

# KID'S CORNER



Tips for families from Dell Children's Health Plan

## Check out these value-added services this summer!

Dell Children's Health Plan has value-added services\* to help keep your family safe and healthy all year long! Here are a few to highlight this summer:

### ✓ Healthy Vision Month

Dell Children's Health Plan members can get up to \$100 for upgraded lenses and frames every 2 years. Members can also get contact lenses instead of glasses, up to \$100!

### ✓ National Bike Safety Month

Members age 3 to 18 who get an annual checkup within 90 days of enrollment can receive a \$40 gift voucher for the Simply Safety Center at Dell Children's Medical Center. They offer bike helmets, car seats and much more!

### ✓ National Asthma and Allergy Awareness Month

For our members with asthma and are in an asthma management program can get an allergy-free pillow cover and mattress cover to help control asthma symptoms.

### ✓ Mental Health Awareness Month

Dell Children's Health Plan offers online mental health resources for members age 13 and older to help members learn to reduce stress, anxiety, depression, chronic pain or substance abuse.

### ✓ National Get Outdoors Day

We offer summer overnight camps for members 9 to 18 years old through El Ranchito! Members must have had an annual checkup and be up-to-date on immunizations. Register at [elranchito.org](http://elranchito.org) or call **512-710-8368**.

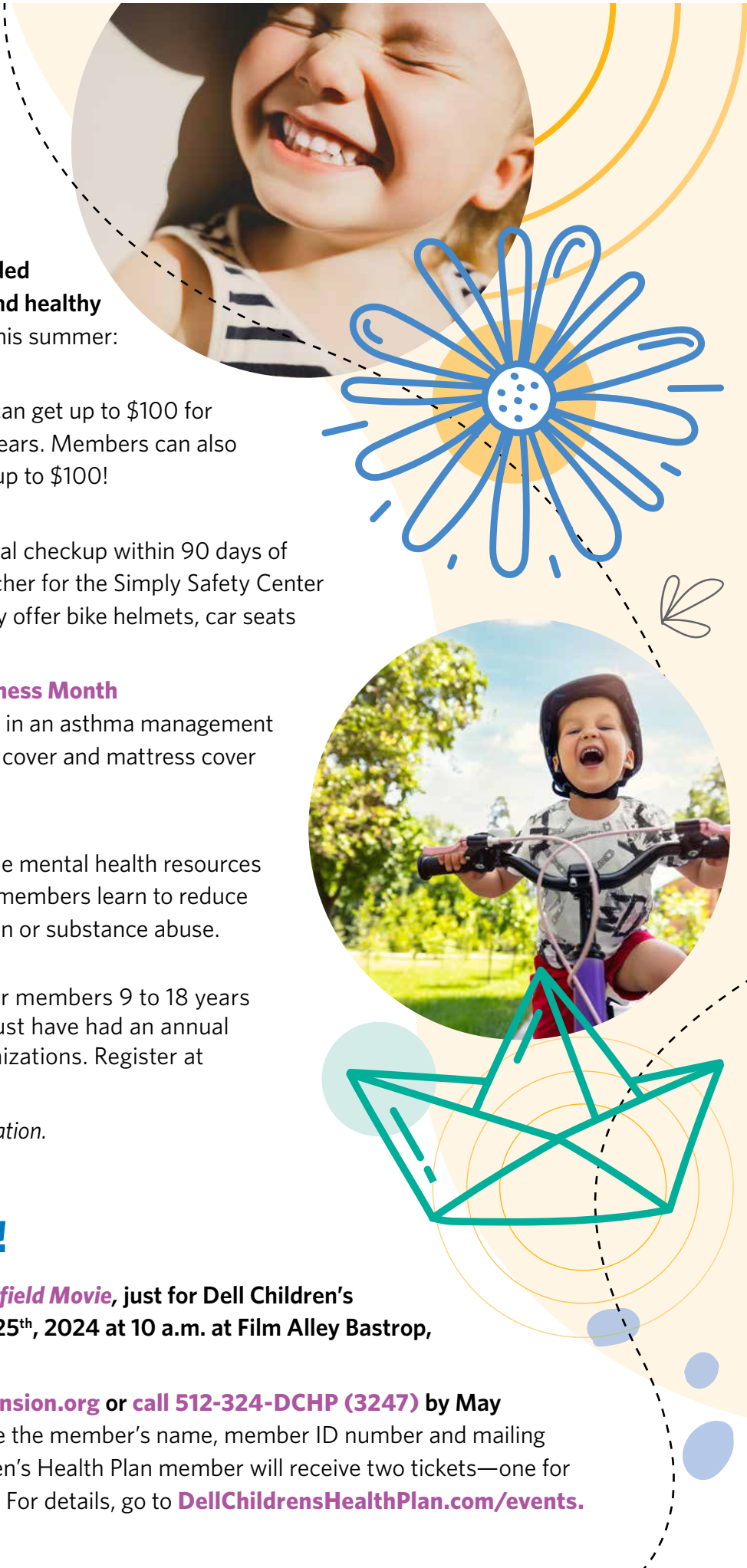
See your member handbook for more information.

\*Restrictions and limitations may apply.

## Let's go to the movies!

Join us for a special screening of *The Garfield Movie*, just for Dell Children's Health Plan members on Saturday, May 25<sup>th</sup>, 2024 at 10 a.m. at Film Alley Bastrop, 1600 Chestnut St., Bastrop, TX 78602.

