



All about Well-Child Checkups!

Going to Well-Child Checkups is one of the best ways to know if your child is growing and developing in a healthy way.

These checkups are different from sick/office visits. They may include physical exams, immunizations, blood tests and more. It's also an opportunity to find and address health problems early before they become serious.

Visit texaschildrenshealthplan.org/child to:

- Learn exactly what to expect from Well-Child Checkups.
- [Download tools](#) to help you stay on track with checkups.
- Get help scheduling your baby's next visit and transportation at no cost.
- See how you can earn up to \$150 in reward cards for taking your baby to checkups.

[LEARN MORE](#)



Concerned about your child's weight?

Children with high Body mass index (BMI) are at risk for developing diseases and health conditions such as high blood pressure, diabetes, heart disease, and mental illnesses. It's important that you work with your child's provider to create a healthy lifestyle and reduce these risks.

Schedule a visit with your child's primary care physician if you have any concerns over your child's weight.

Nutritious food and exercise is key to keeping your child healthy and strong. To learn more about physical activity or food resources near you, visit [Texas Resources Page](#).



Postpartum Medicaid and CHIP Coverage Extension

Great news! Women who were pregnant will now get a full 12 months of coverage after their pregnancy ends.

This change went into effect on March 1, 2024. If you are a Medicaid or CHIP pregnant member, your coverage has been **automatically extended**. If you are no longer pregnant, but are still within your 12-month postpartum period, your coverage will **automatically be reinstated**. This change means that you have full coverage and can get the care you need including postpartum care, preventive exams, and more.

Click here for the [FAQ](#). To learn more, visit the [HHCS Medicaid for Pregnant Women and CHIP perinatal](#) webpage.



Get ready to renew. Update your info today!

Almost everyone with Medicaid and/or CHIP coverage will need to renew their plan each year, so keep an eye on your mail and email inbox for a notice from Texas Health and Human Services Commission (HHSC).

If you have recently moved or had a change in address, make sure your contact information is up to date at YourTexasBenefits.com (or call 2-1-1, option 2) so that HHSC can reach you. You may also update your information by filling out a contact form on our website.

Act quickly when you receive your renewal packet from HHSC! You will need to submit your information back to HHSC even if nothing has changed. Otherwise, you might lose your coverage.

Log into your profile on YourTexasBenefits.com to renew online or learn more at texaschildrenshealthplan.org.

We Want to Hear From You!

We are always making sure that our members are satisfied with the health care they receive and your feedback on our services is always appreciated. A Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey has been randomly mailed out to our members by a third-party vendor.

If you receive or have received this survey, please help us improve by completing it. We listen because we care.

Upcoming Events

Texas Children's Health Plan hosts many fun, family FREE events! Visit www.texaschildrenshealthplan.org/events to see what is coming up next. See you there!

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](#)



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