



INSIDE this issue

- 2 Texas Health Steps/
Mental Health
- 3 Flu Season/
Night Clinics
- 4 Migrant farm workers/
Coat Drive

IMPORTANT NUMBERS

CHIP Dental
1-866-561-5892

WIC
771-5850

Family Planning
532-5454

Pre-natal Nurse/
Case Management
532-3778
Ext. 1500

EL PASO FIRST
532-3778
or
1-877-532-3778

Apply Online For CHIP and Medicaid

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EL PASO FIRST

health news

You can now apply for Children's Medicaid and the Children's Health Insurance Program (CHIP) any time of day or night at www.CHIPmedicaid.org. Click **Apply Now** to get started. It takes about 20 to 30 minutes to complete an application.

You will need to have these things ready before you start:

- Social Security numbers for your kids
- Recent pay stubs or other proof of the family's income
- A list of your expenses, such as child care, child support or money you receive
- Name of the health insurance company that already covers your kids, if there is one

The state will send you a copy to sign. You must fax or mail it back with copies of your proof of income and expenses. You will be able to use the HHSC website to check the status of your application.

If you do not want to apply online, you can call **TOLL FREE 1-877-543-7669** from 7 a.m. to 7 p.m., Mountain Time, Monday to Friday. Or, you can ask for a copy of the CHIP and Children's Medicaid application at www.CHIPmedicaid.org.

Mail **Medicaid** Applications to:
Texas Health & Human Services Commission
P.O. Box 981017
El Paso, TX 79998-9989

Mail **CHIP** Applications to:
Texas Health & Human Services Commission
P.O. Box 14200
Midland, TX 79711-9901

A copy of one of the following will prove both citizenship and identity:

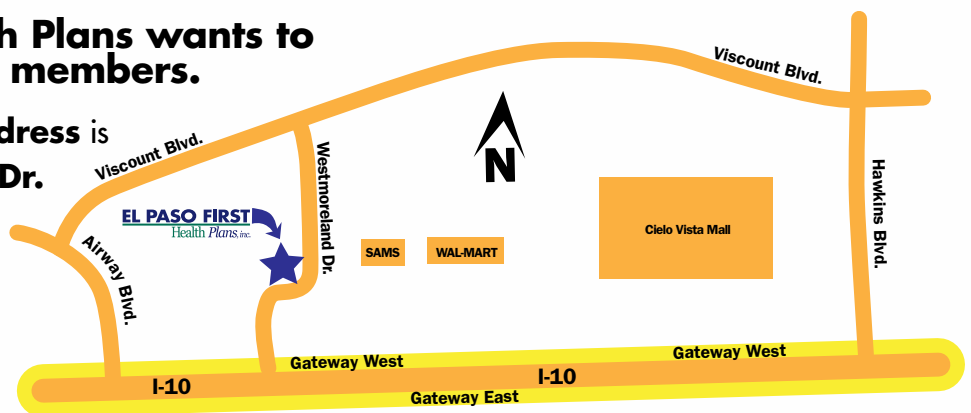
- U.S. Passport
- Certificate of Naturalization
- Birth Certificate or birth record

Remember:

CHIP Renewal is ONCE a year.
Medicaid Renewal is every SIX months.

El Paso First Health Plans wants to welcome our new members.

We moved, our **new address** is
1145 Westmoreland Dr.
El Paso, TX 79925



Step Into a Healthy Future with Texas Health Steps!



Texas Health Steps (THSteps) is for children who are 0 to 20 years of age and have Medicaid. Texas Health Steps offers regular medical and dental checkups. It also offers free case management services to babies, kids, teens, young adults and high risk pregnant women. If your child's doctor finds a health problem during a medical or dental checkup, the doctor will make sure your child gets the necessary help to prevent health problems that could make it hard for your child to learn and grow healthy.

Texas Health Steps will:

- Help you find a doctor, dentist, or case manager
- Help you make an appointment for a checkup
- Help you get a ride or money for gas

Call Texas Health Steps toll-free 1-877-847-8377 (1-877-THSTEPS) Monday to Friday from 8 a.m. to 8 p.m., Central Time.

TTY number 1-800-RELAY TX (735-2989)

THSteps Checkups can find serious health problems that can be treated early on.

