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 1 to 4. 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.
- Wear a properly fitted life jacket every time you and your loved ones are on the water.

(continued on page 2)
Heat and Sun Safety

• Never leave infants, children or pets in a parked car.
• 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.

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

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

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, active child from taking a dangerous tumble.
• Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

Let Your Plate be Your Guide

You want to lose weight in a healthy way. You also want to keep it off. To do this, most people need to subtract about 500 calories per day from their diet. This helps you lose about 1 pound per week. It can be difficult to count calories or measure portions accurately. Try using the “plate method.” This helps you control the amount you’re eating. You can use this method when you are trying to lose weight. It also helps you maintain a healthy weight. Here is how it works:

• At least half your plate should be vegetables.
• Split the other half evenly with lean protein and whole grains.
• If you go back for seconds, limit yourself to vegetables.
• Eat fruit or low-fat dairy for snacks.

For more information go to ChooseMyPlate.gov. You will find tips on healthy eating and exercise.

Sources: US Department of Agriculture, ChooseMyPlate.gov, American Heart Association

Take Care of Your Eyes

It is important to take good care of your eyes. This way they are more likely to stay healthy all of your life. The Centers for Disease Control (CDC) suggests easy things you can do to protect your eyes.

Have an annual exam with an eye doctor. This doctor will review your family history. The eye doctor will ask about your health history. He/she might also ask questions about how well your eyes are working. The doctor will examine your eyes with special equipment.

Eat right to protect your sight. Colorful fruits and vegetables like carrots, spinach and collard greens are healthy for your eyes. Special kinds of oils found in fish, like tuna and salmon, also help eye health.

Keep a healthy weight. Being overweight leads to diseases that can harm your vision and even lead to blindness.

Wear protective eyewear. Wear protective eyewear when playing sports, while at work or doing activities around the home. Wear sunglasses outside to protect your eyes from the sun’s ultraviolet rays.

Quit smoking. Or never start. Smoking is as bad for your eyes, as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage. These can all lead to blindness.

Give your eyes a rest. Sometimes you forget to blink when you are on the computer. Or if you focus on only one thing. Your eyes can get tired. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and contact lenses. Always wash your hands well before handling your contact lenses. Make sure to disinfect and replace contact lenses as instructed.
2017 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.

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<tr>
<th>Birth</th>
<th>1 month</th>
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<th>6 months</th>
<th>8 months</th>
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<th>18 months</th>
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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
- HPV = human papilloma vaccine
- HepA = Hepatitis A
- Flu = influenza

*Doctor may recommend extra vaccinations during these age ranges for certain high-risk members.

Compiled with information from the U.S. Centers for Disease Control and Prevention, 2017.
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 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 of your age and gender. These services are available to you without having to get prior authorization or a referral.

<table>
<thead>
<tr>
<th>Preventive Care Service</th>
<th>Male age</th>
<th>Female age</th>
<th>Male age</th>
<th>Female age</th>
<th>Male age</th>
<th>Female age</th>
<th>Male age</th>
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<td>Tetanus-Diptheria Booster</td>
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<td>✔</td>
<td>✔</td>
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<td>Pap Smear*</td>
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<td>✔</td>
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<tr>
<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>✔</td>
<td>Under 27</td>
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<td>Screening Mammogram*</td>
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<td>Pneumococcal vaccine*</td>
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<tr>
<td>Eye Exams***</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.

***For HIP members, if coverage is included in your HIP plan.

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
Check-Ups for Children

Children should get regular check-ups. These check-ups help to make sure your child is growing up healthy. During the check-up, the doctor will:

- Do a physical exam.
- Ask questions about your child’s health.
- Check things like vision, hearing and nutrition.
- Give the immunizations (shots) your child needs during some of the check-ups.

Based on your child’s age, the doctor may give you and your child information about things like:

- Auto safety—car seats, seat belts, air bags.
- Recreational safety—wearing helmets and protective padding when playing sports or riding bicycles and safety on playground equipment.
- Home hazards—poisons, accidental drowning, weapons, matches and lighters, smoke detectors.
- Alcohol and tobacco use.
- Exposure to sun and secondhand smoke.
- Getting enough sleep, exercise and eating right.
- Peer pressure.
- Sexual activity.

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

**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

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 20 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 6 months.
**Museum Access Pass Program**

The Children's Museum of Indianapolis, and other local attractions, are offering a way to make access easier. Families that meet the requirements can visit The Children's Museum, and other attractions, for just $2 per family member, per visit. This is for up to two adults and your children. To learn more about the pass and locations, visit childrensmuseum.org/visit/access-pass.

You may qualify if you are a member of any of these programs:

- Hoosier Healthwise.
- Temporary Assistance for Needy Families (TANF).
- SNAP and Hoosier Works.

**Attractions include:**

- Conner Prairie.
- WonderLab Museum of Science, Health, and Technology in Bloomington.
- And more!

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**HIP 2.0 Member Monthly Statements are Available on the myMDwise Portal**

To access your member monthly statement, log into your myMDwise member portal. If you do not have a myMDwise account, you can create one. Visit the login page and click on the “Create Member Account” link. You will need your member ID card and an email address. If you do not have an email address, you can sign up for a free Google email account online.

After logging into your account, click on the “Monthly Statement” link which shows under POWER Account. This is at the top of the screen.

**What is on a member monthly statement?**

It shows POWER Account activity from a previous month. The POWER Account summary section shows an opening balance and claims paid for the month. It also shows any copayments and your remaining POWER Account balance. The contributions section shows what you have paid and what the state has paid. You can also see payment information for the entire year. If you earned rollover dollars or state discounts from a previous benefit period, those earnings are shown under “rollover summary.” These are available to you if you pay for “plus” and/or maintain “plus” status for the rest of the benefit period.

Your detailed health services will show under the “claims transactions summary.” For more information about specific claim activity, please click on the “View Claims” link that shows under “claims” at the top of the screen. You can click on “FAQ” to get more information about member monthly statements. You can also contact MDwise customer service with questions Monday–Friday between 8 a.m. and 8 p.m. at 800-356-1204 or 317-630-2831 in the Indianapolis area. TTY Users should call 1-800-743-3333.

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**Do You Use Tobacco?**

If you use tobacco, MDwise and your MDwise doctor advise you to quit. Quitting will improve your health. It will also improve the health of your family. Some diseases that develop due to smoking and tobacco use are Chronic Obstructive Pulmonary Disease (COPD), which makes it hard for you to breathe. You may also develop heart disease and many cancers. It is not good for family members either. Smoke in the air affects the air your loved ones breathe. It can cause breathing problems like coughing or asthma. It can also cause lung infections, cancers and heart disease.

Quitting is hard. Your doctor and MDwise can help. There are treatments that can help you. Talk to your doctor. Your doctor may suggest things like counseling or prescription medication that may help you. There are also many over-the-counter aids like nicotine gum and patches. They are free to you if your doctor writes a prescription. If you are a Healthy Indiana Plan member, payment for these will come out of your POWER Account.

Visit MDwise.org/wellness/smokefree. You can find helpful tools if you are thinking about quitting. Make the decision to quit today. 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.

If you complete a tobacco cessation program, you are eligible to receive REWARDS points! Just ask for a certificate of completion from the program you complete and send it to us. You can fax, mail or email this to us.

For more information go to MDwise.org/earnrewards.

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**MDwise**

Information in other languages: MDwise.org/Languages
Non-Discrimination/Accessibility: MDwise.org/Nondiscrimination

**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.

HHW-HPM0446 (6/17)