

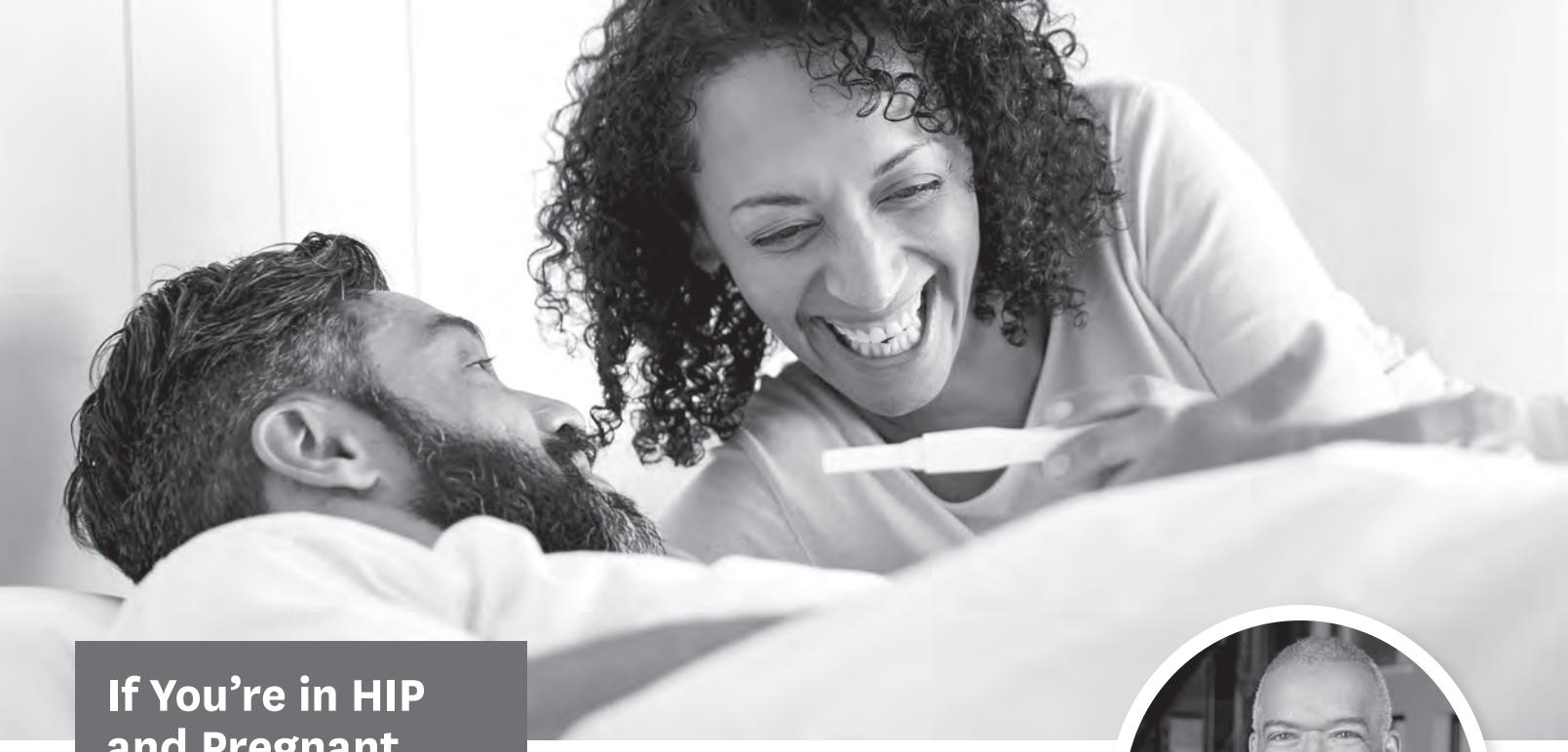


Have You Taken Your Health Needs Screening?

MHS needs to know how we can help care for you. And, we'll reward you for telling us! You can earn \$30 for completing a Health Needs Screening within 30 days of becoming a member, or \$10 for completing it within 90 days of becoming a member. To get started, all you need is your member ID number and date of birth. You can find your member ID number on your MHS Member ID card. Learn more or get started now at mhsindiana.com/hns.

Your Privacy is Important

You have rights to decide who can see your medical records ("privacy rights"). You can find more information about your privacy under the Health Insurance Portability and Accountability Act (HIPAA) in your MHS member handbook. You can find a copy of your current member handbook online at mhsindiana.com/handbook.



If You're in HIP and Pregnant, Let Us Know!

As a pregnant Healthy Indiana Plan (HIP) member, you no longer need to pay your contributions or co-pays. You also get special pregnancy benefits. These extra benefits make it easier to see your doctor, so you can get important prenatal (pregnancy) care. These benefits include transportation to and from your doctor visits, chiropractic services, and Medicaid Rehabilitation Option (MRO) services. You can learn more about these additional benefits in your member handbook.

