



## Help your teen become a healthy adult!

As your teen becomes more independent and transitions to adulthood, they will need your help learning how to take care of their own health.

We have created a new website that has tools and resources to teach your teen some important actions they must take in order to be healthy adults.

- Staying on top of yearly wellness visits and vaccinations.
- Sexual health education and prevention.
- Importance of mental wellness and how to seek help when needed.
- Start creating a care plan for when it's time to transition to adult health care.
- Get rewarded for keeping track of screenings, visits, and more.

[Learn more](#)



### Mental Health during the holidays

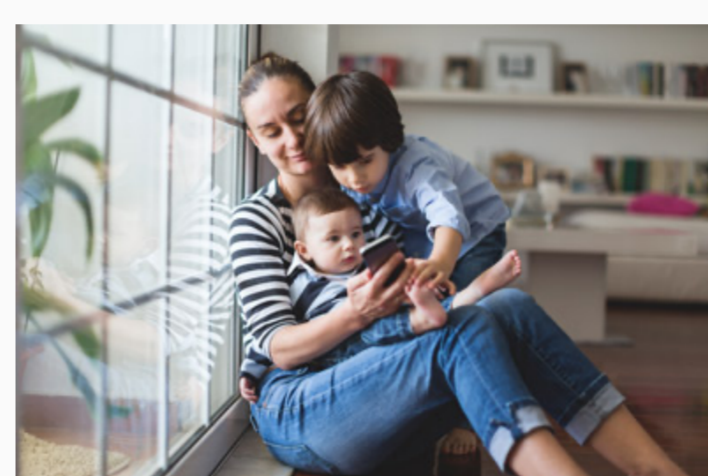
For many people the holidays are a time of celebration and festivities. But for some, it's one of the hardest times of the year. Whether there's pressure to feel cheery and social, stressed about buying gifts or overwhelmed from losing a loved one. If you are feeling that way, you are not alone.

Here are some other options:

- Call the National Suicide & Crisis Lifeline at [988](#)
- Find Community Resources for Mental Health near you at [txchfamilyresources.org](http://txchfamilyresources.org)
- Join educational classes, support groups and much more at [www.nami.org/Find-Support](http://www.nami.org/Find-Support)

Call our 24/7 Behavioral Health/Substance Abuse Hotline at [1-800-731-8529](tel:1-800-731-8529) (STAR/STAR KIDS) and/or [1-800-731-8528](tel:1-800-731-8528) (CHIP)

[Learn more](#)



### Texas Children's® MyChart: Your Plan and Care on the Go

As a Texas Children's Health Plan member, you have 24/7 access to Texas Children's MyChart, where you can find everything you need to know about your health care coverage, all in one place!

- Update your primary care physician.
- Review your eligibility and coverage information.
- Access and print a temporary ID card and request a replacement.
- Keep track of all your claims.
- Access Healthy Connections to track and redeem your rewards from our Healthy Rewards Program.

If you haven't already, sign up now and start enjoying the benefits! Visit [www.texaschildrenshealthplan.org/mychart](http://www.texaschildrenshealthplan.org/mychart)

[Learn More](#)



### Got your renewal packet? Respond quickly!

When Texas Health and Human Services Commission (HHSC) sends your Medicaid renewal packet, it is important that you respond quickly so you can keep your coverage.

You can submit your renewal packet back to HHSC in three different ways:

1. MAIL:  
**Texas Health and Human Services Commission**  
**PO Box 149024**  
**Austin, TX 78714-9968**
2. ONLINE: Log into your profile at [YourTexasBenefits.com](http://YourTexasBenefits.com) to renew online.
3. PHONE: Call HHSC at [2-1-1](tel:2-1-1), **option 2** to renew over the phone.

**Need help with your renewal packet?** Our Application Assistance team is ready to help you in person. Go to [texaschildrenshealthplan.org/application-assistance](http://texaschildrenshealthplan.org/application-assistance) to find the location that is most convenient for you.



### Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our Nurse Help Line](#)
- [Have a question? Call us!](#)
- [Get a ride to the doctor's office or drug store](#)
- [Community resources](#)
- [Join a Member Advisory Group](#)
- Member Handbooks
  - [CHIP](#)
  - [STAR](#)
  - [STAR Kids](#)

### Get in Touch!

What do you think of this newsletter? Have a topic you'd like to hear more about? Let us know by taking a short survey!

[Take Survey Here](#)



MK-2311-852

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