When should your child get vaccines?
Children need check-ups as they grow up. This helps the doctor make sure the child is developing at the right pace. You should ask your doctor about when you should get check-ups based on your personal health. Another reason for check-ups is to get immunizations.

TIP: Get your child's well-child visit before the school year, so their immunizations are up to date when school starts. This would also be a good time to make sure your immunizations are up to date as well. Make an appointment at your doctor's office or go to your county health department.

The following chart shows the schedule the doctor follows when giving children their shots.

### Vaccines Children Need

- **HepB** = hepatitis B
- **Rota** = rotavirus
- **DTaP** = diphtheria, tetanus, pertussis
- **Tdap** = tetanus, diphtheria, pertussis booster
- **Hib** = Haemophilus influenza type b
- **IPV** = inactivated polio
- **MMR** = measles, mumps, rubella
- **Var** = varicella (chickenpox)
- **PCV/PPV** = pneumococcal
- **HepA** = hepatitis A
- **Flu** = influenza
- **MCV4/MPSV4** = meningococcal
- **HPV** = human papillomas vaccine

### Vaccines below this blue line are for certain children. Ask your doctor.

Compiled with information from the U.S. Centers for Disease Control and Prevention.
Be SMOKEfree

Remove all cigarettes from your home, car and workplace. Avoid smoking in these places for two weeks before your quit date.

For further advice and support, call Indiana’s Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669). You can also go to www.in.gov/quitline.

Open Enrollment Reminder for Hoosier Healthwise Members

Hoosier Healthwise members will remain enrolled in their chosen health plan for a one year period. Once each year you will have a chance to enroll in a new health plan. All new members joining MDwise will have 90 days from the day that they start to decide to stay in MDwise or change to a different plan. You will get a letter to remind you. Members who have been with MDwise for longer than 90 days will need to stay in MDwise for a year. After a year, you can change to another plan if you choose. If you have questions, please call MDwise at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #2 for Hoosier Healthwise.

Member Redetermination for Healthy Indiana Plan Members

Healthy Indiana Plan members must re-enroll every 12 months. 90 days before your coverage ends, you will get a letter from the Division of Family Resources with information on how to enroll for next year. 60 days before your coverage ends, you will get another letter from the Division of Family Resources with a re-enrollment form. It is very important that you fill out the re-enrollment form right away and send it in! The Division of Family Resources must get this completed form 45 days before your coverage ends or you will be disenrolled from HIP. If that happens, you will not be able to re-enroll for 12 months.

Please mail the form to: FSSA Document Center, P.O. Box 1630, Marion, IN 46952. You can also fax the completed form to 1-800-403-0864. If you have any questions, call MDwise Customer Service toll-free at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #3 for HIP.

Questions? Comments? Complaints?

If you need help with anything about MDwise or your doctor, we can always help. Please call MDwise Customer Service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area.
Safe Summer Play

May through August is the most dangerous time of year for children. The following tips can help keep your kids safe and sound.

Water rules
- Never leave your children alone near water.
- Teach older children to always swim with a buddy. Do not dive headfirst into an unknown body of water.
- Go to beaches with lifeguards. Ask where the safest swimming areas are.

Shun the sun
- Have children apply sunscreen rated SPF 15 or higher every two hours.
- Have children wear a brimmed hat and sunglasses when out in the sun.

Bikers beware
- Make sure your children wear helmets when riding their bikes.
- Helmets should fit snugly. Straps should be secure under the chin.

Heat-related illnesses
- Heat exhaustion can occur in hot, humid weather.
- Warning signs include heavy sweating, paleness, muscle cramps, weakness, headache, and fainting.
- If your child has these symptoms, move him or her to a shady area or an air-conditioned room or car. Provide plenty of cool water or decaffeinated drinks.

Sources: Safe Kids Worldwide, National Highway Traffic Safety Administration, and the National Safety Council

Need help deciding whether to see your doctor or go to the emergency room? Call MDwise NURSEon-call at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #2 for Hoosier Healthwise or option #3 for HIP. Then press option #3 for NURSEon-call. NURSEon-call is available 24 hours a day.

How We Protect Your Privacy

Details about your health are personal. That’s why we do all we can to protect your privacy. We make sure your health records and information about you are kept safe. Only staff members who need to see your files to help you can get them. Even then, our staff signs statements promising not to share information about you. Our doctors and the rest of our providers follow these rules too.

If other people ask us for your records, you must say it’s okay first. In fact, you have to give permission in writing. The only time we don’t check with you first is when someone has a need and a right to see the files. That’s determined by law.

We often review the way we keep files safe. We want you to have good care and peace of mind. For a copy of our privacy policy, please see pages 39–41 of your MDwise member handbook. It is also on our website at MDwise.org.

Member Rights & Responsibilities

MDwise provides access to medical care for all its members. We do not discriminate based on your religion, race, national origin, color, ancestry, handicap, sex, sexual preference, or age.

Medical care is based on scientific principles. We provide care through a partnership that includes your doctor, MDwise, other health care staff, and you—our member. MDwise is committed to partnering with you and your doctor.

To read all of your rights and responsibilities, check out your member handbook. Go to MDwise.org, Under "Member," choose either Hoosier Healthwise or Healthy Indiana Plan. Click on "Handbook & Overview" and navigate to page 35 of the handbook.
Do you know why exercise is important? Exercise is important because it helps to keep your body healthy. Being healthy is good for everyone. A fun and easy way to stay healthy is to...you guessed it, EXERCISE!

Regular exercise outside is proven to improve children's physical and mental health. Outdoor activity helps kids maintain a healthy weight, boosts their immunity and bone health and lowers stress (letsmove.gov). Try going for a bike ride, playing a game of baseball or going to your neighborhood playground.

Can you find all of the healthy words in the word search below?

Ms. Bluebelle's Exercise Word Search

J U M P R O P E A B F H T Y F E
C I O C W Q K R T W K E K I O X
M R S B W O W D U G O O D F O E
E S H T C R E O G L K B R U P R
C N B A S D F C O G H A A L T C
S H E L U N L T F E O S T Y P I
C G T R U K I O W D E E T I S S
E H J L G E L R A G L B B H A E
I O T T A Y B H R I O A A U R T
N B A L J E H E J A M L N L V T
S W I M M I N G L S D L D A R H
V Q R S H E G H L L F D A H S D
T H S O C C E R N T E A I O U E
B I K E R I D I N G O W D O E I
A K E A P O U N D I E K R P S D
E V A T S H E A L T H Y H H F A
S D K H H R Y J S F V S F H F D

JUMP ROPE  ENERGY  EXERCISE  HEALTHY  SOCCER
BIKE RIDING  MS BLUEBELLE  BASEBALL  SWIMMING  HULA HOOP