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A Warm Welcome to Carolina Complete Health!

To improve the health of the community, one person at a time.

We are happy to welcome you to Carolina Complete Health, the only doctor-led health plan in North Carolina. As part of Centene, our health plans cover millions of people across the United States, and we are committed to placing your well-being at the heart of everything we do.

Only doctor-led Medicaid Manage Care Plan in North Carolina!

Local doctors worked together to make a health plan that helps children and families who use Medicaid. By working as a team, they make sure that every member gets good care close to home. Our network has every hospital and almost every doctor in North Carolina and they are here to ensure you receive the care you need. Whether you need a regular check-up, special treatment, or advice on your health journey, our team is here to help you every step of the way.

Carolina Complete Health has its main office in Charlotte, North Carolina. It also has a local office in Durham. The health plan helps people in many communities across the state. More than 350 employees work hard every day to help thousands of people who have Medicaid in North Carolina.

If you have questions about your health plan, visit our website at www.carolinacompletehealth.com or call our Member Services team at **833-552-3876**. We are here to serve you from Monday - Saturday from 7 a.m. to 6 p.m.



Get Connected: Join a Member Information Meeting

Join us at our Member Information Meetings and discover all the benefits, services, and special perks waiting for you. Do not miss this chance to make your health journey extraordinary, register now and step into a brighter, healthier future!

Why settle for ordinary when you can experience the extraordinary?

Our Member Information Meetings are your VIP pass to everything Carolina Complete Health has to offer. These online sessions are open to all members every month. You will have the opportunity to unlock insider tips, maximize your benefits, and discover valuable extras you might not know about. Whether you are a new member or just looking to get more from your plan, we will show you how to take full advantage of your coverage and enjoy exclusive rewards. At our Member Information Meeting, you will get information about:

- Your health plan benefits and how to use them.
- Extra Value-Added Services, including the My Health Pays Rewards program.
- How to find providers and specialists to get the care you need.
- Enrolling in care management programs.

Be a part of something special! Register for a session today! Available in English and Spanish, for more information, visit [here](#).

Elevating Your Experience, Every Step...



As a valued member of Carolina Complete Health, unlock a suite of extra services that go far beyond your regular benefits!

At Carolina Complete Health, your health journey should be filled with support and opportunity at every turn. We know that navigating health and wellness can be challenging, which is why we go above and beyond to provide you with a menu of extra value-added services. Whether you need to boost your well-being, connect with a supportive community, or unlock rewards, our extra services are designed to help you thrive.

Dive in! Discover all the ways Carolina Complete Health is here to make your member experience extraordinary!



My Health Pays® Rewards Card

All members can earn up to \$75 dollars annually, on a Visa card, for completing healthy activities. Members can receive rewards for the following activities.



Active & Fit Gym Membership

Covers annual gym memberships for members aged 18 and older. The gym benefit is through ASH Fitness which lets members visit any gym in its network. Members can also select a home fitness kit and access workout videos.



Household Grocery Allowance

Members who qualify based on a Care Needs Screening and/or Determinant of Health Assessment can receive a \$150 annual household benefit per health plan year. The dollar reward is uploaded to a Visa® rewards card once member eligibility is determined.



New Parent's Package

Members who are expecting a baby or who have delivered a baby in the previous 12 months are eligible to receive a choice of car seat, portable crib, or stroller.



Doula and Breastfeeding Support

Members who are expecting a baby or who have delivered a baby in the previous 12 months are eligible for doula and breastfeeding support services.



Baby Bottles

Members who are expecting a baby or who have delivered a baby in the previous 12 months are eligible to receive baby bottles at Carolina Complete Health Welcome Rooms.



Baby Showers

Members who are expecting a baby or who have delivered a baby in the previous 24 months are eligible to attend a baby shower. During these events, members get important information about prenatal and postnatal care and have the chance to win prizes.



School Supplies

Members enrolled in pre-kindergarten through 12th grade are eligible to receive a backpack with school supplies valued at \$50.



Tutoring

Members enrolled in kindergarten through 12th grade are eligible to receive 12 hours of tutoring.



GED Exam Voucher

Members aged 16+ who are not enrolled in high school can receive support for test prep and all subject area vouchers.



Youth Development Voucher

Members aged 4-18 are eligible to receive a \$175 voucher that can be used at participating organizations including Boy & Girl Scouts, YMCAs, Boys & Girls Clubs, and Recreation Centers.



