Bike riding is great exercise and fun for kids! Be sure your children are safe when riding their bikes. Follow these tips from the American Academy of Pediatrics:

• A helmet protects your child from serious injury, and should always be worn. Wearing a helmet at all times helps children develop the helmet habit.

• Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets.

• Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.

• When buying a helmet, look for a label or sticker that says the helmet meets the Consumer Product Safety Commission (CPSC) safety standard.

• A helmet should be worn so that it is level on the head and covers the forehead. It should not be tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet’s sizing pads can help improve the fit.

• Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider the child’s coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes. Consider a balance bike with no pedals for young children to learn riding skills.

• Take your child with you when you shop for the bike. That way he or she can try it out. Getting a bike that is the right size your child is more important than surprising your child with a new one. Buy a bike that is the right size, not one your child has to “grow into.” Oversized bikes are especially dangerous.

Source: American Academy of Pediatrics
For you to keep your Healthy Indiana Plan coverage, you must pay your POWER Account contributions by the due date on the bill you get each month. If your employer agrees to pay a part of your contribution, and then does not make that payment, we will let you know. You will then have 60 days to pay it yourself.

Here are the ways you can make your monthly POWER Account contribution:

- Check or money order
- Cash
- Employer contribution
- Payroll deduction
- WISEpay
- Phone

See page 43 of your member handbook for more details. If you do not pay on time and your HIP coverage ends, you will lose 25 percent of the remaining balance in your POWER Account. Also, you will also not be able to re-apply for HIP for 12 months.

Burning Off Your Favorite Snacks

To lose weight we have to burn more calories than we eat. How much exercise does it take to work off some of our favorite snacks?

One bag of buttered microwave popcorn:
- 28 minutes of lifting weights
- 17 minutes of riding a bike at 14 to 16 miles per hour
- 13 minutes of running at 8 miles per hour

Half a cup of dry roasted peanuts:
- 57 minutes of lifting weights
- 34 minutes of riding a bike at 14 to 16 miles per hour
- 26 minutes of running at 8 miles per hour

One large chocolate chip cookie:
- 26 minutes of lifting weights
- 16 minutes of riding a bike at 14 to 16 miles per hour
- 12 minutes of running at 8 miles per hour
**2016 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.

<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>
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Compiled with information from the U.S. Centers for Disease Control and Prevention, 2014.

**WHAT THESE ABBREVIATIONS MEAN:**
- HepB = 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, diptheria, pertussis booster
- IPV = inactivated polio
- HPV = human papilloma vaccine
- HepA = Hepatitis A
- Flu = influenza

**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 to learn more.
Free National Park Access Pass

Are you or a loved one disabled? You might qualify for a Free National Parks Access Pass!

The Access Pass is free. It is offered to U.S. citizens or permanent residents of all ages who have a permanent disability. The pass can be used at all National park sites that charge a gate/entrance fee. This pass is good for life. Bring your friends! This pass also grants up to three other adults or anyone traveling in a non-commercial car or van. (Children under 16 are always free.)

Go to store.usgs.gov/pass/access.html to learn how to get your free pass! The following map shows the locations in Indiana where you can get your free pass:

Reasons to Give Your Baby 40 Weeks of Pregnancy

A full-term pregnancy is 40 weeks. With some pregnancies your provider may tell you that you need to have a scheduled delivery. A scheduled delivery is when you and your provider pick the day to deliver your baby. It is best to wait for natural labor. As long as there is not a medical reason for you to deliver before your due date, you should wait. Here are some great reasons to give your baby 40 weeks to develop:

• Babies born at 40 weeks are better able to suck and swallow. This is because their muscles are more developed. This makes it easier for them to breastfeed or take a bottle.
• Babies' brains develop a lot in the last five weeks of pregnancy. Let your baby's brain finish developing.
• Babies born at 40 weeks usually spend less time in the hospital.
• Premature babies are more likely to suffer from breathing problems. This is because their lungs may not be fully developed.
• Babies born at 40 weeks score higher on standardized tests when they get older than babies who were born at 38 weeks.
• Babies born before 38 weeks have more behavioral problems.
• Babies born before 38 weeks are more likely to have to be admitted to the hospital after they go home.
• Waiting for labor to start naturally means you won't be induced. Being induced increases risks to you and the baby. It is more likely you will need a C-section if you are induced.
• Your due date could be off by up to two weeks. What you think is 38 weeks could be only 36 weeks. Give your baby all the time he or she needs to develop fully before being born.
• Your baby is worth the wait!

Source: American College of Obstetricians and Gynecologists

Find the list of National Parks in Indiana at www.nps.gov/state/in
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.

<table>
<thead>
<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>
<th>Male age 35–49</th>
<th>Female age 35–49</th>
<th>Male age 50+</th>
<th>Female age 50+</th>
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<tbody>
<tr>
<td>Annual Physical Exam</td>
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<td>Blood Glucose Screening</td>
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<td>40+</td>
<td>40+</td>
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<td>✔</td>
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<tr>
<td>Tetanus-Diptheria Booster</td>
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<tr>
<td>Pap Smear***</td>
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<td>Chlamydia Screening</td>
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<td>Under 25</td>
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<td>HPV Vaccine**</td>
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<td>Under 27</td>
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<td>Cholesterol Testing*</td>
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<td>Screening Mammogram*</td>
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<td>Colorectal Cancer Screening</td>
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<tr>
<td>Flu Shot*</td>
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<tr>
<td>Pneumococcal vaccine*</td>
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</table>

*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.  
***Every 3 years. Every 5 years in combination with HPV screening for women 30-65.

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.)

**PRE-SCHOOL AGE**
- 18 months
- 24 months (2 years)
- 30 months
- 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
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. (No change needed)

Hoosier Healthwise and HIP Member Benefits and Services
The complete list of benefits and services is in your member handbook and can be found at MDwise.org. If you want to know costs before you get medical services please visit MDwise.org. We have posted a list of common medical services and their costs. You can also call MDwise customer service and we will research it for you. We will call you back to let you know the cost. 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.

Helpful Information to Quit Smoking
People who stop smoking greatly reduce their risk for disease and premature death. The health benefits are greater for people who stop at earlier ages. But quitting is beneficial at all ages.

You can get support and advice on quitting from:
• Your doctor.
• Telephone helpline such as the Indiana Quitline 1-800-QUIT-NOW.
• A cessation program.

MDwise has helpful resources and information available online at MDwise.org/wellness/smokefree.

If you smoke or use tobacco you can earn MDwiseREWARDS points for trying to quit. Complete a cessation program like:
• Indiana’s Tobacco Quitline.
• Baby and Me Tobacco Free.
• Program through a hospital or clinic.

You will have to ask them for a certificate or letter saying that you completed it. Then send a copy to MDwise by mail, fax or email to get your points.

Send to:
MDwiseREWARDS
P.O. Box 441423, Indianapolis, IN 46244
Fax (toll-free): 1-844-759-8551
Email: rewards@mdwise.org.

Source: Centers for Disease Control and Prevention