



Division of Healthcare Financing

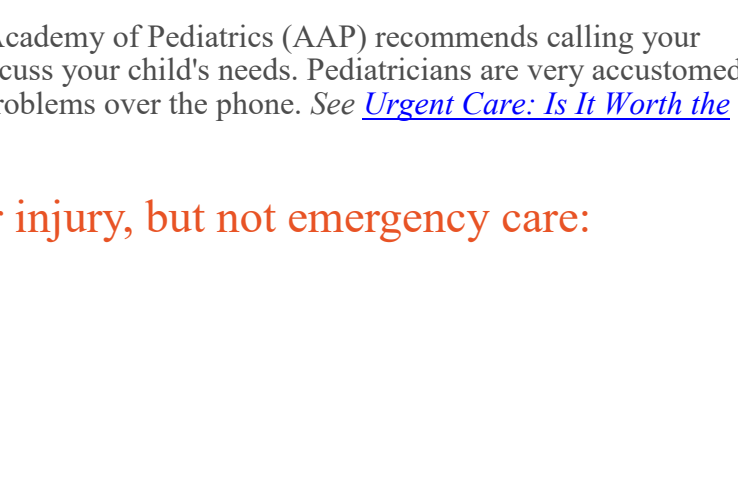
Health Check

Spring

2022

Is It a Medical Emergency, or Not?

When your child is sick or hurt, it can be difficult to tell whether an urgent care or emergency department is the best choice. In making that decision, it is important to stay calm and recognize the difference between a [medical emergency](#) and a medical situation where a different type of care may be more appropriate.



Nonemergency Medical Situations:

As a first step in nonemergency situations, the American Academy of Pediatrics (AAP) recommends calling your pediatrician's office—your child's "medical home"—to discuss your child's needs. Pediatricians are very accustomed to taking phone calls at all times and can often deal with problems over the phone. *See [Urgent Care: Is It Worth the No Wait?](#) for more information.*

Situations that warrant care for illness or injury, but not emergency care:

- Minor burns
- Earache or ear infection
- Pink eye
- Potential urinary tract infection (UTI)
- Sore throats and potential strep throat
- Rashes and mild skin infections
- Gastrointestinal illnesses, such as vomiting and diarrhea with mild dehydration
- Simple wounds
- Foreign objects in ears and noses Colds and coughs
- Allergies

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Remember, for nonemergency situations, first call your child's pediatrician. If you believe an injury or illness is threatening your child's life or may cause permanent harm, go to the emergency room or call an ambulance. If your child is seriously ill or injured, it is safer for your child to be transported to the emergency department by ambulance.

Emergency Medical Situations:

A trip to the emergency room is the best place for treating severe injuries or life-threatening illnesses. As a rule, if your child can walk, talk, interact, and play, chances are whatever she or he has is not an emergency. *See [10 Things for Parents to Know Before Heading to the ER](#) for more information.*

Situations that require emergency medical care:

- Large lacerations/wounds with bleeding that won't stop
- Fever of >100.42 F in a child younger than 60 days (2 months) old
- Seizure lasting more than 2 minutes in a child with no prior history of a seizure Any of the following conditions after a head injury: decrease in level of alertness, confusion, headache, vomiting, irritability, difficulty walking
- Loss in consciousness
- Severe abdominal pain
- Severe burns
- Swallowed object with difficulty breathing or swallowing
- Severe bone fractures
- Difficulty breathing or bluish tinge to lips, skin, fingertips, or nail beds
- Vomiting or coughing up blood
- Severe neck stiffness or rash along with a fever
- Poisonings
- Eye pain
- Croup
- Any venomous bites or stings with spreading local redness and swelling, or evidence of general illness
- New or worsening psychiatric or behavioral health issue
- Worsening of most chronic illnesses such as diabetes, asthma, etc.

If your child is experiencing a true medical emergency, visit a hospital emergency room or call 911 immediately. If you aren't sure

Pediatricians are very accustomed to taking phone calls at all times and can often deal with problems over the phone. If your pediatrician is unable to see you but believes your child should be examined, he or she will advise you on the most appropriate place for your child to receive care and how quickly your child should be seen.

Additional Information & Resources:

- [When to Call Emergency Medical Services \(EMS\)](#)
- [First Aid Guide for Parents & Caregivers](#)
- [Nonemergency Acute Care: When It's Not the Medical Home](#) (AAP Policy Statement)
- [Guidelines for Care of Children in the Emergency Department](#) (AAP Policy Statement)

Last Updated

11/21/2019

Source

American Academy of Pediatrics (Copyright © 2017)

Well Child Checkups!