Room to Breathe Asthma Supplies

Members diagnosed with asthma by their primary care provider are eligible to receive up to \$150 in supplies per year to help reduce/address environmental triggers of asthma. This may include hypoallergenic bedding, cleaning supplies, air purifier, HEPA vacuum and other supplies.



Weight Watchers® Program

Members who meet Body Mass Index requirements are eligible for this online program.



CVS® Over the Counter Retail Pharmacy Allowance

All members are eligible to receive \$30 CVS retail allowance per quarter (up to \$120 per year) to order select items from CVS (online or in-person).



Housing and Utility Assistance

Members who qualify based on a Care Needs Screening and/or Health Risk Assessment can receive the \$250 annual household benefit per health plan year. The housing allowance is added to a Visa® rewards card for eligible members needing rental or utility assistance, rental deposit or mortgage assistance.



Vision Retail Allowance

Members aged 21+ are eligible to receive extra vision benefits, including a \$125 retail allowance toward select prescription eyeglass frames and lenses, once every two years (730 days).



Mental Health Support by Teladoc Health Mobile App

All members are eligible to access Mental Health Support by Teladoc Health app to help manage stress, anxiety, chronic pain, and more.



Tribal Talking Circles

Native American members are eligible to earn \$100 annual allowance on a Visa® rewards card when they complete two (2) Tribal Talking Circles.



Cell Phone

Members aged 18+ who do not qualify for the Federal SafeLink phone program can get a cell phone through Carolina Complete Health with free minutes to stay connected with their doctor and family members about their health.



Sensory and Alzheimer's/Dementia Kits

Members with cognitive impairments or sensory-related needs can get a sensory support kit tailored to their developmental and/or diagnostic needs valued at approximately \$75 per year.



Expungement Certification Assistance

\$175 annual benefit, uploaded to a Visa rewards card, to cover the Expungement Certification Fee for qualifying members aged 18+ with a non-violent misdemeanor offense that presents barriers to employment.

Ready to turn healthy habits into amazing rewards? Join My Health Pays and start earning today!



With My Health Pays, every step toward better health puts money back in your pocket. Get rewarded for completing healthy activities like yearly wellness exams, annual screenings, and other smart choices that keep you feeling your best.

Use your My Health Pays rewards to help pay for utilities, transportation, telecommunications, childcare services, education, and rent.



Plus, shop for all your everyday essentials at Walmart with your rewards – enjoy the benefits of healthy living and smart spending!

All members can earn up to \$75 dollars annually, on a Visa card, for completing healthy activities. Members can receive rewards for the following activities:

\$25 Care needs screening.

\$25 Child well-care visit.

\$50 Infant well-care visits.

\$25 Child lead screening.

\$25 Adult well-care visit.

\$25 Flu vaccine.

\$25 Comprehensive diabetes care.

\$25 Annual mammogram.

\$25 Colonoscopy.

\$25 Notification of Pregnancy (NOP form).

\$25 Postpartum doctor visit.

\$25 HPV (Human Papillomavirus) Vaccine.

\$25 Cervical Cancer Screening.

Unlock Amazing Rewards with Healthy Choices!

Great news for parents! You have a fantastic chance to earn My Health Pays rewards for your children by participating in healthy activities. Simply schedule and complete your child's well check, and you'll receive a \$25 credit on your My Health Pays Visa card. This incentive highlights the importance of prioritizing your child's health and well-being. Once your healthcare provider submits and processes the claim, the credit will be added to your card effortlessly. For more exciting details and opportunities to earn rewards while promoting a culture of health within your family, visit www.carolinacompletehealth.com/vas. Let's take these meaningful steps together for a healthier future!



Need help finding a pediatrician?

Find a provider online at findaprovider.carolinacompletehealth.com/location or contact Member Services at **833-552-3876** to help.

Need a lift to your next appointment? Look no further!



Carolina Complete Health is here to make your life easier by arranging and covering your transportation to and from your Medicaid-covered care appointments, free for our members!

Whether you need an attendant to accompany you or if you are a parent seeking a ride for your child who is, we've got you covered. We ensure that rides for parents, guardians, and attendants are included, allowing you to focus on what matters, your health and well-being.

