

# HEALTH CHECK

## DIVISION 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 Medicaid 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  
12 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:

- ◇ Over-The-Counter Pain Relievers
- ◇ Medicaid's WY-health Program
- ◇ Making an Appointment
- ◇ Who Should I Call?



By Donna Artery  
PharmD, RPh, DOH Pharmacist Consultant

There are many, many pain relievers (analgesics) available in the drugstore, grocery store, convenience store, and at big box stores. What are they and what do you take when?

These include: Aspirin (acetylsalicylic acid or ASA)  
Tylenol (acetaminophen or APAP)  
Advil/Motrin (ibuprofen)  
Aleve (naproxen)

Sometimes these medications have other ingredients added to their formulas such as caffeine, aluminum, magnesium, and calcium. AND sometimes, you will find pain killers that have two of the above main analgesics included in their product such as both aspirin and acetaminophen.

Below you will find information on these four primary pain relievers, who they are indicated for, and what ailment they may help treat.

### **Aspirin:**

Treats: mild-to-moderate pain, inflammation & fever. Is also used for prevention and treatment of heart attacks as well as for managing arthritis.

Side Effects: May cause erosive gastritis or peptic ulcers and can increase bleeding.

Who Should NOT Use: Children under the age of 16 years  
Patients with bleeding, renal, or liver disorders  
Surgical patients 1-2 weeks prior to surgery

Max Daily Dosage: 8000 mg (for adults)

Common Brand Names: Bayer, Ascriptin, St. Joseph, Bufferin, Ecotrin



### **Acetaminophen:**

Treats: mild-to-moderate pain and fever (Does not have anti-inflammatory effects)

Side Effects: May cause severe liver toxicity if used at rate of more than 4 grams per day. Daily use for a continued long period of time may also cause some liver damage in some people. Use with alcohol contributes to added liver toxicity.

Who Should NOT Use: Alcoholics. Caution is advised when taking other cold, fever, and analgesic medications as many of these already contain acetaminophen in their product. Be sure to add the total daily dosage from ALL products you may be using.

Max Daily Dosage: 3000 - 4000 mg

Common Brand Names: Tylenol, Genapap, Mapap, Valorin, Tycolene, Cetafen

**Ibuprofen:**

Treats: mild-to-moderate pain, reduction of fever, inflammatory diseases and arthritis.

Also used for menstrual cramps. Is considered an NSAID (nonsteroidal anti-inflammatory drug)

Side Effects: NSAIDs are associated with an increased risk of cardiovascular thrombotic events including fatal heart attack and stroke. This risk is possibly associated with long duration of use and pre-existing cardiovascular risk factors.

May increase risk of stomach/intestinal irritation and bleeding as well as liver damage in some people.

Who Should NOT Use: Surgical patients 1-2 weeks prior to surgery

Those allergic to aspirin or other NSAIDs

Max Daily Dosage: 1200 mg

Common Brand Names: Advil, Motrin, Genpril, Ibu, Proprinal, Ultraprin

**Naproxen:**

Treats: mild-to-moderate pain, arthritis, tendonitis, bursitis, fever, menstrual problems, ankylosing spondylitis, short-term gout. Is considered an NSAID (nonsteroidal anti-inflammatory drug)

Side Effects: NSAIDs are associated with an increased risk of cardiovascular thrombotic events including fatal heart attack and stroke. This risk is possibly associated with long duration of use and pre-existing cardiovascular risk factors.

May increase risk of stomach/intestinal irritation and bleeding as well as liver damage in some people.



AVOID alcohol when using naproxen.

Who Should NOT Use: Surgical patients 1-2 weeks prior to surgery

Those allergic to aspirin or other NSAIDs

Max Daily Dosage: 1500 mg

Common Brand Names: Aleve, Anaprox, Mediproxen, Naprosyn, Pamprin

### MEDICAID'S WYhealth....GET PLUGGED IN PROGRAM

By Stacy Strasser  
Xerox CQS



Wyoming Medicaid is committed to supporting all their patients in improving their health and well-being. To do this, Wyoming Medicaid has contracted with Xerox Care and Quality Solutions to provide Care Management to all patients through the **WYhealth...Get Plugged In Program** (WYhealth).

What can WYhealth offer Medicaid patients? The following programs are available for **FREE** to all Wyoming Medicaid patients!

- ◇ **Care Management** – patients can receive a **health coach** to support them in meeting their health-care needs. The health coach can assist in answering questions about certain diagnoses, remind patients that they have appointments, assist the patient in finding a primary care doctor or assist in finding other resources within their community to meet their needs.  
Call Wyhealth at **888-545-1710** for more information on Care Management.
- ◇ **24/7 Nurse Line** – The Nurse Line allows patients to speak with a licensed nurse 24 hours a day 7 days a week. Patients can call when they're not sure if they should seek care at an emergency room or if it's safe to wait until they can receive care at a doctor's office.
- ◇ **Remember:** emergency rooms provide care during serious situations. Minor illnesses – such as sore throats, coughing and rashes – may be treated at your doctor's office. They may even be treated at home. You can call the Nurse Line at 888-545-1710 prompt 2. This service is **free**.
- ◇ **12 Healthy Habits Program** – this is a program to assist in weight loss and to educate patients on healthy habits. A few of those habits are:

Nutrition  
Eating Habits  
Portion Size  
Importance of Protein  
Healthy Carbohydrates



The program includes behavioral health strategies, weekly telephonic support group and a variety of tools and assessments utilized to promote change.

The 12 Healthy Habits Program team includes RNs, Behavioral Health Specialists and has the oversight of a doctor.

If you need to lose weight or need assistance in maintaining your weight, please call 888-454-1710 to register for the 12 Healthy Habits Program.

WYhealth is excited to support you in achieving your health care goals by assisting you through care management, the 24/7 Nurse Line and by the 12 Healthy Habits program. For more information on the WYhealth...Get Plugged In Program please contact us at 888-545-1710 or visit our website at [www.wyhealth.net](http://www.wyhealth.net).

## 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 Medicaid 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 Medicaid 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                |



## WHO SHOULD I CALL?

- ◇ If you have any questions on your Medicaid benefits please contact Client Relations at (800) 251-1269.
- ◇ 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 Xerox Care and Quality Solutions at (888) 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 a Medicaid Program***

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



Wyoming  
Department of Health  
Division 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

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