

# HEALTH CHECK

## OFFICE OF HEALTHCARE FINANCING

### WHO NEEDS A WELL CHILD CHECK-UP?



**Many health problems begin before your children look or feel sick**

If your child is enrolled in EqualityCare, he or she can get a FREE Well Child Health Check Exam; these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular Health Check exams can find problems and treat them before they get worse.

### WHAT IS INCLUDED IN A WELL CHILD HEALTH CHECK?

- ◇ **A head to toe exam**
- ◇ **Immunizations (shots)**
- ◇ **Test for anemia and lead**
- ◇ **Height, weight and development check**
- ◇ **Nutrition check (eating habits)**
- ◇ **Vision, dental and/or health screening**
- ◇ **Health information (potty training, biting, fighting, walking and talking)**

### WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

**Babies need check-ups at:**

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months

**Toddlers need checkups at:**

- 15 months
- 18 months
- 24 months (2 years)

**Children need checkups at:**

- 3 years
- 4 years
- 5 years
- 6 years

**Older children and teenagers need:**

A checkup every year

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**Special Points of Interest:**

- ◇ **The New Food Pyramid**
- ◇ **Food Safety Advice**
- ◇ **Who Should I call?**
- ◇ **Eyeglass reminder**



## EXERCISE YOUR WAY TO A HEALTHY LIFE

By Linda Mangus, APS Healthcare

Exercise is an overwhelming idea to most. Getting started can be the biggest barrier for everyone.

Exercise offers rewards that help in several areas of our lives.

**Physical Fitness:** You will have more energy and be able to enjoy more recreation in your life. You will also keep your strength and independence as you age.

**Mental Fitness:** You'll be able to manage stress better, be less tense, think more clearly and even sleep better.

**Long Term Health:** Your risk of some diseases may go down. This includes heart disease, osteoporosis, some cancers, high blood pressure, and diabetes.

Ask yourself--Will I lose weight? The answer is **YES!**

\*Being active burns calories-you burn nearly twice as many calories walking slowly than sitting.

\*Muscle burns more calories than fat-the more muscle you build up from activity the more calories you burn. If you add more muscle you'll use more calories even when you're inactive.

\*Being active helps you retain more muscle as you age. More muscle means it'll be easier to control your weight.

Getting started with easy steps:

\*30 minutes a day of movement will help with getting you started to a healthier lifestyle. Five minutes a day is an easy way to start and then slowly build up to 30 minutes.

\*Park at the end of the parking lot when shopping.

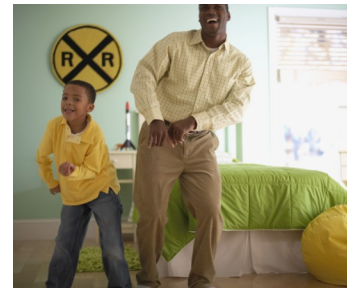
\*Use stairs whenever you can.

\*Walk around the block.

\*Jog in place while watching TV.

\*Get down and play with the kids.

\*Walk whenever possible instead of driving.



“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”  
Doug Larson



### On the Go Snack Mix

1 bag (3oz) butter flavor 94% fat free microwave popcorn, popped

2 cups of Multigrain Cheerios cereal

1 tsp ground cinnamon

1/2 cup of diced dried fruit and raisin mixture

In large bowl, toss popcorn, cereal and cinnamon. Add fruit and raisin mixture; toss.

Makes about 6 servings. 1 serving—Calories 110; Total fat 1g; Carbohydrate 24g; Dietary Fiber 4g

### Microwave Potato Chips

1 1/3 pounds of Red potatoes, unpeeled and scrubbed

2 tsps of extra virgin olive oil

1/2 tsp salt

Slice potatoes into thin rounds. Toss the slices in a medium bowl with oil and salt to coat evenly.

Coat a large microwave-proof plate with cooking spray. Arrange potatoes in a single layer. Microwave 2-3 minutes uncovered on high. Turn slices over, microwave 2-4 minutes more until they start to crisp and brown around edges. Check frequently. Transfer chips to another plate and allow to cool completely.

