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.
**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.

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**Pregnancy Care**

Starting your pregnancy care in the first twelve weeks is very important. It is key for having the best outcome for your pregnancy. There is a suggested schedule in which you should be seen for your pregnancy.

- **One visit every four weeks until you are 28 weeks.**
- **From 28 weeks to 36 weeks, you should be seen once every two to three weeks.**
- **Once you are 36 weeks, you should have weekly appointments until you have the 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 are wanting to be seen outside these visits call your doctor. They may ask you to come to their office, go to the urgent care, emergency room, or go to the Labor and Delivery based on what is going on. Care Management services are available to help. You can call Customer Service and ask for a care manager.

MDwise NURSEon-call is available 24 hours a day at 1-800-356-1204 and press option 4 to speak with a nurse.
Understanding Gateway to Work Exemptions

Gateway to Work is a part of the Healthy Indiana Plan (HIP). It connects HIP members like you with job training, job search assistance, classes, volunteer and work opportunities.

In most cases, the state will determine that a member is exempt based on information already on file, such as age, medical claims and employment status. However, some exemptions are based on information that the state does not already have. If a member meets an exemption, the member can contact their health plan to discuss. The member will be required to document their exemption with the health plan who may then update the member’s status.

If you meet any of the following exemptions, you will not be required to participate in Gateway to Work:

- Age 60 years and older.
- TANF/SNAP recipients.
- Medically frail.
- Pregnant.
- Homeless.
- Institutionalized.
- In treatment for a substance use disorder.
- Recently incarcerated (for a period of at least 30 days in the past 6 months).
- Certified temporary illness or incapacity.
- Caregiver:
  - Primary caregiver of a dependent child under age 7.
  - Primary caregiver of a disabled dependent.
  - Kinship caregiver of abused or neglected children.
- Student (full- or half-time).
- Other possible exemptions will be reviewed for good cause on an individual basis.

If you meet one of the above listed exemptions and have not been given a Gateway to Work status of “exempt,” you need to call MDwise at 1-800-356-1204.

*Gateway to Work was designed with a requirement for some members to do Gateway to Work activities to keep their HIP benefits. However, the state is not currently enforcing benefit suspensions and will not until after a federal lawsuit is resolved. Before the program is reinitiated, members would receive substantial advance notice regarding the timeline.*

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.
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 myMDwises 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](http://MDwise.org/myMDwise).

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**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](http://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!
MDwise wants to help you stay healthy. MDwise members may be eligible for Population Health Management services through the Care Management department. Population Health Management is a way we try to help you have better health and quality of life by talking with you, sending you materials or sending you texts about ways to stay healthy. The MDwise care management program can help you manage your health conditions. MDwise care managers help you and your doctor plan for your care. As your needs change, the level of care management will change. Care management will help you become more independent and able to manage your own health care needs. MDwise care managers can help you with mental health and physical conditions.

MDwise care managers can help you make goals for your health. They work with you, your doctors, family and caregivers to do this. They want you to make the best choices for your health. Care managers can help you understand your health conditions and how to best manage them. Care management also assists you with:

- Understanding your condition.
- Understanding your medications.
- Getting supplies and equipment you need.
- Finding care from special doctors.
- Getting information about your condition.
- Scheduling appointments.
- Talking to doctors about your condition(s) and how you are doing.
- Getting help from other organizations.

You, your provider, family members or caregivers can all request care management by completing an online referral form or by calling customer service. The online referral form is located at MDwise.org/cmdm-referral and MDwise customer service can be reached at 1-800-356-1204. Once MDwise receives your request, a care manager will contact you and you can discuss your needs or the needs of the person requesting care management. If you agree, we may contact you by telephone, messages, emails, mail or in person (for certain services) to tell you how to use the services. You may also opt out by calling or writing to us.

Connect with us!

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MDwise.org/google
Instagram.com/MDwiseInc
POWER Account Education

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.

Beginning 2019 year, your POWER Account statement will show you how many Gateway to Work activity hours are required each month. You will see a “Yes” or “No” marked on the months you have completed or not completed Gateway to Work. You will see “Yes” on months your Gateway to Work status is “Exempt” or “Reporting Met.” Months you are not in HIP will also be marked as “Yes.”

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.

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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.
**SMOKE-free**

Earn MDwiseREWARDS points for being SMOKE-free.

If you smoke or use tobacco you can earn MDwiseREWARDS points for trying to quit. To earn points, you must complete a cessation program.

**Examples of some programs include:**

- Indiana’s Tobacco Quitline.
- Baby and Me Tobacco Free.
- A program through your hospital or clinic.

Ask your doctor about the programs they recommend. Once completed, ask for a certificate or letter of completion. Then send a copy to MDwise by mail, fax or email to get your points.

**Mail to:**
MDwiseREWARDS
P.O. Box 441423
Indianapolis, IN 46244

Fax (toll-free) to: 1-844-759-8551

Email to: rewards@mdwise.org

You can get tips for quitting at MDwise.org/wellness/smokefree.

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.

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**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.**

**Out-of-Area Services**

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.

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**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.
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