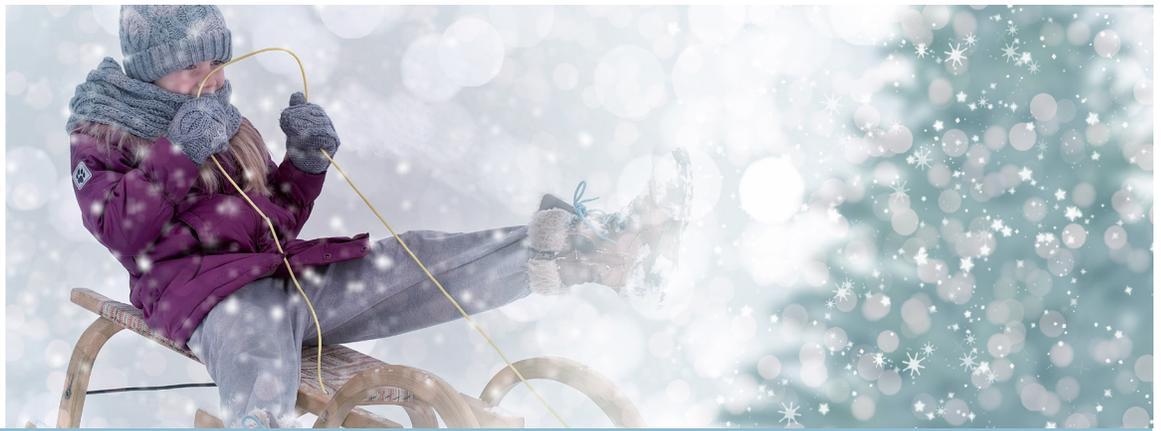




Wyoming
Department
of Health



Division of Healthcare Financing

Winter

2019

Health Check

Vision Screening vs. Eye Exam

Vision Screening

A vision screening is a relatively short examination that can indicate the presence of a vision problem or a potential vision problem. A vision screening cannot diagnose exactly what is wrong with your eyes; instead, it can indicate that you should make an appointment with an ophthalmologist or optometrist for a more comprehensive dilated eye examination.

Medicaid will cover one pair of glasses each year for your child.

Eye Exam

A comprehensive dilated eye examination generally lasts between 30 and 60 minutes, and is performed by an ophthalmologist or optometrist.

Your child should have an eye exam with an ophthalmologist or optometrist every year. Medicaid will cover one pair of glasses each year for your child. Add-ons to glasses such as transition lenses and scratch coating are not covered by Medicaid unless the doctor states they are medically necessary.

Get to Know Available Wyoming Services

SNAP: Supplemental Nutrition Assistance Program



SNAP helps low-income people buy the food they need for good health.

You may be able to get SNAP benefits if you are:

- Working for low wages or working part-time
- Unemployed
- Receiving welfare or other public assistance payments
- Elderly or disabled and are low-income

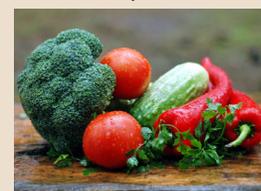
The income guidelines effective October 1, 2018 – September 30, 2019 for SNAP are:

The maximum allowable gross and net income standards for determining eligibility of assistance units and the maximum allotments authorized appear below.

Assistance Unit Size	165% Poverty Maximum Gross Monthly Income Elderly/ Disabled	Maximum Gross Monthly Income 130% of Poverty	Maximum Net Monthly Income 100% of Poverty	Thrifty Food Plan Maximum Allotment
1	\$1670	\$1316	\$1012	\$192
2	2264	1784	1372	353
3	2858	2252	1732	505
4	3452	2720	2092	642
5	4046	3188	2452	762
6	4640	3656	2812	914
7	5234	4124	3172	1011
8	5828	4592	3532	1155
9	6422	5060	3892	1299
10	7016	5528	4252	1443
Each additional member	+\$594	+\$468	+\$360	+\$144

SNAP benefits help supplement an individual's or a family's income to help buy nutritious food. Most households must spend some of their own cash along with their SNAP benefits to buy the food they need.

To Apply for SNAP in Wyoming you must complete a paper application and turn it in to your local DFS office. You pick up an application at your local DFS office, or you can have an application mailed to you by calling 307-777-8633. The completed application then can be taken, sent, fax or mailed to your local DFS office. Staff are also available at the local DFS office to help you complete the application if needed.



