

# VOLUME 8, ISSUE 2

## 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

#### Toddlers need checkups at:

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

#### Children need checkups at:

- 3 years
- 4 years
- 5 years

#### Older children and teenagers need:

A checkup every year

### Inside this issue:

Summer Health and Wellness Checklist	2
Tetanus Vaccination	2
EqualityCare Name Change	3
Avoid Heat Stress	3
Mice: Hantavirus	3
Oral Health Tips	3
Who Should I call?	5
Client Web Portal	5
Emergency Travel	5



#### Special Points of Interest:

- ◇ Summer Health Checklist
- ◇ Mice—Hantavirus
- ◇ Heat Stress
- ◇ Tetanus Reminder

## SUMMER HEALTH AND WELLNESS CHECKLIST.

By Paula Anders Hartshorn, RN BAN , Health Coach for the Healthy Together Program.

**SUN:** It is recommended that we all wear sunscreen when we go out in the sun. Sun causes wrinkles, but can also cause skin cancer. The skin doctors, called dermatologists recommend you check your skin regularly for changes in moles. Sometimes you need somebody else to check your skin for you. If you have any questions about an area on your skin, check with your regular medical provider. It is time to get out the sunglasses, wide brimmed hat, and sunscreen. Remember that there are some meds that the sun does not mix with. Ask your pharmacist if you are on any of these prescriptions. Anyone over the age of 6 months should use sunscreen daily. Parents can apply a small amount of sun screen with at least 15 SPF (sun protection factor) to small areas , such as the infant's face and back of hands. Children under the age of six months should not be exposed to the sun. Shade and protective clothing are the best ways to protect infants from the sun.



**BUGS:** Repellents can help reduce exposure to mosquito bites that may carry viruses such as West Nile virus that can cause serious illness and even death. Using insect repellent allows you to continue to play and work outdoors with a reduced risk of mosquito bites. It is also smart to avoid the hour before sunrise and after sunset, when mosquitoes are in heavy concentrations. Also you can tuck pant legs into socks and wear long sleeved shirts when mosquitoes are thick. CDC recommends products containing these active ingredients provide longer lasting protection than others:

- ◆ DEET (N,N-diethyl-m-toluamide)
- ◆ Picaridin (KBR 3023)

The American Academy of Pediatrics (AAP) Committee on Environmental Health has updated their recommendation for use of DEET products on children in 2003, citing: "Insect repellents containing DEET (N,N-diethyl-m-toluamide, also known as N,N-diethyl-3-methylbenzamide) with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels." AAP recommends that repellents with DEET should not be used on infants less than 2 months old.

### EqualityCare name changed to Medicaid

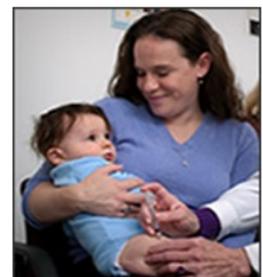
The Wyoming Department of Health will be phasing out the name EqualityCare for its Medicaid Program. Medicaid will now be used to replace the name EqualityCare. This change will take effect immediately. If you have any questions or concerns, please feel free to contact the Division of Healthcare Financing at 307.777.7531



### Tetanus (lockjaw) Vaccination

Tetanus (lockjaw) is a serious disease that causes painful tightening of the muscles. It can lead to "locking" of the jaw so the victim cannot open his mouth or swallow. Tetanus leads to death in about 1 in 10 cases. Several vaccines are used to prevent tetanus among children, teens, and adults including DTaP, Tdap, DT, and Td. Everyone should be protected for this. The adult vaccine schedule is a Tetanus shot (Td vaccine) every 10 years.

Call your medical provider or your nearest public health department for more information.



## Help Active Kids Avoid Heat Stress

By Catherine Holecko

Children do not adapt to hot weather (above 95 degrees F/35 degrees C, and/or high humidity) as well as adults do. Teens are somewhere in the middle. To prevent heat stress and dehydration in your child or teen, follow this advice from the American Academy of Pediatrics, and make sure your child's coaches and counselors are following it, too.