Do not wait! Give MTM a call at **1-844-784-8931** up to 30 days before your appointment to secure your transportation. Please remember, trips need to be booked no more than 48 business hours in advance. If you are in a pinch and need an urgent ride, you can request a trip with less than two business days' notice. Let us take the stress out of your journey to better health!



MTM reservation hours are Monday through Saturday, 7 a.m. to 6 p.m. EST.

MTM is closed Sundays and national holidays (New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, day after Thanksgiving, and Christmas Day).

Scheduled trips are subject to member eligibility.

How to Manage Spring Allergies

Allergy season is back. And when you have allergies, spring can be a mixed bag. Mild weather... yay. Pollen and allergens that make you sneeze and your eyes water...not so much. Try these tips to get a little relief and make it through allergy season more comfortably!

- 1 Ask your doctor about a test.** Allergy testing has come a long way in the past decade. Find out what specific triggers your body responds to.
- 2 Stay in to win.** Allergens thrive in windy, dry weather. Use this as an excuse to stay inside more this season. Get cozy with a book or show!
- 3 What's the index?** Most TV stations broadcast allergy forecasts during weather segments. There are also websites and apps that can alert you to conditions in your area.
- 4 Breathe easier inside.** Crank up the AC instead of using window ventilation.
- 5 Filter out the bad.** Change air filters regularly for the best quality air flow. Keep your carpets and floors clean and dust free.
- 6 Cleanliness is power.** Take a bath or shower before going to bed to keep your sheets allergen-free.
- 7 Diet makes a difference.** Keep an eye on your food intake. Certain foods like sugars, wheat and dairy can make your allergies worse. Take note of symptoms like nausea, headache, dizziness or an itchy throat after eating. Drink plenty of water to flush and hydrate your system.

Now you've got the tools that will help you beat your allergies this season!



Beyond the Blues: Understanding Depression and how Medication can help.



Depression is more than just feeling sad or having a rough day. It is a health problem that can last for weeks or even months, making it hard to enjoy life or do normal things.

The Center for Disease Control and Prevention says that if you feel down for a long time and it is hard to do your daily activities, you might have depression. Scientists say depression can happen for many reasons. It can run in families, be caused by changes in the body, things that happen in your life, or how you think and feel. Everyone's story with depression is different. Many things can lead to this illness.

Doctors sometimes give people with depression medicine called antidepressants. These medicines can help you feel better and handle

problems more easily. Talk to your doctor to see if medicine is right for you. Here are some important things to remember about these medicines:

- **Take as directed:** Always follow your doctor's instructions and tell them if you notice any problems or side effects.
- **Be patient:** It can take up to four weeks for the medicine to work.
- **Don't stop suddenly:** Never stop taking your medicine without talking to your doctor. It could make you feel worse. Your doctor will help you change your dose safely if needed.
- **If you are pregnant or want to get pregnant,** talk to your doctor before taking these medicines. Some medicines can be risky during pregnancy.
- **If you feel very sad or think about hurting yourself,** get help from your doctor right away.

Where to Find Help

Carolina Complete Health has many services to help with mental health. Some are free or cost very little. You can get help with things like:

- Problems with alcohol or drug use.
- Special help for behavior.
- Care in a hospital or at home for mental health.
- Services to help you recover from mental health problems.

You can also get help using the Teladoc Health app. It can help you manage stress, worry, pain, and more. To learn more, visit [here](#) or call Member Services at **833-552-3876**.



Five common things that can lead to depression:

- Someone in your family has had depression
- Something stressful or scary happened to you
- Big changes in your life
- Some medicines can cause depression as a side effect
- Using alcohol or drugs

Experience healthcare reimagined with Teladoc - absolutely free for all members!



Say goodbye to waiting rooms and hello to instant access to medical care, right from the comfort of your home. Discover a smarter, faster, and more convenient way to connect with the care you deserve, at no cost to you!

Why put your life on hold for non-emergency health issues? With Carolina Complete Health's telemedicine, you get immediate access to healthcare providers, no travel, no hassle, no hidden fees. Whether you need medical advice, a fast diagnosis, or a prescription can be handled by phone or video chat. Imagine the freedom of getting care anywhere, anytime, using your favorite device. Teladoc is designed to fit your lifestyle and put your well-being first. Members age 18 and older can use telemedicine for non-emergency issues such as:

- Colds, flu, and fevers
- Ear infections
- Rash, skin conditions
- Pink eye
- Sinuses, allergies
- Behavioral health*
- Respiratory infections

Visit [here](#) to find information for setting up your Teladoc account.

