831 in the Indianapolis area. TTY Users should call 1-800-743-3333.

Questions?
Go to our website at MDwise.org.

Si quiere que le mandemos esta información en español, favor de llamar a nuestro departamento de servicio al cliente de MDwise. También puede encontrar esta información en español en nuestra página web en MDwise.org. Gracias.
Behavioral Health Resources

You can access behavioral health resources on the MDwise website. You can find these resources by visiting MDwise.org/behavioral-health. These resources include information about your benefits, care management services and behavioral health benefits.

myMDwise

Have you created your myMDwise account? To set up your myMDwise account, all you need is your member ID card and an email address. Using myMDwise allows you to access your health care on the go.

When you use myMDwise you can:

• View your general eligibility information, including the name of your current doctor.
• Complete a survey about your health (Health Screening).
• View and redeem MDwiseREWARDS.
• View your medical and pharmacy claims.
• Sign up for electronic communications.
• Make your payment through WISEpay (HIP members).
• View/print your member ID card.
• Contact MDwise customer service.
• Request to change your PMP.

To learn more visit MDwise.org/myMDwise.

WEIGHTwise

WEIGHTwise: Let your plate be your guide

You want to lose weight in a healthy way. You also want to keep it off. Evidence shows that most people need to reduce the amount they eat and improve the quality of their diet. This helps you lose about 1 to 2 pounds per week. It can be difficult to count calories or measure portions accurately. Try using the “plate method.” This helps you control the amount you’re eating. You can use this method when you are trying to lose weight. It also helps you maintain a healthy weight. Here is how it works:

• At least half your plate should be focus on whole fruits and vegetables.
• Split the other half evenly with varied lean protein and whole grains.
• Try moving to low-fat and fat free milk and yogurt.
• If you go back for seconds, limit yourself to vegetables.
• Eat fruit or low-fat dairy for snacks.
• Eat less salt and sugared drinks.

For more information go to ChooseMyPlate.gov. You will find tips on healthy eating, eating on a budget, exercise and great recipes. Other websites and mobile apps are available for free to track your food, activities and weight. We recommend an internet search for food and activity trackers that are right for you.

Sources: US Department of Agriculture, ChooseMyPlate.gov, American Heart Association
Do You Use Tobacco?

If you use tobacco, MDwise and your MDwise doctor advise you to quit. Quitting will improve your health. It will also improve the health of your family. One disease that develops due to smoking and tobacco use is Chronic Obstructive Pulmonary Disease (COPD). COPD makes it hard for you to breathe. You may also develop heart disease and many cancers. It is not good for family members either. Smoke affects the air your loved ones breathe. It can cause breathing problems like coughing or asthma. It can also cause lung infections, cancers and heart disease.

Quitting is hard. Your doctor and MDwise can help.

There are treatments that can help you. Talk to your doctor. Your doctor may suggest things like counseling or prescription medication that may help you. There are also many over-the-counter aids like nicotine gum and patches. They are free to you if your doctor writes a prescription. If you are a Healthy Indiana Plan member, payment for these will come out of your POWER Account.

If you complete a tobacco cessation program, you are eligible to receive REWARDS points!

Just ask for a certificate of completion from the program you complete and send it to us. You can fax, mail or email this to us. For more information go to MDwise.org/MDwiseREWARDS. Click on your health plan and then click, “How do I earn rewards?”

Make the decision to quit today.

If you are thinking about quitting, visit MDwise.org/wellness/smokefree. You can find helpful tools on the MDwise website. For further advice and support, call Indiana’s Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669). It’s available 24 hours a day, seven days a week. You can also go to quitnowindiana.com.

If you are a HIP member your time is running out.

You have about 6 months to stop tobacco use or you may have a higher POWER Account contribution. Example: if your current monthly POWER Account contribution is $10 a month, if you do not stop the use of tobacco within 12 months of your coverage starting, your contribution may go up to $15 the next year.
Vision Health – Take Care of Your Eyes

It is important to take good care of your eyes, so they stay healthy all your life. There are several easy things you can do to protect your eyes. Here are some tips from the Centers for Disease Control (CDC):

Have an annual exam with an eye doctor. This doctor will review your family history. The eye doctor will ask about your health history. He/she might also ask questions about how well your eyes are working. The doctor will examine your eyes with special equipment.

Learn your family history of eye diseases. Many eye diseases are inherited. It is important to share this information with your eye care professional.

Eat right to protect your sight. Colorful fruits and vegetables like carrots, spinach and collard greens are healthy for your eyes. Special kinds of oils found in fish, like tuna and salmon, also help eye health.

Keep a healthy weight. Being overweight leads to diseases that can harm your vision and even lead to blindness.

Wear protective eyewear. Wear protective eyewear when playing sports, while at work or doing activities around your home. Wear sunglasses outside to protect your eyes from the sun’s ultraviolet rays.

Quit smoking. Or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage. These can all lead to blindness.

Give your eyes a rest. Sometimes you forget to blink when you are on the computer. If you focus on only one thing your eyes can get tired. Try the 20-20-20 rule: Every 20 minutes look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and contact lenses. Always wash your hands well before handling your contact lenses. Make sure to disinfect and replace contact lenses as instructed.

Eye care benefits are available to MDwise members in certain plans. Please visit MDwise.org to learn more.

Ask Your Doctor if You Need Shots

The next time you go to your doctor, ask if there are any shots you need. In addition to getting a flu shot every year, there are other shots you might need. These include shots that protect against whooping cough and pneumonia. Your primary doctor will know what shots you should get based on your age and health history.