Celebrating 25 Years in the Inland Empire!

Questions?
Call IEHP Member Services
1-800-440-IEHP (4347)
1-800-718-IEHP (4347) for TTY users
8am–5pm | Monday-Friday
www.iehp.org

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCION: si habla espanol, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347).

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Well-Care Visits: Get Back to Good Health

Making sure infants, children and young adults see their Doctor for well-care visits is one of the best ways you can help protect your children and your community. The well-care visit is a time for the Doctor to talk to you and your child or young adult about:

- Growth changes and healthy choices
- Flu shots and other needed vaccines
- Vision and dental health care needs
- Physical and mental health
- Preventive care screenings
- And more!

As schools reopen for in-person learning, it’s vital for parents to work with their children’s Doctors to get back to good health – especially if it’s been six months or more since their last visit.
During a well-care visit, the Doctor will:
- Check height, weight and blood pressure.
- Assess physical and mental development.
- Offer advice on behaviors based on age.
- Order any needed tests and screenings.
- Provide a flu shot or other recommended vaccines.

Call your child’s Doctor today to set up a well-care or well-child visit! The phone number is on your IEHP Member Card.

Tips for Parents or Guardians
1. For older kids and young adults, this is the time to raise concerns about issues like tobacco/vaping use (ages 12-21) or alcohol use (ages 18-21).
2. Bring any medicines your child is taking.
3. Bring your child’s yellow immunization card.

Be Part of the WISDOM Study

The WISDOM Study (Women Informed to Screen, Depending on Measures of risk) is helping end confusion about mammograms. Medical researchers from University of California need study volunteers. You will:
- Find out about your personal risk for breast cancer
- Help clarify screening guidelines for you, your sister, daughter and future generations
- Participate mostly from home, and there are no extra medical visits required
- Team up with medical researchers from University of California to discover the best guidelines for mammograms

Who can join?
Women who are 40–74 years old and have not had breast cancer or DCIS (ductal carcinoma in situ).

Questions?
Visit: wisdomstudy.org
Email: info@wisdomstudy.org
Call: 1-855-729-2844
Understanding Blood Pressure

High blood pressure (or hypertension) happens when your heart is working too hard to push the blood through your blood vessels. This can lead to health threats like heart disease, stroke, kidney disease, and more.

Nearly half of all American adults have high blood pressure. Many don’t even know they have it.

The best way to find out if you do is to have your blood pressure tested. See your Doctor, go to a local drug store or test at home with a blood pressure machine.

IEHP covers blood pressure machines for Members with high blood pressure! Ask your Doctor how to get one.

Did You Know?
Heart disease is the leading cause of death for men in the US. Since June is Men’s Health Month, check out IEHP’s Healthy Heart Guide for helpful tips to:

❤️ Take care of your heart;
❤️ Manage your blood pressure; and
❤️ Live a healthier life.

Need a Ride to Your Covid-19 Vaccine Clinic?

IEHP covers transportation to approved medical visits like vaccinations.

Here’s what you need to know:

❤️ IEHP will provide round-trip rides to a clinic in your county.
❤️ Call IEHP five business days before your visit to schedule your ride.
❤️ Rides can sometimes be set up faster, but IEHP cannot guarantee same-day requests.
❤️ The driver will not wait. Call the transportation provider for a return pickup.
❤️ Transportation is for one IEHP Member and one other person.

Note: For rides to drive-thru vaccine clinics, please advise IEHP right away.

Get your COVID-19 vaccine!
Children 12 years and older can get a Pfizer COVID vaccine.
No, right now there is no cure for asthma or asthma attacks. However, by creating an Asthma Action Plan with your Doctor and taking the right asthma medicine, you can relieve asthma symptoms and greatly reduce asthma attacks.

There are two types of medicine your Doctor may prescribe, depending on your situation. The first are called long-term controllers, which you take every day. The second type are quick-relief asthma medicines, which you bring with you wherever you go to help ease symptoms or stop an asthma attack in progress.

Asthma is a chronic, long-term illness, and a complex disease that only your Doctor can diagnose. So, if you think you might have asthma, please call your Doctor right away.
Keep Your Child on Track: The Ages and Stages Questionnaire

Because children learn and grow at different rates, monitoring a child’s development can be confusing for parents. Regular developmental screenings, such as the Ages and Stages Questionnaire 3rd Edition (ASQ-3), can help.

What is the ASQ-3?
A developmental screening checklist that provides a fast, helpful and detailed look at how your child is growing and developing.

Why should your child get screened?
It’s a great way for parents of children ages 0-5 to keep track of milestones and to celebrate them as your child grows and develops. Plus, the ASQ-3 is fast, easy and free!

Ask your child’s Doctor about developmental screening during your next visit. You may also request a FREE online ASQ-3 for your child at any time. Simply email the IEHP Health Education Department at screening@iehp.org and ask for an ASQ-3.
Please ask your Doctor how far apart to have the vaccines. For more information, visit: www.cdc.gov/vaccines
**Vaccines for Adults**

Adults need vaccines at certain times to help prevent diseases that could be serious. Talk to your Doctor about the ones that are right for you. See the list below for vaccines the CDC recommends for your age.*

### Vaccines based on age:

<table>
<thead>
<tr>
<th>What Vaccine?</th>
<th>Who Needs It?</th>
<th>How Much?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pneumococcal</td>
<td>Adults 65 or older</td>
<td>Two vaccines: One dose of PCV13 (conjugate vaccine), and then one dose of PPSV23 (polysaccharide vaccine)</td>
</tr>
<tr>
<td>Shingles (Zoster)*</td>
<td>Adults 50 or older</td>
<td>Two doses</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)*</td>
<td>Adults born in the U.S. in 1957 or later who have not received MMR vaccine or who had lab tests that showed they are not immune to measles, mumps, and rubella</td>
<td>One time for most adults. Note: Some people, such as college students, international travelers, or health care professionals, should get two doses (recommended as a catch-up if you didn’t receive it as a child)</td>
</tr>
<tr>
<td>Chickenpox (Varicella)*</td>
<td>Adults born in the U.S. in 1980 or later who have not received two doses of this vaccine or never had chickenpox</td>
<td>One-time series of two doses (recommended as a catch-up if you didn’t receive it as a child)</td>
</tr>
<tr>
<td>Influenza vaccine</td>
<td>Everyone (including pregnant women)</td>
<td>Every year during flu season</td>
</tr>
<tr>
<td>Tdap</td>
<td>Everyone (including pregnant women)</td>
<td>One time – Adults who did not get the Tdap vaccine as adolescents should get one dose of this vaccine. (Once they have had this dose, then they should get a booster.)</td>
</tr>
<tr>
<td>Tetanus/ Diphtheria vaccine booster</td>
<td>Everyone</td>
<td>Every 10 years</td>
</tr>
</tbody>
</table>

For more vaccines needed and to learn more, visit [www.cdc.gov](http://www.cdc.gov).

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*Live vaccines should not be given to pregnant women or people who have a very weakened immune system. That includes people with HIV infection and a CD4 count less than 200.*