- \* For activities lasting 15 minutes or more (such as sports practices or games, or outdoor summer camp activities), reduce intensity levels when heat or humidity is high.
- \* If kids are starting a new, strenuous exercise program (say, the first football practice of the year) or have just traveled to a warm climate, they need to acclimate slowly. Limit the intensity and duration of exercise, and gradually increase it over 7 to 14 days.
- \* Before prolonged physical activity, children should be well-hydrated and should not feel thirsty. During exercise, kids should have water or a sports drink always available and drink it every 20 minutes while exercising in the heat. If the weather is excessively hot and humid; if exercise is more prolonged and strenuous; or if children are sweating a lot, they should substantially increase their fluid intake. After an hour of exercise, children need to drink a carbohydrate-electrolyte beverage to replace electrolytes lost in sweat and provide carbohydrates for energy.
- \* Clothing should be light-colored, lightweight and limited to one layer of absorbent material to help sweat evaporate. Replace sweat-saturated shirts with dry clothing.
- \* Shorten practices and games played in the heat and institute more frequent water/hydration breaks.



## MICE: Hantavirus: Seal Up! Trap Up! Clean Up!

Prevent diseases from rodents. Those sneaky little critters crawl into out buildings, garages and houses during the cold winters. Summer gets us into the mood to clean and sort those buildings. The dust in those buildings can be dangerous. Anything that puts you in contact with fresh rodent urine, droppings, saliva or nesting materials can place you at risk for infection. The Center for Disease Control has recommended we wet these areas before we sweep and clean. They also want us to wear a dust mask. Use a bleach solution or household disinfectant to deactivate hantaviruses when cleaning rodent infestations.

**SEAL UP, TRAP UP, CLEAN UP** Seal up rodent entry holes or gaps with steel wool, lath metal, or caulk. Trap rats and mice and clean up rodent food sources and nesting sites. What precautions should I take if I think I have been exposed to hantavirus?

- ◆ If you have been exposed to rodents or rodent infestations and have symptoms of fever, deep muscle aches, and severe shortness of breath, see your doctor immediately. Inform your doctor of possible rodent exposure so that he/she is alerted to the possibility of rodent-born disease, such as hantavirus.

## Oral Health Tips for Summer:

- ◆ Remember that summer is not a vacation from taking care of your child's and your teeth. Help your young children less than 7 years of age, brush and floss their teeth at least once a day. The other times you may let them show you how they brush.
- ◆ This is the time of year to call for an appointment with your dentist. Your children should receive a dental check-up over the summer months so all needed treatment can be completed before school starts.
- ◆ Ask your dentist about sealants and fluoride applications.
- ◆ Follow through when your dentist makes recommendations for treatment. Please remember to keep your child's appointment. If something happens that you cannot keep the appointment call 24 hours before the appointment to let the dental office know you are cancelling.
- ◆ Eat healthy snacks. Summer is a great time to have fresh fruit and vegetables for your children to snack on between meals. Avoid sugary snack like cookies, cake, ice cream and candy.
- ◆ Encourage your child to drink water, not pop, sports drinks or other drinks that contain sugar.
- ◆ Be an example for your children, have any dental work you need completed. Join your children in eating healthy snacks.



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



**WHO SHOULD I CALL?**

- ◆ If you have any questions on your Medicaid 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 (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***

## 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 Medicaid.

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 Medicaid approval.
- ◇ Travel to therapy visits will only be reimbursed every other month.



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

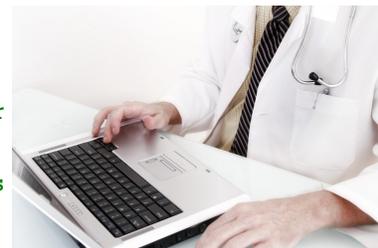
Did you know that you can go online 24 hours a day and 7 days a week to:

- ◆ Check your Medicaid eligibility.
- ◆ Ask Medicaid questions regarding your benefits or covered services, etc.
- ◆ Request a replacement Medicaid 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.

**Note:** This website is secure and to gain access you must first register. On the Medicaid 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 Medicaid 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 Medicaid doctor, dentist, hospital or clinic in your area or specific town, city or state.
- ◆ View the Medicaid Handbook, Frequently Asked Questions, newsletters and other client materials.



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



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 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.

Medicaid  
Division of Healthcare Financing  
6101 Yellowstone Rd., Ste. 210  
Email: [wdh@helath.wyo.gov](mailto:wdh@helath.wyo.gov)

First Std  
US Postage  
PAID  
Cheyenne, WY  
Permit No. 7

Your Health Check Newsletter