Visit Your Doctor First

Your MDwise doctor is part of a 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.
- Sick visits.
- Well-care.
- 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 can be found by logging into your myMDwise account at MDwise.org/myMDwise. It can be found in the Eligibility Status section under My Benefits. It is important to only get care 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.

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.

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NURSEon-call
Speak with a nurse 24 hours a day

Need help deciding whether to see your doctor or go to the emergency room?
If you are not sure if you have a true medical emergency, always call your doctor first. 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.
You will talk with a nurse who can answer your questions. NURSEon-call is available 24 hours a day. Other languages are available.
Summer Safety for Kids and Teens

Summer brings all kinds of outdoor fun. Keep your kids safe while they enjoy the summer fun! Follow these tips from the Centers for Disease Control and Prevention.

Water Safety
Drowning is the second leading cause of death among children ages one to four. Two to three children die every day from drowning.

- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Learn CPR. This could save someone’s life.
- Install a four-sided fence around home pools.

Boating can be a wonderful way to spend time with family and friends. Make boating safety a priority.

- Wear a properly fitted life jacket every time you and your loved ones are on the water.
- Plan outdoor activities for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child’s risk of skin cancer later in life.

- Cover up. Clothing that covers your and your child’s skin helps protect against UV rays.
- Use sunscreen with at least SPF 15 and UVA and UVB protection. Use it every time you and your child go outside.

Heat and Sun Safety
- Never leave infants, children or pets in a parked car. Even if the windows are cracked open.
- Dress infants and children in loose, lightweight and light-colored clothing.
- Plan outdoor activities for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

Prevent Injuries
- Falls at home and on the playground are a common cause of injury.
- Check the surfaces under playground equipment. Make sure they are safe, soft and well-maintained.
- Supervise young children at all times around fall hazards. This includes stairs and playground equipment.
- Use stair gates. They can help keep a busy and active child from taking a dangerous tumble.
- Make sure kids and teens wear the right protective equipment for their sport or recreational activity.

Source: Centers for Disease Control and Prevention
Important Information in Your Hoosier Healthwise/HIP Member Handbook

There is important information in your Hoosier Healthwise and HIP member handbook. The most up-to-date version can be found at MDwise.org. It includes:

Your Rights and Responsibilities
MDwise provides care through a partnership that includes your doctor, MDwise, other health care staff and you—our member. We do not discriminate based on religion, race, national, origin, color, ancestry, handicap, sex, sexual preference or age.

Hoosier Healthwise and HIP Member Benefits and Services
The complete list of benefits and services is in your member handbook. Some of the benefits and services include:

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

Information on New Health Technology
MDwise looks at new medical and behavioral health procedures. We also look at new drugs and equipment. To help us do this we use:

- Experts.
- Research.
- Government decisions.

This helps us to decide if they are safe and should be provided for our members.

Call MDwise customer service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area if you have any questions about your benefits. You can also ask for a printed copy of the member handbook.

Once you’ve decided to quit smoking, it is important to pick a quit date. Pick a day within the next month as your quit day. If you pick a date too far away, it allows you time to change your mind. But you want to give yourself enough time to get ready to quit.

Remember that if you plan to use a prescription drug, you will need to talk with your doctor about getting it in time for your quit day. Talk with your doctor about exactly when to start and how to use the medicine. Also find out what side effects to watch for and report. If you are using a prescription drug, put a note on your calendar to remind you when to start taking it.

The American Cancer Society recommends these steps to help you get ready for your quit day:

- Pick the date and mark it on your calendar.
- Tell your friends and family about your quit day.
- Get rid of all the cigarettes and ashtrays in your home, car and at work.
- Stock up on oral substitutes — sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws and/or toothpicks.
- Decide on a plan. Will you use nicotine replacement therapy or other medicines? Will you attend a stop-smoking class? If so, sign up now.
- Practice saying, “No thank you, I don’t smoke.”
- Set up a support system. This could be a group program or a friend or family member who has successfully quit and is willing to help you. Ask family and friends who still smoke not to smoke around you, and not to leave cigarettes out where you can see them.
- If you are using bupropion or varenicline, take your dose each day leading up to your quit day.
- Think about your past attempts to quit. Try to figure out what worked and what didn’t.

Source: American Cancer Society
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 your 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 below 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.

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<tr>
<th>Preventive Care Service</th>
<th>Male age 19–20</th>
<th>Female age 19–20</th>
<th>Male age 21–34</th>
<th>Female age 21–34</th>
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<th>Male age 50+</th>
<th>Female age 50+</th>
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*Annual or as instructed by your doctor based on your disease/history specific condition

**Males should get the Gardasil HPV vaccine; Females should get either the Gardasil or Cervarix HPV vaccine.

When should your child receive check-ups?

**BABIES**
- 3–5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months (1 year)
- 15 months (Your baby should have this check-up BEFORE s/he turns 15 months old.)

**TODDLERS**
- 18 months
- 24 months (2 years)
- 30 months

**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
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, pneumonia or certain kinds of flu. Talk to your doctor about the immunizations that you may need.

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

**2015 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, pneumonia or certain kinds of flu. Talk to your doctor about the immunizations that you may need.

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

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

**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/rewards](http://MDwise.org/rewards) to learn more.
Breastfeeding Your New Baby

Doctors agree that it is best to breastfeed your baby. It is preferred to give your baby only breast milk for the first six months. Here are some ways breastfeeding helps babies:

- It helps them fight off viruses.
- It helps them fight off bacteria.
- It lowers their risk of having asthma.
- It lowers their risk of having allergies.
- It helps them have fewer ear infections.
- It lowers their risk of breathing illnesses (like colds and flu).
- They will have less diarrhea.

Babies are born ready to learn to breastfeed. Breastfeeding helps moms and babies bond with each other.

For more information, check out the American Academy of Pediatrics’ Breastfeeding Families Resource Guide. (https://www2.aap.org/breastfeeding/familiesResourceGuide.html)

Source: American Academy of Pediatrics

HIP POWER Account Contributions Using MoneyGram

You can now make your POWER Account contribution using cash in person at a MoneyGram location. Find a MoneyGram location at www.MoneyGram.com/BillPayLocations. There are over 41,000 locations inside retailers like CVS/pharmacy, Walmart and many more. Bring the following things with you:

- Cash: enough for your payment.
- Your MDwise Recipient Identification Number (RID) found on your ID card.
- Receive Code: 15187.

Complete the MoneyGram ExpressPayment® blue form, use the red MoneyGram phone or use the MoneyGram kiosk to complete your transaction. (Payment process may vary depending on your location. Simply ask an associate for help.)

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.