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

Visit us at www.iehp.org

Stay Connected. Follow us!

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. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。
Good Health Starts with YOU!

Call your Doctor and set up a well-check visit today.

✔ Vaccines
✔ Health Screenings
✔ Exams

Stay Connected. Follow us!

Volume 49
Summer 2021

AccessAbility

Well-Care Visits:
Get Back to Good Health

Making sure you see your Doctor for well-care visits is one of the best ways you can help protect yourself, your family and your community. The well-care visit is a time for your Doctor and you to talk about:

❤ Preventive care screenings
❤ Flu shots and other needed vaccines
❤ Making healthy choices
❤ Vision and dental health care needs
❤ And more!

Has it been 6 months or more since your last check-up? Call your Doctor for a well-care visit and get back to good health!

IN THIS ISSUE

⭐ Rides to COVID Vaccine Clinics
Page 2

⭐ Caring for Your Caregiver
Page 3

⭐ Immunization Chart for Kids and Teens
Page 6

IN THIS ISSUE
Tips for Parents or Guardians

Make the most of your child’s or young adult’s annual check-up.

Make a list of health topics or concerns to talk about with your child’s Doctor, such as poor eating and exercise habits.

For older kids and young adults, this is a good time to raise concerns about issues like tobacco/vaping use (ages 12-21) or alcohol use (ages 18-21).

Bring any medicines your child is taking.

Bring your child’s yellow immunization card and other health records.

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

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 offers round-trip rides to a vaccine clinic in your county.
- Call IEHP 5 business days before your visit to schedule your ride.
- Rides can be set up faster, but IEHP cannot guarantee same-day requests.
- Contact the transportation provider for a return pickup.
- Rides are for one IEHP Member plus 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.
Caring for Your Caregiver

When caregivers take care of themselves, they can take even better care of you. Here’s some quick tips for showing your caregiver how much you care.

♥ Let them know you appreciate them and all they do for you.
♥ Encourage them to eat better, exercise, sleep, and drink plenty of water.
♥ Suggest a caregiver’s support group or social events outside the home.
♥ Give your caregiver breaks. Sometimes a 10-minute walk outside can really help.
♥ Try to communicate better. This could help reduce frustration and stress.
♥ Get a back-up caregiver if you can.

Be Part of the WISDOM Study

The WISDOM Study (Women Informed to Screen, Depending on Measures of risk) is helping end confusion about mammograms. Researchers from University of California need study volunteers. You will:

♥ Learn about your risk for breast cancer.
♥ Help clarify screening guidelines for you, your sister, daughter and future generations:
♥ Participate mostly from home. No extra medical visits are needed.
♥ Help researchers discover the best guidelines for mammograms.

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

Questions?
Visit: wisdomstudy.org
Email: info@wisdomstudy.org
Call: 1-855-729-2844
Trauma and ACEs Screening

This past year has been challenging for many people. The prolonged stress of the pandemic has led to increases in anxiety and behavioral health issues, especially in children.

Now, as schools reopen, some children may also be dealing with traumas experienced over the past year known as Adverse Childhood Experiences (ACEs). Research shows that people with ACEs have a much higher risk of health problems like substance abuse, depression, chronic diseases, and more. Early detection and treatments can help prevent or reduce these risks.

Talk to your child’s Doctor about ACEs screening, which is covered by IEHP, during their next well-care visit.

Ask the Doctor

Q Is there a cure for asthma or asthma attacks?

A 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.

Just remember, 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.

Mail your questions to – Ask the Doctor – IEHP, P.O. Box 1800, Rancho Cucamonga, CA 91729-1800
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.
**IMMUNIZATION TIMING 2021**

**Destination Health**

<table>
<thead>
<tr>
<th>Age</th>
<th>DTaP (Diphtheria, Tetanus, Pertussis)</th>
<th>Polio (IPV)</th>
<th>HepB (Hepatitis B)</th>
<th>Hib (Hib meningitis)</th>
<th>PCV (Pneumo)</th>
<th>RV (Rotavirus)</th>
<th>Varicella (Chicken Pox)</th>
<th>Flu Vaccine</th>
<th>HepA (Hepatitis A)</th>
<th>HepA (Hepatitis A)</th>
<th>MenACWY (Meningitis)</th>
<th>MenB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 0-2 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
<tr>
<td>Age 4 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
<tr>
<td>Age 6 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
<tr>
<td>Age 12 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
<tr>
<td>Age 15 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
<tr>
<td>Age 18 months</td>
<td>DTaP (Diphtheria, Tetanus, Pertussis)</td>
<td>Polio (IPV)</td>
<td>HepB (Hepatitis B)</td>
<td>Hib (Hib meningitis)</td>
<td>PCV (Pneumo)</td>
<td>RV (Rotavirus)</td>
<td>Varicella (Chicken Pox)</td>
<td>Flu Vaccine</td>
<td>HepA (Hepatitis A)</td>
<td>HepA (Hepatitis A)</td>
<td>MenACWY (Meningitis)</td>
<td>MenB</td>
</tr>
</tbody>
</table>

Please ask your Doctor how far apart to have the vaccines. For more information, visit: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

©2021 Inland Empire Health Plan. All Rights Reserved. HSO-20-653963
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>2 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 ten years</td>
</tr>
</tbody>
</table>

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

Source: U.S. Department of Health and Human Services/Centers for Disease Control and Prevention

*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.