



## Help your teen become a healthy adult

Graduating from school is such an exciting experience! It's one of those turning points that makes your child feel like a real adult. With that transition, comes new health challenges and learning how to manage them. This is a great time to help your new adult stay healthy.

Visit our [website](#) for tools and resources to teach your teen to be and stay healthy.

- Getting yearly wellness check-ups and vaccinations.
- Learning about sexual health and prevention.
- Understanding the importance of and how to get mental health care.
- Start planning to transition to adult care.
- Get rewarded for keeping track of screenings, visits, and more.

[LEARN MORE](#)

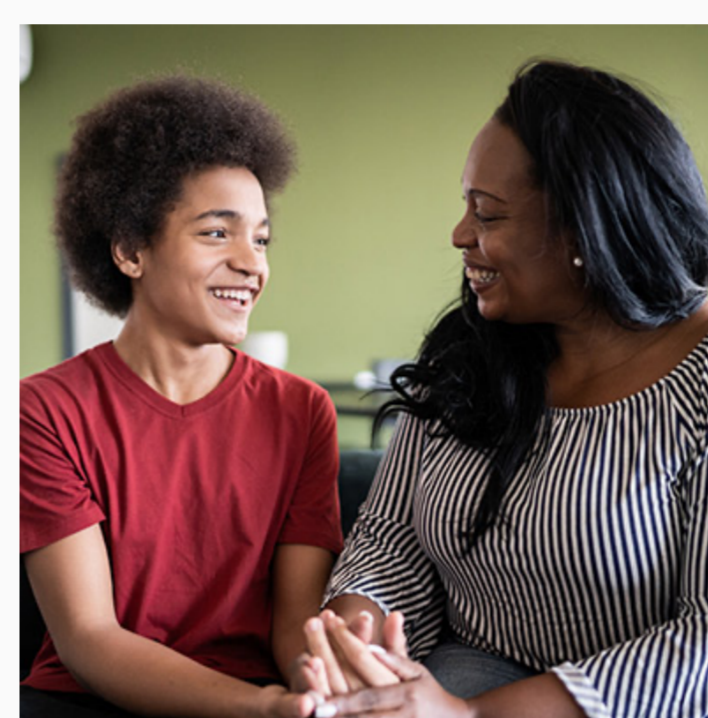


### Sexual Health Care for Adolescents

Sexual health screenings for sexually transmitted infections (STIs) and cervical cancer helps teens and young adults stay healthy. STIs can lead to short-term health issues like urinary tract infections and long-term health issues like infertility, cervical cancer, human immunodeficiency virus (HIV), and even death. STI rates, particularly for Chlamydia and Gonorrhea, [continue to rise in the state of Texas](#). It is strongly encouraged to get sexual health screenings beginning at the age of 16, especially if you are sexually active. The best options for ruling out STIs are getting an STI screening, cervical cancer screening and/or a pap smear during your routine checkup.

Talk to your child's doctor if you have any questions or concerns about STIs.

Visit our [website](#) for more on sexual health for young adults.



### Don't risk your family's health! (It could be costly.)

Taking your teen to their annual checkups is important to make sure they are growing healthy and to avoid future health problems.

As your teen continues to grow, their health needs will also change and it's important they stay covered. Health care can sometimes be costly, and the best way to prepare for the unexpected is by renewing your teen's Medicaid coverage each year.

Make sure to act quickly when you receive your renewal packet from Texas Health and Human Services Commission (HHSC). It's better to be prepared—we don't want you to be caught off guard by increased health costs if you forget to renew your coverage.

If you have any questions or need help with your renewal notice, visit our website at [texaschildrenshealthplan.org/renew](https://texaschildrenshealthplan.org/renew).



## Get a healthy start for Back-to-School!

The new school year is right around the corner, and we want to help you get a healthy start at our upcoming Back-to-School Health Fairs!

Our upcoming Back-to-School events are open to the community, and will include:

- **Healthy Hub Station** with vaccines\* and health screenings\* for the whole family.
- **Baby Depot Area** with resources on well-child and pregnancy checkups.
- Free backpacks and school supplies for children present at the event.\*
- Information on how to renew and/or apply for CHIP/Medicaid.
- **Field Relations Coordinators** who can help members with other needs and community resources.
- Family fun, face painting, giveaways and much more!

Find one of our upcoming Back-to-School Health Fairs near you: [texaschildrenshealthplan.org/backtoschool](https://texaschildrenshealthplan.org/backtoschool).

*\*Limited quantities of school supplies and backpacks at events. Health screenings and other medical services will vary by event location. Visit [texaschildrenshealthplan.org/backtoschool](https://texaschildrenshealthplan.org/backtoschool) for more details.*

### 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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