

Health Check

DIVISION OF HEALTHCARE FINANCING

Wellness for Your Child



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. A regular health check exam can find problems and treat them before they get worse.

Inside this issue:

Biggest Loser Walk	2
Notifications for Medicaid and Kid Care CHIP?	3
Protect your Medicaid Card	3
Every Child Deserves Healthy Teeth	4
Making an Appointment	5
When Should I Take My Child to the ER?	5
Who Should I call?	5

WHAT IS INCLUDED IN A WELL CHILD HEALTH

- ◇ **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

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

Special Points of

Interest:

- ◇ **Biggest Loser Run/Walk**
- ◇ **Every Child Deserves Healthy Teeth**
- ◇ **Making an Appointment**
- ◇ **Who Should I Call?**

BIGGEST LOSER-Run /Walk By Stacy Strasser



August 16, 2014 - Health Expo

August 17, 2014 - Run/Walk

Casper, WY

Fun for Adults & Kids of all ages!

Visit www.biggestloserrunwalk.com for Registration & Information

The Biggest Loser RunWalk is a non-intimidating race series designed to challenge America to get fit. The hit reality television show "The Biggest Loser" has inspired many people across the country to lose weight and get fit. Biggest Loser Alumni will inspire Wyoming Citizens to be healthy. The race series will include a challenge for everyone, including a ½ marathon, 5k and a mile fun run for the kids!

You can be one of 25 lucky paid WYhealth...Get Plugged In Team Members! Simply call Joy Langhals at 1-888-545-1710 extension 325-3956 or email us at info@wyhealth.net to learn how!



Even if you are not on our team, or don't participate in this event, you can get support to get race ready!

Get Started Today!

Call Toll Free: 1-888-545-1710 extension 325-3956

Email: info@WYhealth.net

Website: www.WYhealth.net

WYhealth has combined successful items of age-appropriate programs into a complete program called Healthy Habits. Beginning August 1, 2014, the program has expanded to provide the following:

1. Back in Whack – a healthy living program for youth (5-18 years). Youth and families will work with a WYhealth coach, through the activities provided by a Wyoming nurse. Must have DVD player for the program.
2. FitLogix – a weight loss program for Adults (18 years or older). This program is through the National Jewish Hospital. There are many incentives including a FITBIT. Participants must have access to the internet, (If you do not have computer access, check with your public library).
3. QuitFit - Smoking Cessation & Weight Loss Program. This program is with the Wyoming QuitLine and ran through the National Jewish Hospital as well. Contact WYhealth for more information.
4. Diabetes Initiative – learn self-management practices (18 years or older). WYhealth coach will work with Medicaid diabetic to learn to manage their diabetes. Incentives may be provided.
5. 12 Healthy Habits – on-line program with telephonic support. Each program provides education, encouragement and support through online, home packets (for children/teens), and working one-on-one with clients on the phone. The goals of the programs are to provide information, skills, motivation and tools for children, families or adults to help them make life style changes and adopt long-term habits to maintain weight and/or lose weight.

Contact us to learn how to enroll in one of these programs

Call Toll Free: 1-888-545-1710

Email: info@WYhealth.net

Notification for Medicaid and Kid Care CHIP

As a reminder, the Department of Family Services no longer processes Medicaid applications or makes updates to Medicaid cases.



If you or your child is sick you can call a nurse for help with-

Call to speak to a nurse at:

888-545-1710

Medicaid has worked to make the application process easier.

-Apply online at wesystem.wyo.gov

-by mail:

Wyoming Department of Health
6101 Yellowstone Rd
Suite 259D
Cheyenne, WY 82002

-Apply over the phone 1-855-294-2127

To apply for, renew or make changes to your case, please contact the Wyoming Department of Health Customer Service Center at: [1-855-294-2127](tel:1-855-294-2127), or visit www.wesystem.wyo.gov.

Please watch for notices coming from the Customer Service Center regarding any information that may require verification. Approval and denial notices will also be sent once a decision has been made on an application or renewal. This can take up to 60 days.