Need health advice right now? Do not wait, our 24/7 Nurse Advice Line is open, offering peace of mind and answers when you need them most.

Skip the stress of waiting for an appointment and connect with caring, licensed medical professionals who are ready to help, day or night! Carolina Complete Health's 24/7 Nurse Advice Line is your direct line to support, anytime, anywhere. This service connects you to real medical professionals who can answer your questions, guide you in the next steps, and help you schedule an appointment with your Primary Care Provider. With Carolina Complete Health, you are never alone on your health journey! Call the 24/7 Nurse Advice Line if you need.

Call Member Services at **833-552-3876** for help or to get answers to any questions you have!



Carolina Complete Health is dedicated to helping its members stay healthy and feel their best.

The pharmacy benefit helps pay for most prescription and over-the-counter medicines when a doctor in the plan says they are needed. However, not every medicine is covered. Some medicines need special permission, called prior authorization, before the plan will help pay for them. There are also clear rules about who can get certain medicines, how much each person can have at one time, and the right amount to take. These rules help keep members safe and healthy for a long time.

Searching the Formulary

To help members understand their choices, Carolina Complete Health has a formulary search tool on its website. This tool shows a full list of all medicines the plan covers, including brand-name and generic options. If a medicine is not listed, members should talk with their doctor about other choices or ask if special permission can be given.

\$120 CVS Over-the-Counter Retail Pharmacy Allowance

Each member gets a special \$120 CVS Over-the-Counter Retail Pharmacy Allowance from Carolina Complete Health. This allowance gives members money to buy [health items](#) at CVS stores. For example, members can use it for vitamins, bandages, pain relievers, allergy medicine, and cold medicine. Before shopping, members should check the list of items that are covered to make sure what they want to buy is included.

Members get \$30 every three months to spend at CVS on approved health items, which adds up to \$120 each year. This allowance can be used online or at a CVS store. To get the most out of this benefit, members should remember to use their allowance before it runs out every three months.

To learn more about pharmacy benefits, members can go to the Carolina Complete Health website [here](#). If members have questions or need help, they can also call Member Services at **833-552-3876**. The Member Services team is happy to answer questions, explain the benefits, and help members find out which medicines and health items are covered.

Understanding Vaccine Hesitancy Among Parents



Vaccines have played a vital role in safeguarding our health for more than 200 years, effectively combating serious illnesses and saving countless lives. Yet, the topic of vaccination often generates passionate debates, making many parents cautious and curious about the safety and implications involved.

The ongoing discussion surrounding vaccines stems from diverse perspectives, each with valid concerns. Social media often fuel misunderstandings and spread misinformation, which may lead to fear-based decisions. It is important to recognize that extensive research supports the safety and effectiveness of vaccines in protecting both public health and the well-being of our children. Ultimately, the choice to vaccinate is a deeply personal one for each family.

Why Vaccination Matters

Choosing to delay or forgo vaccinations can put not only your child's health at risk but also the health of others in the community. It is particularly important to consider those who are more vulnerable, such as:

- Individuals with weakened immune systems due to health conditions or treatments.
- Those living with chronic illnesses like heart or kidney disease, as well as diabetes.

- Infants who are too young to receive most vaccines.
- Older adults, who are often at greater risk for severe complications from various diseases.

Vaccines also create what is known as “herd immunity.” When a large segment of the population is immunized, it helps protect those who cannot be vaccinated for health reasons, effectively shielding the entire community from outbreaks. High vaccination rates help prevent the spread of illnesses that can be avoided through immunization.

Support From Carolina Complete Health

At Carolina Complete Health, we are here to support parents by providing them with reliable information from trusted healthcare professionals. Our Online Health Information Library features a wealth of resources—over 4,000 items covering health, medications, and vaccinations—designed to help families make informed choices. You can explore our Krames library online at www.carolinacompletehealth.com.

Remember, prioritizing early childhood immunizations is an essential step toward ensuring a lifetime of good health! We're excited to be on this journey with you!