Email [DCHPCommunityOutreach@ascension.org](mailto:DCHPCommunityOutreach@ascension.org) or call **512-324-DCHP (3247)** by May 16<sup>th</sup> to reserve your tickets. Please include the member's name, member ID number and mailing address when you RSVP. Each Dell Children's Health Plan member will receive two tickets—one for them and one for their parent or guardian. For details, go to [DellChildrensHealthPlan.com/events](http://DellChildrensHealthPlan.com/events).



## How to get behavioral health services

**If your child needs behavioral health services, they get care through Magellan.**

When you call to make an appointment with a behavioral health provider, it is important that you tell them that you are covered by Magellan not Dell Children's Health Plan. Otherwise, the doctor will tell you that you are not covered and you will not be able to make an appointment.

Behavioral health care does not need approval from your primary care physician, but you do have to see a Magellan provider.

To find a list of behavioral health providers, you can call Magellan at **1-800-424-1764**, or search for one online at **MagellanAssist.com** or **DellChildrensHealthPlan.com**.

## GoManda app helps children with autism develop vocabulary skills

Dell Children's Health Plan has partnered with GoManda to offer their GoManda app to members with autism or speech delay to build vocabulary comprehension skills. The app is free for Dell Children's Health Plan members under age 8.

A referral is required. Restrictions and limitations apply.

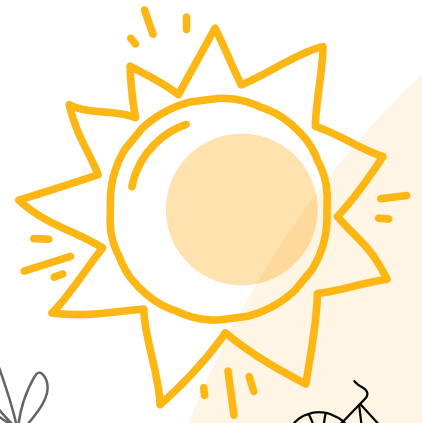
For more information, call Member Services at **1-855-921-6284** or email **qualitymanagement@ascension.org**.

## Calling all artists!

**We're having a design contest for our new t-shirts!** Imagine your artwork being seen by thousands of people around town! Your art can be about anything that makes you happy or what you think about us. Send us your drawing by June 17th and be sure to include the words "Dell Children's Health Plan" in the artwork. We will pick one winner to have their art on the t-shirts. **All entries will receive a \$25 gift card!**

Send your artwork on unlined paper to 1345 Philomena St., Suite 305, Austin, TX 78723. Attn: Marketing or by email to **dchpmarketing@ascension.org**.

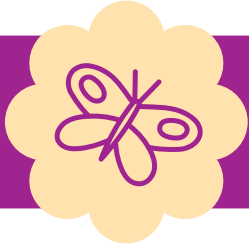
Please include your name, age and member ID number with your entry.



## Tips for ADHD medications

Medications are the first treatment for children with ADHD. Here are some important reminders.

- ✓ Schedule a follow up visit for 30 days after starting medication treatment
- ✓ Make and keep follow-up appointments.
- ✓ Refill prescriptions before they run out.



**Dell Children's Health Plan offers a \$20 gift card for members newly diagnosed with ADHD who have a follow-up visit with their provider within 30 days of starting medication treatment. See your member handbook for more details.**

## Service Coordinator Spotlight

Dell Children's Health Plan has a team to help members with chronic or complex health problems like ADHD, diabetes and weight management.

### Meet Arlinee, Community Health Worker!

Arlinee is originally from Puerto Rico and moved to San Antonio, Texas in 2018. She has a Master's degree in Psychology and about 10 years of experience in care management. Arlinee and the rest of the team work hard to educate members about our Case Management program and how to manage their health. She also links members to various resources in the community that help our members better understand their health needs including physical health, mental health and social stability.



### In Arlinee's own words:

"Helping people has always been my drive—providing assistance, time and understanding of their situation to prove that we are not just a health plan—we provide a personal touch. Knowing you can do so much for a person in just one call is a rewarding experience."

Call Service Coordination at **512-324-3015** or **1-844-564-5212** or scan the **QR code** to complete a health risk assessment to see if you can get extra help with a chronic health problem.



Scan the QR code for extra help with a chronic health problem

## Moms are (still) covered!

Starting March 1<sup>st</sup>, 2024, the Health and Human Services Commission is extending pregnancy benefits for women. Moms get the same CHIP or STAR benefits they had when pregnant for 12 months of continuous coverage!\* Check **YourTexasBenefits.com** for more details.

For questions, call **512-324-DCHP (3247)** or email **DCHPCommunityOutreach@ascension.org**.

\*Excludes CHIP Perinate.

# Dell Children's Health Plan and the Round Rock Express kick off baseball season!

Dell Children's Health Plan members cheered on the Round Rock Express against the Sugar Land Space Cowboys on opening night at Dell Diamond. Look for more chances to win tickets for Round Rock Express games coming soon!



Follow us on [facebook.com/DellChildrensHealthPlan](https://facebook.com/DellChildrensHealthPlan). For a current list of events visit us online at [DellChildrensHealthPlan.com](https://DellChildrensHealthPlan.com).