The application can be printed online at <https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/snap>

A list of local DFS can be found at <https://sites.google.com/a/wyo.gov/dfsweb/home/contact-us>

More information on SNAP can be found at <https://www.fns.usda.gov/snap/facts-about-snap>

Get to Know Available Wyoming Services

POWER: Personal Opportunities with Employment Responsibilities



POWER is a cash assistance program designed to help families with children to become self-sufficient through intensive case management services. If you apply for POWER, a Wyoming Department of Workforce Services Case Manager will be assigned to you and will help you create an Individual Responsibility Plan to help you achieve employment and/or self-sufficiency. To receive a payment weekly participation is required; just like attendance is required at work. Required number of participation hours depends on your family.

There is a 60 month limit for receiving POWER payments. To Apply for POWER you must complete a paper application and turn it in to your local DFS office. You pick up an application at your local DFS office, or you can have an application mailed to you by calling 307-777-8633. The completed application is then turned it to your local DFS office. Staff are also available at the local DFS office to help you complete the application if needed.

The application can be printed online at

<https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/power>

A list of local DFS can be found at <https://sites.google.com/a/wyo.gov/dfsweb/home/contact-us>

POWER INCOME GUIDELINES/LIMITATIONS

July 1, 2018 - June 30, 2019

A Eligible Persons AU Size	B Shelter Disqualified Maximum Benefit	C Shelter Qualified Maximum Benefit
1	\$225	\$384
2	405	635
3	465	675
4	465	675
5	526	717
6	526	717
7	582	758
8	586	758
9	586	758
10	586	758
11	586	758
12	586	758

** If your family has wages from a job, subtract \$600 from your gross monthly wages, or \$1200 for a married couple, to determine your adjusted gross wage. Compare to the chart above.

POWER is funded with state and federal dollars through the Temporary Assistance for Needy Families (TANF) block grant.

Get to Know Available Wyoming Services



VFC: Vaccines for Children Program

Vaccines are vital to keeping our children and our communities healthy. However, sometimes vaccines can be very expensive, placing additional financial burden on parents. Luckily, there are programs

available to help, such as the Vaccines for Children (VFC) Program. The federally-funded VFC Program helps to ensure that children have a better chance of receiving all of the recommended vaccinations on schedule. To qualify for VFC, children must be younger than 19 years of age and meet at least one of the following criteria:

- Eligible for (or currently enrolled in) Medicaid
- American Indian or Alaska Native
- Uninsured (no insurance)
- Underinsured and visiting a Federally Qualified Health Center, Rural Health Center or Public Health Nursing Office.



As long as a child meets one of the above criteria, there is no charge for the vaccine itself. Healthcare providers may charge an administration fee up to \$21.72 per dose; however, if you are unable to pay, a child will not be denied the vaccine.

If you have questions about the VFC Program, please visit www.immunizewyoming.com and select Parents, Patients and Guardians or call 307-777-7952.

LIEAP: Low Income Energy Assistance



LIEAP is a state and federally-funded program that helps people pay home heating bills **November through May**. The program is open to homeowners and renters.

It helps cover the costs of:

- electricity
- natural gas
- propane
- wood
- diesel heating oil
- coal
- pellets when these are used for heating a home.



Hurry! The 2019 deadline is approaching!

Applications for LIEAP program are available beginning October 1, 2018 and are accepted until **February 28, 2019**.

Applications are available at www.lieapwyo.org. To have an application mailed to you please call **1-800-246-4221**.

FLU Vaccines



Wyoming Medicaid strongly encourages all individuals to get their flu vaccine now. Cases of flu have already been identified in Wyoming. As a reminder, the vaccine is free to all Medicaid clients on full coverage programs through any enrolled physician's office, pharmacy, or public health office.



Preventing Cavities



Developing healthy dental habits now will help your child keep a healthy mouth for life. Follow these five simple steps to prevent cavities in children.

1. Get regular dental check-ups, starting at age 1. Preventive dental visits are covered by Child MAGI, the children's Medicaid program in Wyoming.
2. Ask your dentist about dental sealants that prevent tooth decay.
3. Brush twice a day for 2 minutes using fluoride toothpaste (try using a timer or listening to a song that is 2 minutes long).
4. Floss once a day.
5. Limit foods and drinks with sugar.



Wyoming
Department
of Health
www.health.wyo.gov



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs, that 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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