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.

Shun the Sun
- Have children apply sunscreen rated SPF 15 or higher every two hours.
- Have children wear a brimmed hat when in the sun.
- Protect your children’s eyes with sunglasses with UV protection.

Bikers Beware
- Make sure you and your children wear helmets when riding 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.

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.

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 #1 for Member. Then choose option #4 for NURSEon-call. NURSEon-call is available 24 hours a day. Other languages are available.
2014 Immunization Schedule for Children

Immunizations (shots) are important to stay healthy. Immunizations are required for children to attend school. Adults also benefit from keeping their shot records up to date. Important immunizations for adults include those used to prevent tetanus or certain kinds of flu.

Tip: Get shots scheduled early in the summer so your kids are ready for school in August.

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<th>Birth</th>
<th>1 month</th>
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<th>6 months</th>
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Compiled with information from the U.S. Centers for Disease Control and Prevention, 2014

### Move It to Lose It

To lose weight, you have to burn more calories than you eat. Extra calories are stored as fat. Everyone needs a different number of calories. It depends on your age, gender and activity level. Find out how many calories you need. Go to the USDA’s SuperTracker at supertracker.usda.gov.

Source: United States Department of Agriculture

What These Abbreviations Mean:
- Hep B = Hepatitis B
- DTaP = diphtheria, tetanus, pertussis
- Hib = *Haemophilus influenzae* type b
- PCV/PPSV = pneumococcal
- VAR = varicella (chicken pox)
- MMR = measles, mumps, rubella
- MCV4 = meningococcal
- RV = rotavirus
- Tdap = tetanus, diphtheria, pertussis booster
- IPV = inactivated polio
- HPV = human papilloma vaccine
- HepA = hepatitis A
- Flu = influenza
Get Regular Check-ups

Regular check-ups are very important to help you and your children stay healthy. You should get check-ups even when you don’t feel sick. Taking good care of you and your children’s 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. These services are available to you without having to get prior authorization or a referral. Below are guidelines for kids.

<table>
<thead>
<tr>
<th>Preventive Care Service</th>
<th>Male age 21–34</th>
<th>Female age 21–34</th>
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<th>Female age 50–64</th>
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Women Only Services

| Chlamydia Screening**                                | Under 25       |
| Mammogram**                                         |                |
| Pap Smear                                            |                |

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

Sports Physicals Are Different From Well-Care Visits

Your child may be required to get a sports physical before participating in school sports. A sports physical is not the same as visiting your child’s regular doctor or PMP for a well-child preventive care visit. At a well-child exam, the doctor will do more and spend more time with you. The doctor will also teach you about safety and your child’s development. Get a well-child examination every year.

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.
Visit Your Doctor First

Your MDwise doctor is part of an MDwise team (also called a network or delivery system) of doctors. It is important for you to visit your assigned MDwise in-network doctor every year for a well-care physical. MDwise members can choose a primary medical provider (PMP). Or, if you don’t choose a PMP, one will be assigned to you. This doctor is called an in-network doctor.

An in-network MDwise doctor usually works with a specific hospital in your community. You can be seen by your in-network doctor for:
- Primary care.
- Well-care.
- Sick visits.
- Other needs.

Your doctor is linked to other doctors who can take care of all of your health needs.

The name of your network/delivery system is located on your Medicaid ID card. It is in the upper left corner under the doctor name and phone number. It is important to get care only from your team of doctors so they can get to know you, your family and your health history. This helps them provide better care for you.

Getting care from your in-network team of doctors means:
- Seeing your in-network primary care doctor for visits.
- Going to the in-network hospital.
- Going to the in-network emergency room.

Be SMOKE-free

Talk about your progress or problems in staying SMOKE-free. Share your ups and downs with family, friends and your pharmacist or doctor. Or call Indiana’s Tobacco Quitline for support.

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). It’s available 24 hours a day, seven days a week. You can also go to quitnowindiana.com.

Drugs That Cause Photosensitivity

Certain medications can make you more sensitive to the sun. These medications can make it take less time and less sun to cause a sunburn or rash. The best treatment is to protect your skin. Do not stop or start medications without first talking to your doctor.

Common medications that may cause photosensitivity

**Antibiotics:** Doxycycline, Tetracycline, Minocycline

**Mental Health:** Amitriptyline, Clomipramine, Desipramine, Doxepin, Imipramine, Nortriptyline, Chlorpromazine, Fluphenazine, Perphenazine

**All birth control pills:** Viagra®, Levitra®

**Water pills:** Acetazolamide, Furosemide, Hydrochlorothiazide (HCTZ)

**Heart:** Amiodarone, Quinidine

**Anti-inflammatory:** Celebrex®, ibuprofen, meloxicam (Mobic®), naproxen (Naprosyn®, Aleve®)

**Diabetes:** Glipizide, Glyburide

**Acne:** Adapalene, Benzoyl Peroxide, Bexarotene, Salicylic Acid, Tazarotene, Tretinoin

**Other medications and herbals** (ask your pharmacist or doctor before using)

**How do I protect my skin?**

Use a broad-spectrum sunscreen with a SPF of 30 or more. Broad-spectrum protects against UVA and UVB rays. UVA rays age skin causing wrinkles, age spots and can pass through windows. UVB rays are responsible for causing sunburns and are blocked by windows. Both UVA and UVB rays cause cancer and damage skin. Sunblock works by absorbing or reflecting the UVA and UVB rays. SPF 30 or Sun Protection Factor 30 offers 97 percent protection from the sun’s rays. The higher the SPF the slightly more protection it provides and lasts the same amount of time. Put sunscreen on 15–30 minutes before going outside. Reapply sunscreen every two hours or more often if swimming or sweating. Water resistant sunscreen lasts for 40 or 80 minutes depending on the label. No sunscreen is waterproof. Protect your lips with a lip balm with SPF 15 or more. Avoid going outside between 10 a.m. and 2 p.m. when the sun is the strongest. Wear a long sleeve shirt, hat and sunglasses.

**Is there a safe way to tan?**

No. Tanning speeds up the aging of the skin and increases risk for all types of cancer. Tanning beds produce artificial UV light which has been labeled as a cancer causing substance. Wearing sunscreen will prevent sunburns but does not protect against premature aging.

**What products can I use on my baby?**

Sunscreens are suggested for babies six months or older. Children under six months have very sensitive skin and should avoid the sun’s rays. Keep babies in the shade and dress them in a wide brim hat, sunglasses and long-sleeve shirt. This is the best protection.