Checking In with Dr. Yancy:

Are you pregnant? To ensure you receive all the health benefits you need to have a healthy pregnancy, let MHS or the Department of Family Resources (DFR) know you are pregnant right away. MHS has care programs to help you through your pregnancy. Sign up for the MHS Member Portal and fill out the Member Notification of Pregnancy Form. By completing this form, you can get a gift for your baby from MHS.

We can also help you after your pregnancy in our First Year of Life program. The MHS First Year of Life Program is designed to help guide members through all the medical milestones needed to keep their babies healthy and thriving. Join this free program and we can help you. We will provide you with a Pediatric Nurse who can be your main point of contact and will work with you for the first year of your baby's life.

Dr. Eric A. Yancy
MHS Chief Medical Officer and practicing pediatrician

HIP Members — Pay Your POWER Account Contribution with MoneyGram!

HIP Members can use MoneyGram to make payments. MoneyGram is fast, convenient and has no fee for HIP POWER Account contributions. Learn more at mhsindiana.com/moneygram.





Be prepared!

Make the most of your time with the doctor. Bring the following with you to your child's appointment:

- Complete list of medications, vitamins or supplements that your child is taking
- Any immunization records you have
- A list of questions or concerns that you would like to talk to the doctor about

For more information on immunizations your child needs, check out the **Immunization Schedule for Children 0-6 Years Old** and **Immunization Schedule for Children 7-18 Years Old**.

DID YOU KNOW THAT

A sports physical or a school physical is not always the same as a well-child visit?

School sports physicals can screen for major problems, such as cardiac issues, but they can't replace an annual visit with your child's pediatrician or family physician. Back-to-school time is full of community health fairs and sports physical events. Your

child might have recently had a school physical, sports physical or a daycare physical at one of these types of events. If your child did not see their primary doctor for the physical, you still should call your child's family doctor to schedule a well-child visit. Your well-child exam is more than just a physical. Your primary doctor knows your child's medical history and will be better able to answer any questions that you might have.

This is also the perfect opportunity to get younger children in for their well-child exam. Schedule a well-child visit for younger siblings at the same time as school-age children. Your doctor will talk to you about

what you can do to help your child get ready for kindergarten. Take advantage of the opportunity to ask questions and learn from your child's doctor — a trusted source.

Below is a guide about when your child should be visiting their primary doctor for a well-child visit.

Did you know you can earn CentAccount Rewards when you take your child for a well-child visit?

- You can earn up to \$60 total (\$10/visit) for well-child visits for children 0-15 months old.
- You can earn \$20 for well-child visits for children 16 months and older.

Prevent Teen Smoking

Every day, more than 2,500 children under age 18 try smoking for the first time.

Some research says sixth and seventh grade are the most common years children try their first cigarette. It is important we prevent our children from ever trying any tobacco product because research shows that if a child never tries tobacco before age 26 that they will most likely never start.

Children's bodies are still growing and developing, so exposure to tobacco causes damage to their lungs and heart. Children's brains and organs are more sensitive than adults. A child might show signs of dependence to nicotine after trying just one cigarette. The younger a child starts using tobacco, the higher their chance of becoming addicted to nicotine. Children may try many different kinds of tobacco.

Any form of tobacco is harmful:

- Cigarettes
- E-cigarettes
- Cigars
- Smokeless tobacco (chew, snuff, snus, dissolvable tobacco)
- Second hand smoke exposure

Tobacco companies make tobacco seem more fun and cool by adding fruit flavors and neat packaging to their products.

What Can You Do?

Talk to your kids and teens:

- Tell them facts about tobacco use
- Tell them how tobacco can hurt their body
- Tell them you expect them to never use tobacco, or to stop if they are already using it

Help them:

- Deal with their problems
- Say no to tobacco
- Quit if they are already using

Make sure you:

- Know who your child's friends are

- Know where your child is going
- Monitor the movies, TV and video games your child is watching. Pictures of adults smoking influences kids.
- Are a good example and do not use tobacco

Schedule an appointment with your child's doctor if you're not sure if your child is using tobacco, or want help getting your child to stop using tobacco. You can also call our Case Management department for support services. If you want to quit smoking, call the Indiana Tobacco Quitline at

1-800-QUIT NOW.



Published by Manifest © 2017. All rights reserved. No material may be reproduced in whole or in part from this publication without the express written permission of the publisher. The information in this publication is intended to complement—not take the place of—the recommendations of your healthcare provider. Consult your physician before making major changes in your lifestyle or healthcare regimen. Manifest makes no endorsements or warranties regarding any of the products and services included in this publication or its articles.



0716.MA.M.NL 09/17



Statement of Non-Discrimination

Managed Health Services (MHS) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. MHS does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

MHS:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
 - Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact MHS at 1-877-647-4848 (TTY/TDD 1-800-743-3333).

If you believe that MHS has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Grievance and Appeals Coordinator, 550 N Meridian Street, Suite 101, Indianapolis, IN 46204, 1-877-647-4848 (TTY/TDD 1-800-743-3333), Fax 1-866-714-7993. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, MHS is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at hhs.gov/ocr/office/file/index.html.

