



*Si usted necesita esta información en español por favor llame al 1-800-504-2766.

<<Date>>
<Head of Household>>
<Address>>
<<City>>, <<State> <<Zip>>

Member: <<Name>>
ID: <<ID>>
DOB: <<DOB>>
PCP: <<PCP>>
Telephone: <<Telephone>>

Dear Parent/Guardian of <<name of child>>:

<<Name of adolescent>> is <13/14/15/16/17/18/19/20> years old and it may be time for a check-up. Your child must see their PCP within 90 days of joining the health plan. If your child is missing their shots or has not had a recent check up, please call your child's PCP and make an appointment. There is no cost for these services.

| Age | Health Check-Up Schedule |
|----------|--|
| 13 Years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 14 Years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 15 Years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 16 years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 17 years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 18 years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 19 years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |
| 20 years | Check-Up, "Catch-Up" for missed shots, Annual Dental Exam. |

Please call Customer Service at 1-800-504-2766 (TTD/TTY users, call 1-877-247-6272) if the PCP on your ID card does not match the name on this letter or you need help with making an appointment or arranging transportation. You can reach us weekdays 7 a.m. to 7 p.m. ET.

Harmony also has a Personal Health Advisor who can answer your health questions. When you're not sure what kind of care your child needs, call your Personal Health Advisor at 1-800-608-8158. There is no charge for this. You can call any time, any day.

For people with Asthma:

If your child has asthma and has not seen their doctor in the last 3 months, it is important that you call and make an appointment for your child.

For people with Diabetes:

If your child has diabetes and has not seen their doctor in the last 3 months, it is important that you call and make an appointment for your child.

National Guidelines recommend people with diabetes receive the following:

- Blood Sugar average, hemoglobin A1c (HbA1c) measured at least once a year (goal is less than 7%)
- LDL-cholesterol measured at least once a year (if greater than 100mg/dL, appropriate treatment is needed)
- A microscopic urine test for protein once a year
- Eye Exam (dilated) by an eye care professional once a year
- Routine foot exams
- See your doctor every 3 months

Regards,

Harmony of Illinois