Your Child's Well Visit, What Parents Need to Know

A well visit is a term used by pediatricians to describe a check-up or physical examination. It is highly recommended that parents schedule at least one well-visit each year with their child's healthcare provider. These visits ensure your child's health and identify any potential concerns early on. Children under the age of 3, especially newborns, will have more frequent appointments with their pediatrician. Well visits are important for all children, particularly newborns and infants, to support their healthy development.



But My Child Is Healthy. Do They Still Need a Checkup?

It is a common misconception that if a child appears healthy, they don't need regular checkups. Parents must understand that pediatrician visits are vital, even when children are healthy. Routine visits are necessary for several important reasons:

- **Preventive Care:** Checkups enable healthcare providers to identify potential health issues before they escalate.
- **Growth and Development Monitoring:** These visits are vital for tracking your child's growth and developmental milestones, ensuring they are progressing as expected.
- **Vaccinations:** Well-child visits are essential for keeping vaccinations up to date, safeguarding your child against various diseases.
- **Building a Healthcare Relationship:** Regular checkups foster a trusting relationship between your child and their healthcare provider.
- **Parental Insights:** These appointments provide parents with valuable opportunities to ask questions about nutrition, behavior, and developmental issues, ensuring you have the best tools to support your child's health.



Connect first. Then reason. How to care for children who experience stressful events.

Children sometimes face very stressful events that can change how they think and feel.

Most children are able to recover and feel better after a while. But if a child goes through something very hard, like getting hurt, losing a loved one, or seeing violence, it can affect them for a long time.

A child might go through a tough event themselves or see it happen to someone else. If a child has trouble for more than a month after something stressful, and it makes daily life or friendships hard, they might have something called post-traumatic stress disorder, or PTSD.

Children who have been through something traumatic might seem restless, fidgety, or have trouble paying attention and staying organized. Sometimes, these signs can look like attention-deficit/hyperactivity disorder (ADHD). But it's important to know that not every child who goes through something hard will get PTSD.

The first step to feeling better is to talk to a health care provider, who can help by doing an evaluation. For a child to be diagnosed with PTSD, there needs to be a specific event that caused the symptoms. Sometimes it is hard for children

to talk about what happened because it was so upsetting. That's why it can help to see a provider who is skilled at working with children and families.

Every child deserves care and understanding.

Children and teens under 21 years old can get many important health care services through a program called Early and Periodic Screening, Diagnosis and Treatment Services, or EPSDT. This program covers checkups and treatments to help young people stay healthy. For more information or to schedule a visit, members can call **833-552-3876**.

Signs and Symptoms:

- Thinking about the event again and again, or acting it out in play
- Having scary dreams or trouble sleeping
- Feeling very upset when something reminds them of what happened
- Finding it hard to feel happy or enjoy things
- Intense ongoing fear or sadness
- Irritability and angry outbursts

Carolina Complete Health Member Advisory Committees



Carolina Complete Health drives Member Experience through the Advisory Committees

The Member Advisory Committee and LTSS Member Advisory Committee meet four times a year and offer a platform for members to share their opinions on how to improve their plan. Members will receive information about Carolina Complete Health benefits and services.

Members discuss a range of topics including Medicaid Eligibility and Expansion, Value Added Services and more! Meetings are held online or in person, which members will receive a \$75 stipend for their participation!

Registration is now open! Sign up for the upcoming meetings:

- Region 1: September 1, 2026 at 5:30-7p
- Region 2: September 3, 2026 at 5:30-7p
- Region 3: September 15, 2026 at 5:30-7p
- Region 4: September 17, 2026 at 5:30-7p
- Region 5: September 29, 2026 at 5:30-7p
- Region 6: October 1, 2026 at 5:30-7p

Let your voice be heard! To participate, members must be a Carolina Complete Health member over the age of 18. Parents, guardians, or caregivers of a member are welcome. Participants are asked to provide at least one piece of feedback during the meetings.

Enroll today by visiting www.carolinacompletehealth.com/mac. For questions, please contact Member Services at 833-552-3876.



Community Connections Centers - Come on in!

Step into a world of well-being at our Community Connections Centers, where we are dedicated to empowering you with the knowledge and support you need for your health journey. Whether you want to dive deeper into your health plan benefits, chat with a representative, or hop on a computer, you have found the perfect place!

Our Community Connections Centers are more than just informational spaces, they are community hubs! Here, you can explore resources, connect with advocates ready to assist with your healthcare needs, and find a comfortable, environment tailored for you.

