

About Your Health



Watch for information about your STAR / CHIP plan

There may be changes that affect the STAR, CHIP, and SNAP benefits. It is very important that members read any notices sent by HHSC (Texas Health and Human Services Commission) or messages sent to you through the Your Texas Benefits app.

- If they request information from you, send it as soon as possible.
- If you need to send a renewal, do it quickly.
- Most important, make sure that your information, especially mailing address, is correct.

If you have questions about your coverage or renewal, call **2-1-1**.

El Paso Health can assist you in sending any paperwork or help you fill out your renewal. Call our office at **915-532-3778** or go on our website to schedule an appointment. We are here for you.

Thank you for choosing El Paso Health.



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Why early vaccination matters

Getting children vaccinated before they turn 2 years old is very important. Vaccines help protect young children from illnesses that can make them very sick, cause lasting health problems, or even be life-threatening. Following the vaccine schedule helps protect children before they are exposed to these illnesses.

Here is why early vaccination matters:

1. Protection from serious diseases.

Vaccines protect children from diseases like measles, rubella, polio, and chickenpox. These illnesses can be dangerous for babies and young children.

2. At the right time. Some diseases are more harmful to babies than older children. Getting vaccines on time helps protect children when they need it most.

3. Early protection. Vaccines protect a child's body before they come in contact with harmful germs.



4. Protecting others. When children are vaccinated, they also help protect others, such as newborn babies and people who can get very sick more easily.

5. Safe and effective. Vaccines are safe and are one of the best ways to prevent illness and keep children healthy.

If you have questions about the vaccine schedule, talk to your child's doctor.



Watch out for health plan scams

Some families are getting phone calls or text messages that seem to be from a health plan, a doctor, or a clinic. These messages may say your coverage will end or your visit was canceled. They may also tell you to act fast, which can feel stressful or confusing.

Be very careful if you receive a message like that. These messages are scams. Scammers want your personal information.

They may ask for your Medicaid ID number, your birth date, or your home address. Some may even ask you to click a link or call a phone number that is not from El Paso Health. This can put your benefits at risk.

El Paso Health will not ask for personal or medical information by text. We will not call or text you to say your coverage is ending.

Be careful if a message:

- Asks for personal information.
- Tells you to act fast.
- Has a link you were not expecting.

If you get a message and are not sure it is real, do not reply. Do not click any links. Call El Paso Health Member Services using the phone number on your ID card. Someone on our team can help you check the message and make sure your information stays safe.

Spring into health

Simple ways to boost your well-being this season

Spring is a time of new beginnings! As the flowers bloom and the weather gets warmer, it's the perfect moment to refresh your body and mind. Here are a few simple ways to stay healthy this season.

Get outside and move

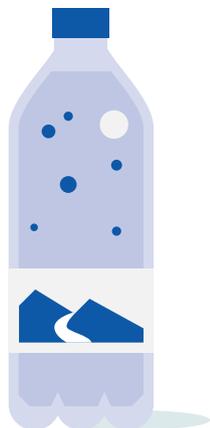
Spring is made for outdoor activities! Whether it's going for a walk, riding your bike, or playing your favorite sport, moving your body can help you feel stronger and happier. The fresh air and sunshine

are good for your health, too, giving you a natural boost of vitamin D!



Drink more water

As the weather gets warmer, it's important to stay hydrated. Drinking enough water helps your body function better and keeps your skin looking healthy.



Eat fresh, colorful foods

Spring brings an abundance of fresh fruits and vegetables.

Try adding strawberries, carrots, and leafy greens to your meals. These foods are packed with vitamins that help your body stay strong and fight off sickness.

Sleep well

Longer days and warmer nights mean more chances for quality sleep. Good sleep helps your body repair itself and gives you the energy you need to enjoy everything spring has to offer!



So this spring, take time to enjoy the outdoors, eat healthy, drink plenty of water, and get enough rest. These simple habits will keep you feeling great all season long!



Preventive care for children of farmworkers

Preventive care is very important for everyone. That includes farmworker children. It is crucial that children receive their timely vaccines and medical checkups. Chronic disease management is part of this if children are being treated for conditions such as diabetes, hypertension, or asthma. At El Paso Health, we can assist with scheduling your child's doctors' appointments, including their upcoming Texas Health Steps exam. We also offer vision, mental health, and transportation benefits. Our main goal is for your child to stay healthy and to have the best medical care!

El Paso Health has special Medicaid services for farmworker children. For help getting these services, please call us at **1-877-532-3778, ext. 1075.**

Stay healthy this flu season

Flu season has arrived. Protect yourself and your family with these simple steps:
Get your flu shot. It's the best way to lower your chances of getting sick.

Wash your hands often. Use soap and water for at least 20 seconds.

Cover coughs and sneezes. Use a tissue or your elbow.

Rest at home if you feel ill. This helps you recover and protects others.

Choose healthy foods, and drink water. A strong body fights germs better.

Sleep well. Aim for about 8 hours each night.

If you have questions about the flu shot or your care, please reach out to your doctor or clinic. Taking these steps can help you stay strong all season long.

Did you know?

- Flu germs can live up to 48 hours on hard surfaces.



- The flu shot cannot give you the flu. It helps your body fight it.
- Kids spread germs more easily because they touch surfaces often.
- Washing with soap works better than using hand sanitizer, especially when hands are dirty.

Utility assistance

As the weather begins to change, paying your utility bills can get harder. The good news is that there are programs in El Paso that may help:

- Project Bravo can help pay your gas and electric bills.

- The El Paso County General Assistance program offers one-time help for one utility bill, rent, or house payment.

- El Paso Water also helps with a credit, once a year, on your water bill with their AguaCares program.

Each program may ask for documents, like income and utility bills. For more information about these programs, contact the Community Connection Unit at El Paso Health.

