



Health Check

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 FREE Well Child Health Check Exams; 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.

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What is included in a well child health check?

- ⇒ A head-to-toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

- Well Child Check-Ups
- Seal Those Molars!
- Sun Protection
- Making an Appointment
- Important Telephone Numbers

HEALTHY HABITS—WY HEALTH...GET PLUGGED IN

Submitted by Kathy Black, Clinical Manager, Xerox Care and Quality Solutions

WY Health...Get Plugged in

Xerox has developed an innovative way to incorporate 12 Healthy Habits in a weight management program that focuses on life long skills for health and weight loss/maintenance. The program consists of 12 weekly telephonic discussions with people who want to lose weight and clinical staff (nurses and social workers) who provide healthy medical and behavioral health habits to improve health. The discussions promote goal setting and opportunities for all to participate in the discussions. You can participate in the Healthy Habits program any week. The program repeats after 12 weeks and it doesn't matter which week you join as the weekly discussions continue week after week. The weekly discussions are held every Wednesday at 2:00 p.m. Call toll free at 1-866-829-1828 to participate in the weekly discussions or to talk with a health coach about the program.



*** CHANGE IS COMING TO THE WYOMING DEPARTMENT OF HEALTH AND DEPARTMENT OF FAMILY SERVICES ***

The Wyoming Department of Health and the Department of Family Services (DFS) are planning big changes for the Medicaid program.

All Medicaid cases will be moved to and taken care of by the Wyoming Department of Health in Cheyenne. This will not change your benefits. We are hoping this will lead to a new system of improved service and faster, more accurate results. Over the past several months, the Long Term Care cases have been moved to Cheyenne. On October 1, all remaining Medicaid cases will be part of the new system.



There will be many changes designed to make for a better experience when applying for, renewing and updating your Medicaid case. These changes include:

- ◆ A new online web portal available 24 hours a day, 7 days a week
- ◆ A new customer service center to help with applying
- ◆ A new eligibility system that will allow for real-time results, in most cases

The new system will also be able to share information with the coming federal-facilitated marketplace so people can receive the best option for their situation. These marketplaces are included in the law known as the Affordable Care Act.



Stay tuned in the coming months for more information about the new system's name, how to contact the customer service center and where to find the client web portal.

DENTAL CARE FOR INFANTS AND TODDLERS

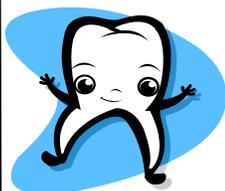


The 1+1 dental program has been designed to encourage parents and dentists to see babies and toddlers for their first dental visit when the child turns one year old. Wyoming Medicaid is dedicated to starting children on a lifelong path to good dental care. By having these young children seen for their first visit at younger ages, we will be able to diagnose and treat dental problems at early ages and help prevent major problems at later ages.

- * **Ages birth to one, keep babies mouth clean by using a finger tooth cleaner**
- * **Introduce a soft toothbrush to your child with supervision**
- * **Make your child's first dental visit at age one**
- * **Continue to take your child to the dentist every six months.**



SEAL THOSE MOLARS!



Dental sealants, when applied early, are proven to help prevent cavities in children's permanent molars. Your child should have their 6 and 12 year molars sealed as soon as these teeth are present in your child's mouth. Ask the dentist at your next checkup if your child has teeth that need to be sealed.

FUN IN THE SUN MEANS USING PROPER PROTECTION

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.



FUN AND INEXPENSIVE SUMMER FUN

Planning Summer Activities on a Budget Can Be Fun For The Whole Family!!

⇒ Plan a Picnic

You don't have to travel far to have a picnic. In fact, you don't have to travel any farther than your own backyard. The fun isn't only in the picnic alone, but in the planning of it. It is a perfect way to create some cheap summer fun.



⇒ Plant a Garden

Gardens offer kids a perfect opportunity for learning about plant life. If you start early enough in the season, you can start the garden from seeds. That is the ideal way to start a garden since the kids can watch the garden grow from the very beginning sprouts. However you start too late in the season to plant seeds, you can buy a few seedlings from just about anywhere, including many grocery stores. The kids can still watch the plants grow. Have them keep a chart of the growth every day or two. They can even draw pictures of the plants as they grow. And be sure that your child waters the plants and gets rid of the weeds.

⇒ Visit the Library for Summer Fun

Libraries are wonderful sources of free fun for gifted kids. For one thing, libraries often have free programs for children. But it's not just the programs that make libraries fun for gifted kids. It's the books the libraries hold that gifted kids will also find fun and exciting.



⇒ Camp in the Backyard

You don't need to travel any farther than your own backyard to plan a camping trip. Part of the fun is in the planning, so take your time to find the right spot to pitch a tent and decide on activities the whole family can enjoy.

⇒ Create a Backyard Waterpark

A waterpark in the backyard? Absolutely! If you already have a play set, all you have to do is get a hose (or two) and prop them up to spray water on it. If you don't, this might be the time to get one. You may have to spend money on one, but it will still be cheaper than what you'd pay for a family vacation. If you don't want to go with a play set, get a small backyard pool. Again, all you have to do is set up some hoses to spray either over the pool or around it. You're limited only by your imagination!

⇒ Plan a Scavenger Hunt

You can encourage your children to explore nature with a nature scavenger hunt which could include items as simple as different shaped stones and leaves. Or you can hide objects of your own around the yard and give your children clues that will help them find them!

⇒ Make Music

You can create music with just about anything that makes a sound. You can buy cheap kazoos or make your own by covering a comb with waxpaper (a clean comb!) Pots can serve as drums and lids can be cymbals. Empty jugs can be used, too, to make "music." It's easy to kids to get carried away with just making noise, so be sure to make this activity a musical one. Help your kids learn about music, while having fun.

⇒ Have a Yard Sale

This activity can have several goals. You can get your house cleaned of clutter, give your kids something to do, and make a little money! You can also take the opportunity to teach your children a little about economics!



⇒ Conduct Simple Experiments

Most of us don't have a handy list of easy experiments to draw from, but libraries have plenty of books with experiments for children. Plan a trip to the library (another great activity) and find a book or two with experiments.



⇒ Put on a Play

This activity can be as simple or as complex as your children would like it to be. The simplest way to put on a play is to act out a familiar story (like Little Red Riding Hood), using whatever you can find around the house for costumes. The more complex methods of play production would start with the children making up their own story, writing a script, planning the costumes (that mom and others might help make), rehearsing, creating a flyer, and making tickets.

WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



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 delivers primary care that is accessible, continuous, comprehensive,

family-centered, coordinated, compassionate, and culturally effective to every child and adolescent. Have the "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 may make an appointment directly with your child's doctor or dentist (ask if they will accept Medicaid when making the appointment).
- > 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.

CLIENT WEB PORTAL (<http://wymedicaid.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 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 in a specific town, city or state.

WHO SHOULD I CALL?

- If you have any questions on your Medicaid benefits please contact Client Relations at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For prescription services, call the Pharmacy Help Desk at 1-877-209-1264.
- For travel reimbursement, call 1-800-595-0011.
- 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.



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 1-800-209-9720.
- If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

* Kid Care CHIP is not a Medicaid Program

Visit our website 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



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.

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Your Health Check Newsletter

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