Get the Help You Need!

Need clarity on your benefits? Looking for referrals to community and social programs? Our staff is here to help! Plus, we keep our doors open for more than consultations. Enjoy a warm cup of coffee or a snack as you explore your options!

Throughout the year, we host a variety of events such as workshops, baby showers, and immunization clinics! It is an opportunity to learn and connect with others in your community, while having a good time!

Do not miss out on the support and resources available at your fingertips! For more information, contact us at **833-552-3876** or visit our website [here](#).

Your health and well-being start here—come on in!

Measles Is Preventable — Vaccination Is the Best Protection



Checking your vaccination status is a simple step that helps keep you, your family, and your community healthy.

Measles is a serious illness that spreads very easily through the air. You can be exposed by being in the same room as someone with measles — even after they leave. Making sure your measles vaccination is up to date is the best way to stay protected.

What Members Need to Know About Measles

- **Measles spreads through the air**
It can spread when a person with measles coughs, sneezes, or breathes — even without close contact.
- **Symptoms may take up to two weeks**
Common signs include fever, cough, runny nose, red or watery eyes, and a rash that often starts on the face.
- **The MMR vaccine protects you**
Two doses of the Measles, Mumps, and Rubella (MMR) vaccine provide strong protection. Vaccines are available through your doctor and many local pharmacies.
- **Not sure if you are vaccinated?**
Your healthcare provider can help check your records or recommend next steps.
- **Think you were exposed? Act fast**

Call your healthcare provider right away. Getting the vaccine within three days of exposure may help prevent illness.

A Simple Step Can Make a Big Difference

Measles spreads fast — but protection is easy. Checking your vaccination status today can help keep you healthy tomorrow. Take a few minutes to talk with your provider and make sure you and your family are protected. A small step now helps keep our whole community strong.

Need Help? Call Member Services

Carolina Complete Health is here to support you. Call Member Services using the phone number on the back of your ID card for help finding a provider, understanding your benefits, or getting support with vaccinations or care.

You Are Not Alone. Help Is Always Close.



Life can feel hard sometimes. Stress, worry, sadness, or big changes can make anyone feel overwhelmed. If you or someone you love is struggling, please know this, you are not alone, and help is always available.

Support is available day or night through the Suicide & Crisis Lifeline. Members can call or text 988 to connect with trained counselors who are ready to listen and help. This service is free, private, and available 24 hours a day, 7 days a week. You can also chat online if calling feels difficult.

You can contact 988 if you are feeling sad, scared, stuck, or overwhelmed. You can also call if you are worried about a friend or family member. Help is available in Spanish, and special support is offered for Veterans. You do not have to share more than you want, and your conversation is private.

Members of Carolina Complete Health can also get help by calling the 24/7 Behavioral Health Crisis Line at 1-855-796-7098. This number is available anytime to help members get support during emotional or mental health crises.

Reaching out for help is a strong and brave step. Talking to someone can help you feel calmer, safer, and less alone. Your life matters, and support is always just a call or text away.

If you need help right now, call or text 988, or contact the Carolina Complete Health 24/7 Crisis Line at 1-855-796-7098. We are here for you—today and every day.

Beyond the Blues: Understanding Depression and how Medication can help.

<https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

Understanding Vaccine Hesitancy Among Parents

<https://comprehensiveprimarycare.com/why-arent-parents-vaccinating-their-children/>

<https://caringforkids.cps.ca/handouts/immunization/when-parents-choose-not-to-vaccinate-risks-and-responsibilities>

Your Child's Well Visit, What Parents Need to Know

<https://www.janeylhammonsnpc.com/blog/how-often-does-my-child-need-a-wellness-visit/>

<https://weillcornell.org/news/your-child%E2%80%99s-well-visit-what-parents-need-to-know>

Connect first. Then reason. How to care for children who experience stressful events.

<https://www.cdc.gov/children-mental-health/about/post-traumatic-stress-disorder-in-children.html>

You Are Not Alone. Help Is Always Close.

<https://www.ncdhhs.gov/about/departments-initiatives/suicide-prevention-resources#SuicideandCrisisLifelines-6084>

Measles is Preventable - Vaccination is the Best Protection

<https://www.dukehealth.org/blog/measles-exposure-and-vaccination-what-you-need-know>