



Wyoming
Department
of Health

Commit to your health.



Division of Healthcare Financing

Summer 2017

Health Check

West Nile Virus and Wyoming

West Nile Virus (WNV) has been detected in every county in Wyoming. It is most commonly transmitted to humans by mosquitoes, so it is important to reduce your risk of being infected with WNV by using insect repellent and wearing protective clothing to prevent mosquito bites. Avoiding mosquito bites is key with WNV, and there are active steps we should all take.

The “5 D’s” of West Nile Virus prevention include:

- 1) **DAWN** and 2) **DUSK** – Mosquitos that spread WNV prefer to feed at dawn or dusk, so avoid spending time outside during these times.
- 3) **DRESS** – Wear shoes, socks, long pants and a long-sleeved shirt outdoors. Clothing should be light-colored and made of tightly woven materials.
- 4) **DRAIN** – Mosquitos breed in shallow, stagnant water. Reduce the amount of standing water by draining and/or removing.
- 5) **DEET** – Use an insect repellent containing DEET (N, N-diethyl-m-toluamide). When using DEET, be sure to read and follow label instructions. Other insect repellents such as Picaridin (KBR 3023) or oil of lemon eucalyptus can also be effective.



For more information visit the Wyoming Department of Health

website: health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/west-nile-virus.

Dangers of Dental Pain Medication

Did you know?

- Wyoming has the 11th highest rate of youth drug overdose death in those aged 12 – 25 years.
- In 2012, 11.7% of Wyoming students admitted to using prescription drugs to get high, 4.4% had used within the previous 30 days.
- Many youth get their first exposure to addictive prescription drugs following routine dental procedures.
- 24% of prescriptions for narcotic pain relievers (including codeine, hydrocodone and oxycodone) in Wyoming youth aged 18 and under are from dentists.
- The family medicine cabinet is a common source of narcotics for youth.
- Prescription drug abuse often leads to abuse of heroin and other illicit substance



What can you do?

- Always talk to your child's medical provider to find out if non-medication therapies such as ice or heat will help relieve your child's pain.
- Whenever possible, use over-the-counter pain relievers such as ibuprofen or acetaminophen instead of narcotic pain relievers.
- When narcotic pain relievers are necessary, only use the amount prescribed and for the shortest period possible. When the medications are no longer necessary, dispose of the remainder.
- For more information on how and where to dispose of medications, visit: health.wyo.gov/healthcarefin/medicaid/pharmacy-services/medication-disposal. To find the nearest medication drop box, text your county name to (307) 370-2086.

For more information and resources visit the Wyoming Prescription Abuse Stakeholders website at www.wyrxabusestakeholders.com.

Free Well Child Health Checks

Don't forget! Your child is entitled to free Well Child Health Checks!!

Well child checks include:

- Head to toe exam
- Immunizations
- Test for anemia and lead
- Height, weight and developmental check
- Nutrition check
- Vision (one set of glasses per 365 days)
- Dental (preventative and restorative)
- Health information



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 and 9 months
- Toddlers need checkups at: 15 months, 18 months and 24 months (2 years)
- Children need checkups at: 3 years, 4 years, 5 years and 6 years
- Older children and teenagers need a checkup every year.

Medicaid Client Web Portal

Did you know that there is a Client Web Portal?

Client Web Portal
wyequalitycare.acs-inc.com

The Client Secure Web Portal is available and offers you the following opportunities 24 hours a day and 7 days a week:

- Check your Medicaid eligibility
- Ask Medicaid questions regarding your benefits or covered services, limitations, etc.
- You may request a replacement Medicaid Card.
- Make transportation requests when covered by your benefit plan. (Certain requests will need to be made through the Xerox Travel Services).

NOTE: The above requests must be made in the Client Secured Web Portal. To gain access to the secured area you must first register. To register, 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 access general information:

- Find a Wyoming Medicaid doctor, dentist, hospital, or clinic in your area, or in a specific town, city or state.
- Contact information
- Medicaid Handbook
- Other client materials
- Frequently Asked Questions



WYhealth is another program available to all Wyoming Medicaid clients; please visit their site www.atwyhealth.net/tpa-ap-web/

Beat the Summertime Boredom

Make playdough at home!

- 1 Cup of flour
 - ¼ Cup of salt
 - ½ Cup of water
 - 3 to drops of food coloring
- Instructions!



Mix together the flour and salt
Mix together the ½ cup of warm water with a few drops of food coloring

Instructions

Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with your hands until the flour is completely absorbed. If the dough is too sticky add flour until it doesn't stick at all.

Ideas to let the children use their imagination

- Give them silverware
- Rolling pins
- Cookie cutters
- Mason jar rings
- Toys
- Keep your homemade play dough longer by placing it in an air tight container like an old butter tub or empty coffee can or old Playdough containers.



Summer Challenge

Challenge YOUR kids to do one activity every day all summer long. It's a great way to learn a few new games and activities, while filling those "I'm bored!" moments.

Contact Wyoming Medicaid

Who	Why	Phone Number
Customer Service Center (CSC)	<ul style="list-style-type: none"> • Questions about your Medicaid or Kid Care CHIP enrollment application • Questions about income requirements 	1-855-294-2127
Client Relations	<ul style="list-style-type: none"> • Questions about your services covered by your Medicaid benefits • Questions about ordering a replacement Wyoming Medicaid card. 	1-800-251-1269 press 1
	If you need to verify or stop insurance coverage	1-800-251-1269 press 2
	<ul style="list-style-type: none"> • If you need to tell Medicaid about an accident • If you need to tell Medicaid about a legal case waiting for settlement 	1-800-251-1269 press 3
Public Health Nursing (PHN)	Children's Special Health (CSH) eligibility, including services and limitations for CSH programs.	1-307-777-6921 or 1-800-438-5795
Pharmacy Help Desk	For prescription services	1-877-209-1264
Transportation Call Center	Travel reimbursement	1-800-595-0011
WYHealth by Optum		1-888-545-1710

Sunglass Savvy for Kids

Quality and durability count when protecting your kids' eyes from the sun. The Skin Cancer Foundation, www.skincancer.org, has some tips on finding the right shades for your child this summer.

Find sunglasses that...

- your child likes. They have to wear them!
- block 99-100% of UVA and UVB rays.
- are impact resistant with scratch proof lenses.
- do not warp vision. You and your child should look through them before purchasing to make sure they are OK to see through.



How Can I Protect My Children from the Sun?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- Cover up. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.
- Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as

possible.

- Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage. (Centers for Disease Control)



Wyoming Department of Health

Commit to your health.
www.health.wyo.gov

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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