If you need a replacement card, or to check on benefit information call 1-800-251-1269.

Protect Your Medicaid Card and Number By Amy Guimond

Protecting your personal information is the best defense in the fight against health care fraud and abuse. You can make a difference in this fight.

Protect your Medicaid Card and Number

- DO NOT share your Medicaid card or number, records or other medical information with anyone except your doctor or health care provider.
- DO NOT give your Medicaid card or number to anyone who has not provided medical services for you.
- DO treat your Medicaid number the way you treat your Social Security number-do not loan or sell it to anyone.
- KEEP your Medicaid card in a safe place, the way you would protect your money or checkbook.
- DO NOT provide businesses with Medicaid number even if they have offered free gifts or medical services in exchange for cards or numbers.
- DO report suspected instances of fraud.

Visit or report any suspected fraud at Stop Wyoming Medicaid Fraud

<http://stopwyomedicaidfraud.com> or call 1-855-846-2563.



Fun – 5 Actives that will keep Kids Busy - Under \$10.00

Summer time is here and with it, school is out for children. So keeping children busy and outdoors is a great goal. We want to continue educating, developing and interacting with your child. Many times it is a matter of a budget with keeping them busy! Here are a few ideas!

1. Draw a target using sidewalk chalk. Toss a the sponge to the Bulls eye. You can use sponges or bean bags and try to hit the bull's eye.

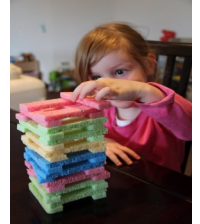
2. To build a tower, cut-up sponges in one inch vertical pieces. Layer the vertical pieces, carefully without toppling them over. How tall can your tower be built ?

3. Tape a paper towel roll about two feet to the wall. Place a large bowl underneath towel roll. Drop pom-poms through the tube, they will land into the bowl. Kids will play with it over and over, and games like these help to develop their fine motor skills.

4. Ping Pong–Paper plates, Popsicle sticks, and a balloon are all you need to play Ping-Pong Balloon. Tape the paper plate to the popsicle stick to make a paddle. Then use the balloon as the ball. Use the plates to hit the balloon over to your opponents side. If it hits the table on opponent's side, you win a point.

5. Weave pipe cleaners in a colander and keep toddlers occupied, and arrange pipe cleaners in colander and weave them in and out.

<http://www.buzzfeed.com/mikespohr/activities-that-will-keep-your-kids-busy-all-sum>



Every Child Deserves Healthy Teeth



By April Burton–Dental Program
Manager

The 1+1 Dental Program has been designed to encourage parents and dentists to see babies and toddlers for their first dental visit when the child turns one. Wyoming Medicaid is dedicated to starting children on a lifelong path to good dental care. By having children seen for their first visit at a younger age, dentists will be able to diagnose and treat dental problems at early ages and help prevent major problems later in life. For help finding a dental provider, go to the Provider Locator found on the website.

<https://wyequalitycare.acs-inc.com/wy/client/general/providerLocator.do>

WHERE SHOULD I TAKE MY CHILD FOR CHECK-UPS?

Your doctor, a clinic, or health center, can provide Well Child Health Checks. It is best to establish a “medical home”, a place that coordinates all your healthcare 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. Provider locator can help too: <https://wyequalitycare.acs-inc.com/wy/client/general/providerLocator.do>.

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 throat, cold, 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 related to Medicaid or CHIP enrollment application or income requirements, you will need to call the Customer Service Center (CSC) at (855) 294-2127.
- ◇ If you have any questions related to your Medicaid benefits covered services, or ordering a replacement Wyoming Medicaid card please contact Client Relations at (800) 251-1269, press 1
 - If you need to verify or terminate insurance coverage, press 2
 - If you need to notify Medicaid of an accident or a subrogation case pending settlement, press 3
- ◇ 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 WyHealth (888) 545-1710.

Visit us at 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



Wyoming
Department
of Health

Commit to your health.


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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Your Health Check
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