Here at Wyoming Medicaid and Kid Care CHIP, we LOVE well child checkups! These visits may be referred to as a Well Child Checkup; a BrightFutures Visit; a Health Check; or an Early and Periodic Screening, Diagnostic, & Treatment (EPSDT) Visit. They ensure Wyoming children stay healthy by seeing their doctor regularly. We have updated our [Well Child Checkups webpage](#)! You can find information on why well child checkups are important, how often children should see their doctor, and what will be covered during the checkup. (<https://health.wyo.gov/healthcarefin/medicaid/healthcheck/>)

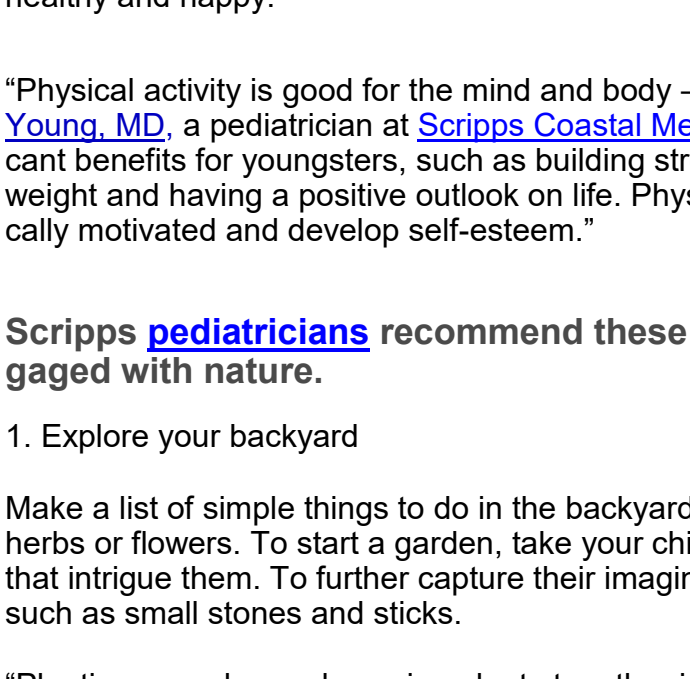
Why are Well Child Checkups Important?

Well Child Checkups can:

- find health problems before a child looks or feels sick
- help prevent future illness
- help children perform better in school since healthy kids are absent less due to illness

Better outcomes are possible when a doctor can find and take care of a health problem early!

This article can be accessed online at https://www.scripps.org/news_items/6331-6-tips-to-keep-kids-active-and-healthy-during-spring-break



6 Tips to Keep Kids Active and Healthy During Spring Break

Pediatricians recommend plenty of physical activity

TV or playing on the computer, but smart parents know that keeping your kids active also keeps them healthy and happy.

"Physical activity is good for the mind and body – and for parents' stress levels," says [Krista Braun-Young, MD](#), a pediatrician at [Scripps Coastal Medical Center Carlsbad](#). "Regular exercise has significant benefits for youngsters, such as building strong muscles and bones, maintaining a healthy weight and having a positive outlook on life. Physically active kids are also more likely to be academically motivated and develop self-esteem."

Scripps pediatricians recommend these tips to get your children outside and engaged with nature.

1. Explore your backyard

Make a list of simple things to do in the backyard, such as building a fort, blowing bubbles or planting herbs or flowers. To start a garden, take your child to the nursery to choose some flowers or herbs that intrigue them. To further capture their imagination, build a fairy or elf house with natural materials, such as small stones and sticks.

"Planting a garden and growing plants together is an excellent lesson in how nature works," says Gwendolyn Wright, MD, a pediatrician at Scripps Coastal Medical Center Hillcrest. "Even very young children can help with watering and weeding."

2. Enjoy a beach day

Sand and water are a great combination for kids. Digging in the sand, beach Frisbee, flying a kite, beach volleyball and beachcombing for shells and other treasures keeps interest high and smiles on faces.

3. Don't forget the local parks

Your local park can be the hub for outdoor fun with the family and with neighbors. You can encourage your children to watch for wildlife, such as birds and ducks, or send them on a scavenger hunt for items you would find in a park, such as a leaf, sticks, rocks and pine cones.