Serving size—12-14 chips Calories 141; Fat 2g; Carbohydrates 26g; Fiber 2g

## THE FOOD PYRAMID

The Food Guide Pyramid is one way for people to understand how to eat healthfully. A rainbow of colored, vertical stripes represents the five food groups plus fats and oils. Here's what the colors stand for

- \*orange — grains
- \*green — vegetables
- \*red — fruits
- \*yellow — fats and oils
- \*blue — milk and dairy products
- \*purple — meat, beans, fish, and nuts



The U.S. Department of Agriculture (USDA) changed the Pyramid in 2005 because they wanted to do a better job of helping Americans how to be healthy. The agency later released a special version for kids. Notice the hiker climbing up the side? That's a way of showing kids how important it is to **exercise** and be active every day. In other words, play a lot! The steps are also a way of saying that you can make changes little by little to be healthier. One step at a time, get it?

**Eat a variety of foods.** A balanced diet is one that includes all the food groups. In other words, have foods from **every color, every day**.

**Eat less of some foods, and more of others.** You can see that the bands for meat and protein (purple) and oils (yellow) are skinnier than the others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy foods.

**Make it personal.** Through the USDA's MyPyramid website, people can get personalized recommendations about the mix of foods they need to eat and how much they should be eating. The USDA website is [http://www.mypyramid.gov/tips\\_resources/printmaterials.html](http://www.mypyramid.gov/tips_resources/printmaterials.html).

**Eating well is an important part of maintaining good health, and can help you feel your best.**

## FOOD SAFETY ADVICE

Food safety is a problem globally, but it can also be a problem in our own homes. Here are some tips that will assure you that your food is safe for all in your home.

- ◇ **Clean: Wash Hands and Surfaces Often** - Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops and foods. Keep books, backpacks, or shopping bags off the kitchen counter or table where food is prepared.
- ◇ **Separate: Don't Contaminate** - Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean surface—wash hands with warm water and soap. Wash cutting boards, dishes countertops, and utensils with hot soapy water.
- ◇ **Cook: Cook to Proper Temperature** - Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure internal temperature with cooked foods. Make sure there are no cold spots when using a microwave oven. Bacteria can survive in these areas and cause food illnesses.
- ◇ **Chill: Refrigerate Quickly** - Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff your refrigerator. Cold air needs to circulate to help keep food safe. Keep the refrigerator at a constant temperature of 40 degrees or below. This is the most effective way to reduce the risk of foodborne illness. The freezer temperature should be 0 degrees or below. Use or discard food on a regular basis.
- ◇ **Keeping Cold Lunches Cold** - To keep lunches cold away from home, include small frozen gel packs or frozen juice boxes. If there is a refrigerator available, store your lunch there. Insulated soft sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and paper bags can also be used. Items that do not require refrigeration include whole fruits and vegetables, hard cheese, unopened canned meat and fish, chips, bread, crackers, peanut butter, jelly, mustard and pickles.
- ◇ **Keeping Hot Lunches Hot** - Use an insulated container to keep food like soup, chili, and stew hot. Fill the container with boiling water, let stand for a few minutes, empty and then put in the piping hot food.

Source [http://www.mypyramid.gov/tips\\_resources/printmaterials.html](http://www.mypyramid.gov/tips_resources/printmaterials.html).

## WHERE SHOULD I TAKE MY CHILD FOR CHECK-UPS?

Your doctor, a clinic, health center, or local health department can provide Well Child Health Checks. It is best to establish a “medical home”, a place that coordinates all your health care needs. Have your “medical home” keep track of your child’s history.

For dental exams, make an appointment with a dentist in your area.



## MAKING AN APPOINTMENT

- ◇ You make an appointment directly with your child’s doctor or dentist. It is important to ask if they will accept EqualityCare when making the appointment. If they do not, you will need to find another doctor or dentist.
- ◇ It is important for you to keep your child’s appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child’s appointment, call and tell them as soon as possible.
- ◇ When you go for your child’s appointment, take your child’s EqualityCare card and immunization record.

## WHEN SHOULD I TAKE MY CHILD TO THE EMERGENCY ROOM?

Emergency rooms are for emergencies and life-threatening situations, and should not be used for any other purpose. Emergency room care is expensive. Do not go the emergency room for care that should take place in a health provider’s office, such as sore throats, colds, flu, earache, minor back pain and tension headaches.

