Check-Ups for Children

Children should get regular check-ups. These benefits are available for your child through MDwise. Check-ups help to make sure your child is growing up healthy and meeting all milestones. If the doctor finds a problem, it is treated and watched. Children should get a check-up on or before all of the ages listed below:

**Babies**
- ✔️ 3–5 days
- ✔️ 1 month
- ✔️ 2 months
- ✔️ 4 months
- ✔️ 6 months
- ✔️ 9 months
- ✔️ 12 months (1 year)
- ✔️ 15 months (BEFORE your child turns 15 months old)

**Preschoolers**
- ✔️ 3 years
- ✔️ 4 years

**School Age**
- ✔️ 5 years
- ✔️ 6 years
- ✔️ 7 years
- ✔️ 8 years
- ✔️ 9 years
- ✔️ 10 years
- ✔️ 11 years
- ✔️ 12 years

**Teens**
- ✔️ 13 years
- ✔️ 14 years
- ✔️ 15 years
- ✔️ 16 years
- ✔️ 17 years
- ✔️ 18 years
- ✔️ 19 years
- ✔️ 20 years

Questions?
Go to our website at [MDwise.org](http://MDwise.org).
Si quiere que le mandemos esta información en español, favor de llamar a nuestro departamento de Servicio al Cliente de MDwise al 1-800-356-1204 o 317-630-2831 en Indianapolis. También puede encontrar esta información en español en nuestra página web en MDwise.org. Gracias.

NURSEo - II
Speak with a nurse 24 hours a day

Need help deciding whether to see your doctor or go to the emergency room?
If your doctor is not available, call MDwise NURSEon-call at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #4 for NURSEon-call. NURSEon-call is available 24 hours a day. Other languages are available.
Women’s Health: Be Healthy, Stay Healthy

You should have your women’s exam every year. This includes a pap and pelvic exam. Have you had a women’s exam lately?

If you are sexually active, a Sexually Transmitted Disease (STD) test is important. One of the most common STDs is Chlamydia. In most cases there are no symptoms. You can have it for a long time and not know. If not treated, it can cause harm to your female organs. It can result in not being able to have children.

Women who are 50 and older should have a yearly mammogram. The decision to have a mammogram before the age of 50 should be made between a woman and her health care provider. The doctor will order a mammogram based on personal risk factors for breast cancer, including family history.

Talk to your doctor about these important exams. Make an appointment today.

MDwise is your health plan. You have one doctor to help keep you and your family healthy. Your MDwise doctor is part of a team (also called a network or delivery system) of health care providers. You will get your health care through the same hospital system. This means you will see your in-network primary care doctor at least once a year.

Some of the benefits of being a MDwise Hoosier Healthwise or Healthy Indiana Plan member include:

✔ Preventive care
✔ Behavioral and mental health care
✔ Help finding a doctor
✔ Information about MDwise doctors
✔ Interpretation services if you need information in another language
✔ Information about pharmacy services
✔ Help knowing what to do if you get sick (including after hours)
✔ Help knowing what to do if you have an emergency
✔ Help knowing what charges and copayments you have to pay (if any)
✔ Information on self-referral services
✔ Help if you have a complaint (grievance)
✔ Help if you do not agree with the decision to solve your complaint (appeal)

A full list of benefits is in your member handbook. The most updated version is at MDwise.org. Or we can mail you a copy of your benefits. Call MDwise customer service if you have any questions about your benefits or would like a copy of the member handbook.

Questions? Comments? Complaints?
If you need help with anything about MDwise or your doctor, we can help. Please call MDwise customer service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area.

MDwise customer service offers language services. Or we might use an interpreter. We also have services for the hearing and speech impaired.
### 2013 Immunization Schedule for Children

Immunizations are shots that help the body fight disease. Children will receive immunizations (shots) during some of the EPSDT checkups. Children must have all the shots they need before they can start school. Check with your child’s doctor to be sure that your child has all the needed shots. The following is the recommended childhood and adolescent immunizations schedule for 2013.

<table>
<thead>
<tr>
<th>Birth</th>
<th>1 month</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>9 months</th>
<th>12 months</th>
<th>15 months</th>
<th>18 months</th>
<th>19–23 months</th>
<th>2–3 years</th>
<th>4–6 years</th>
<th>7–10 years</th>
<th>11–12 years</th>
<th>13–18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>RV</td>
<td>RV</td>
<td>RV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>DTaP</td>
<td>Tdap</td>
<td>Tdap</td>
<td>Tdap</td>
<td>Tdap</td>
<td>Tdap</td>
<td>Tdap</td>
</tr>
<tr>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
<td>Hib</td>
</tr>
<tr>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
<td>IPV</td>
</tr>
<tr>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
<td>MMR</td>
</tr>
<tr>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>VAR</td>
<td>HPV</td>
<td>HPV</td>
<td>HPV</td>
<td>HPV</td>
<td>HPV</td>
<td>HPV</td>
</tr>
<tr>
<td>Flu</td>
<td>(yearly)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
<td>PCV</td>
</tr>
</tbody>
</table>

