



# Enrollee Newsletter

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## Community Care Plan, 'the health plan with a heart'

### Back 2 School, Vaccines Rule: August is National Immunization Awareness Month



Vaccines keep your child healthy and safe during the school year. Many schools do not let a child attend school without getting vaccinated first. A vaccine can be given at your child's yearly checkup. It is important to talk to your doctor about your child's allergies before getting a shot. <sup>1</sup>

#### How Vaccines Work

16 diseases can be prevented with vaccines.<sup>2</sup> Vaccines help your body become immune to a disease. The diseases a vaccine prevents are harmful, and could lead to death. Many diseases that your child receives a vaccine for are not common. This is because the use of vaccines has prevented it from being passed on.

#### Preteen/ Teen Immunization Week (August 21-27)

Vaccines are important to get at every age. August 21-27 is National Preteen/ Teen Immunization Week. Talk to your doctor about making your preteen/ teen a yearly checkup. This will make sure they are safe and ready to go back to school.

The four shots all preteen/ teens need<sup>1</sup>:

- ♥ **Tdap:** protects against heart and lung diseases (Age 11-12)
- ♥ **Meningococcal:** protects against brain, spine, and blood infection (Age 11-12 and Age 16)
- ♥ **HPV:** protects against HPV infection and cancer. (Age 11-12, 2 shots)
- ♥ **Flu:** protects against the flu and spreading it to other people (All ages)

<sup>1</sup> <https://www.cdc.gov/vaccines/parents/downloads/PL-dis-preteens-parents.pdf>

<sup>2</sup> <https://www.cdc.gov/vaccines/parents/diseases/index.html>

<sup>3</sup> <https://www.cdc.gov/vaccines/parents/diseases/teen/hpv-indepth-color.pdf>

### Why Vaccinate at Age 11-12?

HPV vaccine is best given when your child is between the ages of 11-12. The vaccine works better before they are sexually active. The body's immune response is greater in the pre-teen years. The vaccine is more protective for your child<sup>3</sup>.

#### HPV Facts<sup>3</sup>:

- ♥ Every year in the United States **17,500** women and **9,300** men have HPV- related cancers
- ♥ HPV can cause: anal, mouth, throat, cervix, vulva, vagina, and penis cancer
- ♥ The HPV vaccine can prevent these types of cancers



*This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-800-424-0328, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-544-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m.*

# Pregnancy Corner

## OB:

An Obstetrician (OB) is the doctor that helps you before, throughout, and after your pregnancy.

They make sure you and your baby are healthy.



## The 5 W's of a Postpartum Visit

**WHO:** A woman after she gives birth

**WHAT:** A visit with your OB to make sure you are ok after giving birth

**WHERE:** At your OB's Office

**WHEN:** 21- 56 Days after giving birth

**WHY:** A Postpartum visit important because you can<sup>4</sup>:

- ♥ **Talk** to your doctor about birth control including long acting reversible contraception (LARC)
- ♥ **Ask** about any problems you had throughout pregnancy
- ♥ **Share** feelings or concerns about being a new mom
- ♥ **Get** a physical exam and a pelvic exam

### Cesarean (C-Section) Checkup

A woman who had a C-section birth should make an appointment for a C-section Checkup. At this visit with your OB, they will make sure the incision cut is healing. The visit should be 2 weeks after birth. After this visit, you should make an appointment to go back for your postpartum visit.

<sup>4</sup> <http://www.marchofdimess.org/pregnancy/your-postpartum-checkup.aspx>

## Pregnant?

If you are or think you may be pregnant, CCP has someone to help you. Please call **1-866-899-4828** to let us know you are pregnant. An **OB nurse case manager** can help you along the way.