4. Have fun in the neighborhood

Exploring your neighborhood is an easy way to get kids outside. For toddlers, a simple walk around the block is an eye-opening adventure. Scooters, bikes and skateboards — with helmets, of course — not only improve physical fitness, but also promote development.

5. Go on an adventure

Harness high-tech with geocaching—outdoor treasure hunting that uses a GPS-enabled phone or tablet to find caches hidden by other people. Participants navigate to a specific set of GPS coordinates and search for the geocache hidden at that location. You can create a free account at [geocaching.com](#), which lists geocaches near you and rates the level of difficulty.

6. Take a hike

Trail walking can be enjoyed at any age and by all abilities. Turn the hike into a science lab by having your children observe the area around them. You can bring binoculars, a magnifying glass, even drawing pads and colored pencils for them to sketch what they see.

"Hiking is also a wonderful opportunity for a family to bond," says Dr. Braun-Young. "A family hike is a chance to get fresh air, exercise, explore and make memories."

"Keeping kids active during their break will help them return to school energized and ready to learn," says Dr. Wright. "It doesn't matter how they move, only that they get up and move!"

My 307 Wellness

A free app - just for Wyoming Families!

My 307 Wellness is free and easy-to-use.

• My 307 Wellness is provided at no charge by the Wyoming Department of Health. Use the app to connect with:

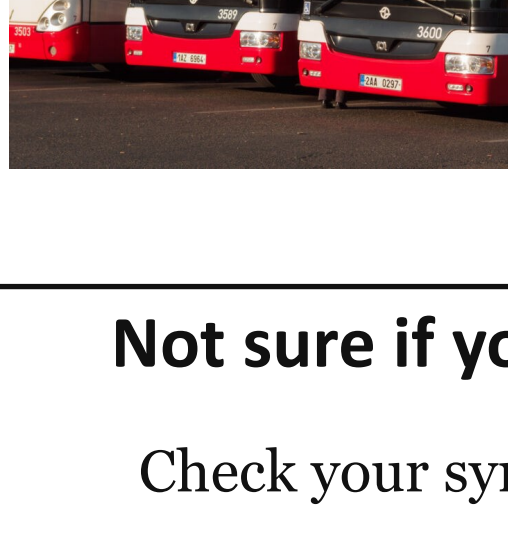
- State of Wyoming resources and phone numbers.
- Programs such as [Wyoming Quit Tobacco Program](#), [WIC](#), [Wyoming Cancer Resource Services](#) and [WY Quality Counts](#).

Your entire family's health at your fingertips

- My 307 Wellness helps you track your entire family's doctor appointments, immunizations (shots), and more right on your phone.
- Add each family member to the app to keep track of their health. Add yourself, your children, spouse, parents, grandparents, and other loved ones.
- Daily and weekly personalized health content.
- Tools for general health like a growth tracker, immunizations (shots) tracker, weight tracker, diaper tracker, feeding tracker.
- Shared family checklists for questions at the doctor's, notes and reminders.

Your pregnancy with My 307 Wellness

- The pregnancy tracker included on My Wellness 307 helps you chart your milestones, get weekly pregnancy updates just for your pregnancy, and even more tools:
 - Weight gain calculator
 - Due date calculator
 - Kick counter
 - Daily and weekly updates and tips



Travel Assistance to Medical Appointments

Travel Assistance benefit funds can assist Medicaid Members to get to and from medically necessary appointments should the Member meet certain requirements. Travel Assistance benefits are not intended to cover the full expense of the trip. Use the Reference Guide to understand the rules for travel assistance benefits. To review the reference guide go to the following link. https://wyomingmedicaid.com/portal/Travel_Assistance_Manual

Not sure if you need medical attention?

Check your symptoms using these **FREE** tools!

For a medical emergency, immediately dial 911.

24 Hour Nurseline

Call toll-free, 24/7/365: **1-888-545-1710 (TTY:711)**

There's more! Nurses can answer questions and give you

information to help you make health decisions and understand your medications.

Online Health Support

Free 24/7/365 access: <https://www2.mywiserhealth.com/>

No login required! Just answer some quick questions about

Contact Wyoming Department of Health

For eligibility questions or to enroll call 855-294-2127 or visit <https://www.wesystem.wyo.gov/>

To order a new card or to check for coverage visit myHealth Portal at <https://myhp.wyomingmedicaid.us/memberportal/authenticatePage.action>

To find a Wyoming Medicaid Provider visit <https://www.wyomingmedicaid.com/portal/find-doctor-hospital-or-clinic>