Emergency care is covered 24 hours a day, 7 days a week. An emergency is a serious threat to your child’s health. If you believe your child has an emergency, go to the nearest emergency room or call 911. Some examples of emergencies are:

- |                                 |                              |
|---------------------------------|------------------------------|
| *Trouble Breathing              | *Bleeding that does not stop |
| *Chest pain                     | *Vomiting blood              |
| *Severe cuts or burns           | *Broken bones                |
| *Loss of consciousness/blackout |                              |



## WHO SHOULD I CALL?

- ◇ If you have any questions on your EqualityCare benefits please contact ACS at (800) 251-1269 or use the Client Web Portal
- ◇ For Children’s Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for CSH programs, call (307) 777-7941 or (800) 438-5795.
- ◇ For prescription services, call the Pharmacy Help Desk at (877) 209-1264
- ◇ For travel reimbursement , call (800) 595-0011
- ◇ To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc) through the Women, Infants, and Children (WIC) program, contact your local WIC office.
- ◇ To talk to a health coach or a nurse, contact APS at (800) 545-1710

For children enrolled in Kid Care CHIP:

- ◇ If you have any questions on your Kid Care CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at (800) 209-9720
- ◇ If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at (800) 732-3379  
***Kid Care CHIP is not an EqualityCare Program***



## Emergency Travel Policy Reminder

Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be paid for by EqualityCare.

Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.

When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.

An emergency fund request is limited to one (1) per 30 days per client (not per family). Routine appointments or appointments that are weeks or months in the future are not eligible for emergency funds. Post travel payment is available for these routine or planned appointments.

If an overnight stay is necessary, the original hotel receipt must be mailed with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet.

All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and must be signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records. The only verification forms that will be accepted by the transportation call center will be the following:

- ◇ The original physician or facility's Super Bill given at the time of check-out
- ◇ Verification information on doctor or facility letterhead
- ◇ Verification information on the doctor or facility's tamper resistant Rx pad.



Providers will be contacted to verify attendance at appointments. If an appointment is not attended, notify the transportation call center immediately.

Transportation Call Center — 1-800-595-0011 Monday—Friday 9 am – 5 pm

Travel to a Psychiatric Residential Treatment Facility (PRTF):

- ◇ Must be authorized prior to travel.
- ◇ Must be for admit, discharge, or family therapy and must have EqualityCare approval.
- ◇ Travel to therapy visits will only be reimbursed every other month.

## Client Web Portal (<http://wyequalitycare.acs-inc.com>)

Did you know that you can go online 24 hours a day and 7 days a week to:

- \*Check your EqualityCare eligibility
- \*Ask EqualityCare questions regarding your benefits or covered services, etc.
- \*Request a replacement EqualityCare client ID card
- \*Make transportation requests when covered by your benefit plan. Some requests will need to continue to be made through the ACS Transportation Call Center.

### REMINDER

As of January 1, 2010, when necessary EqualityCare pays for one (1) pair of glasses per 365 days for children under the age of 21.



**Note:** This website is secure and to gain access you must first register. On the EqualityCare Home page under "Client" there are on-line instructions on how to complete the registration process. From the Client Home page go to "First time to the client secured portal?" and click on "[Client Web Registration](#)". You will need either the EqualityCare client ID number or SSN (Social Security Number), date of birth and first and last name.

You do not need to register to:

- \*Find a Wyoming EqualityCare doctor, dentist, hospital or clinic in your area or specific town, city or state.
- \*View the EqualityCare Handbook, Frequently Asked Questions, newsletters and other client materials.
- \*Acquire ACS and EqualityCare contact information



Visit us at [www.health.wyo.gov/equalitycare](http://www.health.wyo.gov/equalitycare)



Wyoming  
Department of Health  
Office of Healthcare Financing

Our mission is to promote,  
protect and enhance the  
health of all Wyoming  
Citizens



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs, to help maintain the health and safety of all citizens of Wyoming.

**Mission**

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

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**Your Health Check Newsletter**

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