**What These Abbreviations Mean:**
- Hep B = Hepatitis B
- RV = rotavirus
- Tdap = tetanus, diptheria, pertussis booster
- IPV = inactivated polio
- HPV = human papilloma vaccine
- DTaP = diphtheria, tetanus, pertussis
- Tdap = tetanus, diptheria, pertussis booster
- Hib = Haemophilus influenzae type b
- MMR = measles, mumps, rubella
- MCV4 = meningococcal
- IPV = inactivated polio
- VAR = varicella (chicken pox)
- MMR = measles, mumps, rubella
- MCV4 = meningococcal
- HPV = human papilloma vaccine

---

### Check-Ups for Adults

Regular check-ups are very important to help you stay healthy. You should get check-ups even when you don’t feel sick. Taking good care of your health at the right time can prevent a lot of problems in the future. It’s good to catch health problems before they become serious.

The chart to the right is an adult preventive care chart. It lets you know what care or screening your doctor may recommend for someone your age and gender.

### Preventive Care Service

<table>
<thead>
<tr>
<th>Preventive Care Service</th>
<th>Male age 21–34</th>
<th>Female age 21–34</th>
<th>Male age 35–49</th>
<th>Female age 35–49</th>
<th>Male age 50–64</th>
<th>Female age 50–64</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Physical Exam</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Blood Glucose Screening*</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Tetanus-Diptheria Booster</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Pap Smear</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Chlamydia Screening**</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>HPV Vaccine**</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol Testing*</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>45+</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Mammogram*</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Colonoscopy**</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Flu Shot*</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Pneumococcal vaccine*</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
<td>✔</td>
<td></td>
</tr>
</tbody>
</table>

*Annual or as instructed by your doctor based on your disease/history specific condition

**Not required for POWER Account rollover for HIP members

---

**Get your FREE gift card!**

You don’t have to sign up for MDwiseREWARDS to earn points. You are automatically enrolled. Plus, you may already have enough points to get a gift card. Go to MDwise.org/rewards to learn more.
Make a Date for Hoosier Healthwise and HIP

We want to thank you for being a MDwise member. We want to keep you as our member so you and your family stay healthy. To ensure you do not lose coverage, please remember:

1. You will get a letter from the State of Indiana telling you when it is time to renew. If you have moved or changed your address, let your case worker know that today. If you don’t get the information about when to renew, you and your family members could lose coverage.

2. The State may want to schedule an interview with you. Please be sure to keep that appointment.

3. If you need to change the appointment they set for you, call 1-800-403-0864 right away to make the change.

4. Some members do not have to have a phone interview. You may be asked to send in documentation to continue your coverage. Please send it in right away. There is a due date listed on your letter from the State.

5. If you do not renew on time, you may lose coverage. If you renew on time, you will have no lapse in services, improved health and potentially less administrative hassle.

6. If you have questions regarding redetermination, please contact Indiana Family Social Services. Their phone and fax number is 1-800-403-0864.

7. If you want to mail in documents, the address is:
   
   FSSA Document Center
   P.O. Box 1810
   Marion, IN 46952

   If you have any questions you can call MDwise customer service.

Hoosier Healthwise members will remain enrolled in their chosen health plan for a one year period. Once each year members have a chance to enroll in a new health plan. All new members joining MDwise will have 90 days from the day they start to decide to stay in MDwise or change to a different plan. Members who have been with MDwise for longer than 90 days will need to stay with MDwise for a year.

Healthy Indiana Plan (HIP) members must re-enroll every 12 months. 90 days before coverage ends, HIP members will get a letter from the Division of Family Resources with information on how to enroll for next year. 60 days before coverage ends, members will get another letter from the Division of Family Resources with a re-enrollment form. The Division of Family Resources must get this completed form 45 days before coverage ends or the member will be disenrolled from HIP. If that happens, the member will not be able to re-enroll for 12 months.

Let MDwise Know If Your Contact Info Has Changed

If your address, phone number or email address has changed, contact the Division of Family Resources (1-800-403-0684). Please let MDwise know as well.

How to Change Your Contact Info

1. Email contactinfo@mdwise.org OR
2. Call MDwise customer service

Be SMOKE-free

If you smoke in your house or car, smoke outside instead. This will keep your family members safe. Also, don’t allow others to smoke indoors around your family members.

Go to MDwise.org/wellness/smokefree for more information. For further advice and support, call Indiana’s Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669). You can also go to in.gov/quitline.

How much exercise does it take to burn off calories in the food you eat?

You need to walk at a fast pace for at least one hour to burn off the calories in a burger.

It takes about one hour of jogging to burn off a regular soft drink.

Source: The Journal of the Federation of American Societies for Experimental Biology