Declaración de no discriminación

Managed Health Services (MHS) cumple con las leyes de derechos civiles federales aplicables y no discrimina basándose en la raza, color, origen nacional, edad, discapacidad, o sexo. MHS no excluye personas o las trata de manera diferente debido a su raza, color, origen nacional, edad, discapacidad, o sexo.

MHS:

- Proporciona ayuda y servicios gratuitos a las personas con discapacidad para que se comuniquen eficazmente con nosotros, tales como:
 - Intérpretes calificados de lenguaje por señas
 - Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)
 - Proporciona servicios de idiomas a las personas cuyo lenguaje primario no es el inglés, tales como:
 - Intérpretes calificados
 - Información escrita en otros idiomas

Si necesita estos servicios, comuníquese con MHS a 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Si considera que MHS no le ha proporcionado estos servicios, o en cierto modo le ha discriminado debido a su raza, color, origen nacional, edad, discapacidad o sexo, puede presentar una queja ante: Grievance and Appeals Coordinator, 550 N Meridian Street, Suite 101, Indianapolis, IN 46204, 1-877-647-4848 (TTY/TDD 1-800-743-3333), Fax 1-866-714-7993. Usted puede presentar una queja en persona, por correo, fax, o correo electrónico. Si necesita ayuda para presentar una queja, MHS está disponible para brindarle ayuda. También puede presentar una queja de violación a sus derechos civiles ante la Oficina de derechos civiles del Departamento de Salud y Servicios Humanos de Estados Unidos (U.S. Department of Health and Human Services), en forma electrónica a través del portal de quejas de la Oficina de derechos civiles, disponible en ocrportal.hhs.gov/ocr/portal/lobby.jsf, o por correo o vía telefónica llamando al: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Los formularios de queja están disponibles en hhs.gov/ocr/office/file/index.html.



Spanish: Si usted, o alguien a quien está ayudando, tiene preguntas acerca de MHS, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Chinese: 如果您，或是您正在協助的對象，有關於 MHS 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-877-647-4848 (TTY/TDD 1-800-743-3333)。

German: Falls Sie oder jemand, dem Sie helfen, Fragen zu MHS hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-877-647-4848 (TTY/TDD 1-800-743-3333) an.

Pennsylvania Dutch: Vann du, adda ebbah's du am helfa bisht, ennichi questions hott veyyich MHS, dann hosht du's recht fa hilf greeya adda may aus finna diveyya in dei shprochh un's kosht nix. Fa shvetza mitt ebbah diveyya, kawl 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Burmese: သင် သိမ်းမဟုတ် သင်မှာကျည်းနေသူတစ်ဦးတွင် MHS အကြောင်း မေးစရာများရှိပါက အခဲ့အကွဲအညီ ရယူရှိနိုင်ခွင့်နှင့် သင်၏ဘဝသာ ဝေါ်ဖြင့် အချက်အလက်များကို အခဲ့ရယူရှိနိုင်ခွင့် ရှိပါသည်။ ဝကားပြန်တစ်ဦးနှင့် ဝကားပြောဆိုရန် 1-877-647-4848 (TTY/TDD 1-800-743-3333) တို့ ဖုန်းဆင်ပါ။

Arabic: إذا كان لديك أو لدى شخص تساعدك أسلطة حول MHS، لديك الحق في الحصول على المساعدة والمعلومات المضورية بلغتك من دون آية تكفيه. للتحدث مع مترجم اتصل بـ 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 MHS에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-877-647-4848 (TTY/TDD 1-800-743-3333)로 전화하십시오.

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về MHS, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-877-647-4848 (TTY/TDD 1-800-743-3333).

French: Si vous-même ou une personne que vous aidez avez des questions à propos d'MHS, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète,appelez le 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Japanese: MHSについて何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-877-647-4848 (TTY/TDD 1-800-743-3333)までお電話ください。

Dutch: Als u of iemand die u helpt vragen heeft over MHS, hebt u recht op gratis hulp en informatie in uw taal. Bel 1-877-647-4848 (TTY/TDD (telefoon) 1-800 743-3333) om met een tolk te spreken.

Tagalog: Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa MHS, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Russian: В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования MHS вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-877-647-4848 (TTY/TDD 1-800-743-3333).

Punjabi: ਜੇ ਤੁਹਾਡੇ, ਜਾਂ ਤੁਹਾਡੀ ਮਦਦ ਲੈ ਰਹੇ ਕਸ਼ਿ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿਚ MHS ਦੇ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹਨ, ਤਾਂ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮੁਢਤ ਮਦਦ ਲੈਣ ਦਾ ਪੂਰਾ ਹੱਕ ਹੈ। ਦੁਭਾਸੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ 1-877-647-4848 (TTY/TDD 1-800-743-3333) 'ਤੇ ਕਾਲ ਕਰੋ।

Hindi: आप या जिसकी आप मदद कर रहे हैं उनके , MHS के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-877-647-4848 (TTY/TDD 1-800-743-3333) पर कॉल करें।