Checkups need to be done at these ages:

Birth (inpatient)	9 months	3 years	9 years	15 years
3-5 days	12 months	4 years	10 years	16 years
2 weeks	15 months	5 years	11 years	17 years
2 months	18 months	6 years	12 years	18 years
4 months	24 months	7 years	13 years	19 years
6 months	30 months	8 years	14 years	20 years

2

CHIP and EL Paso First Premier Members:

You can get help for mental health and drug abuse problems by calling our crisis line. The crisis line number will give you the help you need. You will be able to manage your problems. A counselor will talk to you about how to lower the amount of sadness, worry or stress you may be feeling.

You can go to a mental health counselor without a note from your

doctor. Mental health services are private.

If you have an emergency, please call our crisis line at **915-351-1264** or **TOLL FREE 1-866-944-6467**.

To make a complaint about a private mental health hospital, drug abuse treatment center or mental health services provided at a hospital please call **1-800-832-9623**.

Your complaint will be reviewed by the state agency that is in charge of the hospital or drug abuse treatment center.



It's Flu Season

Here's what you need to know about the flu:

- Flu is caused by a virus
- It is passed from one person to another
- Anyone can get the flu
- It is easy to get the flu from sick people when they cough or sneeze into the air
- The flu is different from a cold

The flu comes on quickly and causes a fever. People with the flu also get body aches, chills, headache, cough and sore throat. They feel tired and sometimes throw up or have diarrhea.

Colds come on slowly and rarely cause a fever. People with a cold usually cough, sneeze and have a sore throat and a stuffy or runny nose.

Here's what you need to know to avoid getting the flu:

- Wash your hands well and often with soap and water
- Cough or sneeze into a tissue or the bend of your elbow
- Stay home if you are sick
- Call your Primary Care Provider before going to the emergency room



DO NOT GO TO THE EMERGENCY ROOM WHEN IT'S NOT AN EMERGENCY!

You will avoid a long ER visit and your child will get quality medical treatment if you take your child to one of our convenient night clinics.



EL PASO FIRST
Health Plans, inc.

**EXTENDED &
AFTER HOURS**
night clinics

Night Clinics

Eastside Pediatric Night Clinic

12135 Montwood, Suite 115
(915) 225-0600
Mon-Sun: 6 PM - midnight

Northeast Pediatric Night Clinic

10755 Kenworthy Drive
(915) 821-5900
Mon-Sun: 6 PM - 10 PM

Southwest Pediatric Night Clinic

2325 Pershing
(915) 633-9280
Mon-Sun: 6 PM - midnight

Upper Valley Pediatric Night Clinic

950 Anthony Rd.
(915) 877-4217
Mon-Sun: 6 PM - 10 PM

Westside Pediatric Night Clinic

3901 N. Mesa
(915) 838-1914
Mon-Sun: 6 PM - 11 PM

Ysleta Pediatric Night Clinic

300 S. Zaragosa, Suite 114
(915) 790-5723
Mon-Thurs: 6 PM - 10 PM
Fri-Sun: 6 PM - 9 PM

First Horizon Medical Center

14476 Horizon Blvd., Suite G
(915) 217-2117
Mon-Fri: 6 PM - 8 PM

Texas Tech Pediatric Night Clinic

11950 Bob Mitchell
(915) 856-5760
Mon-Fri: 6 PM - 10 PM
Sat: 8:30 AM - 12:30 PM

Are you a Migrant Farm Worker?

El Paso First Health Plans offers Added Value Services for the Children of Migrant Farm Workers. Some of the benefits are:

- Help schedule THSteps medical and dental appointments
- We will let your doctor know your children need to be seen quickly because you may have to leave the area to go to the next farm job
- Transportation
- Vision Benefits
- Mental Health Services
- Nurse can help with your special health problem

If you need more information or help with the above benefits, please contact Lluvia Acuña, El Paso First Health Plans Migrant Coordinator TOLL FREE: 1-877-532-3778 or (915) 532-3778.



Are you pregnant?

El Paso First gives away a **BABY MONITOR** to its pregnant members!

Call Health Services at **(915) 532-3778** or toll-free **1-877-532-3778** to find out how you can get one.



COAT DRIVE

El Paso First Health Plans launched the annual coat drive. The Center for Children of El Paso was in need of warm winter clothes for teen parents and infants living at the Transitional Living Center.

Thanks to the kindness and generosity of our donors, the coat drive was a success. Winter coats and sweaters were donated to families with limited resources.

Sandy R. Riux, Executive Director stated they were very thankful with El Paso First Health Plans for helping them *ensure A chance for every child.*

