

# HEALTH CHECK

## MEDICAID

### 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

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#### Special Points of Interest:

- ◇ Changes in Dental Coverage
- ◇ Look What's Coming to Wyoming
- ◇ Brain Foods for Brain Health

## Changes In Dental Care Coverage

- ◇ The 1+1 Dental Program is a new program for babies and toddlers through Wyoming Medicaid. The program has been designed to help children ages 0-3 access and receive dental care. Studies from the American Academy of Pediatric Dentistry have shown that there is a reduction in cavities in young children if these clients are seen at earlier ages. The Wyoming Department of Health has started the 1+1 program to reach out to parents and dentists regarding their child's first dental visit. Please help support this effort to get our babies and toddlers to the dentist earlier for better prevention of childhood cavities by calling to make an appointment.
- ◇ Does your young child need dental work but is scared and not very cooperative at times? Nitrous Oxide (laughing gas) is now a Medicaid benefit to children, ages 0-9, who need fillings or teeth pulled. Call and make an appointment to see your child's dentist today and have their dental work completed in the office.
- ◇ Pregnant women and adults on a disabled Medicaid plan can now get two dental cleanings per year. Starting October 1, 2013, Medicaid will now pay for two cleanings every year for clients who are on a DD plan or the Maternity plan. If you are on one of these programs (DDAW, ABIW, MATR) call your dentist today to schedule your next cleaning visit.
- ◇ Your child should be seen by his/her dentist every six months for a cleaning and check-up. This is a perfect way to prevent cavities and pain for your child. It is very important for you and your child's overall health to stay on a regular schedule with your dentist.



## Fun, Silly Facts



- Rabbits and parrots can see behind themselves without even moving their heads!
- Butterflies taste food by standing on top of it! Their taste receptors are in their feet unlike humans who have most on their tongue.
- Most of the dust in your home is actually dead skin! Yuck!
- Although the Stegosaurus dinosaur was over 25 feet long, its brain was only the size of a walnut.
- Humans get a little taller in space because there is no gravity pulling down on them.
- Because of the unusual shape of their legs, kangaroos struggle to walk backwards.
- A hippopotamus may seem huge but it can still run faster than a man.
- Sneezing with your eyes open is impossible.
- The left side of your body is controlled by the right side of your brain while the right side of your body is controlled by the left side of your brain.

## Keeping Your Child Up-to-Date on Vaccines

Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health—as well as the health of friends, classmates, and others in your community.

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their own children increase the risk of disease not only for their children, but also for other children and adults throughout the entire community.



Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines. Getting all of your children vaccinated—as well as other family members and caregivers—can help protect infants younger than 6 months old. Ask your family's doctor or nurse about getting flu shots or the nasal spray to protect against flu.

<http://www.cdc.gov/features/catchupimmunizations/>

## Look What's Coming to Wyoming!!!

Submitted by Stacy Strasser, Outreach Coordinator  
Xerox Quality Care and Solutions

The Wyoming Department of Health, WYhealth...Get Plugged In Program, the Community of Casper and a variety of community programs around the State of Wyoming are working together to bring an exciting event to Wyoming next Summer 2014.

The Biggest Loser Run/Walk has agreed to hold a 5k, Half Marathon and 1 Mile Fun Run for the kids in Casper, Wy. The Biggest Loser RunWalk will promote the race throughout the year by bringing past Biggest Loser alumni to Wyoming to educate and motivate the citizens of Wyoming to Get Fit and Get Ready for the Biggest Loser RunWalk in 2014!

The weekend of the event will include a Health and Wellness Expo with national and local vendors, a meet and greet with the Biggest Loser alumni, and live music the day of the walk. The Biggest Loser RunWalk will promote the Casper race on a national platform. This is an opportunity for the citizens of Wyoming to Get Fit and Get Ready to show the nation that we can achieve individual and community health goals. You can begin TODAY to start working on your health goals and as the Biggest Loser Run/Walk Initiative is rolled out, you can share your achievements on the Biggest Loser Run/Walk Wyoming Facebook page and participate in community events.



Stay tuned for additional information on the Biggest Loser Run/Walk on your local media outlets and this newsletter.

Let's Get Fit and let's Get Ready for the Biggest Loser Run/Walk Race in Casper, WY the Summer of 2014!!

## 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.

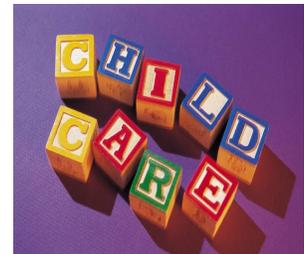
Emergency care is covered 24 hours a day, 7 days a week. An emergency is a serious threat to your child's health. If you believe your child has an emergency, go to the nearest emergency room or call 911. Some examples of emergencies are:

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

## Choosing Child Care

When visiting a child-care facility, ask your host the following questions:

- \_\_\_ Is the center licensed or registered with the local government? If so, may I please see a copy of the latest inspection report?
- \_\_\_ Can I visit the center during operating hours before registering my child in the program?
- \_\_\_ Can I examine all the areas my child will use?
- \_\_\_ Once my child is registered, will I be able to visit at any time?
- \_\_\_ Is there a written daily schedule that includes active play, quiet play, rest time, and snacks and meals?
- \_\_\_ Are there regular opportunities for indoor and outdoor play, and are children supervised at all times?
- \_\_\_ Is TV viewing limited to short times and appropriate programming?
- \_\_\_ Does the center offer parenting classes or other family support?
- \_\_\_ Is each child assigned to one caregiver who is primarily responsible for her care?
- \_\_\_ Does the caregiver meet with parents regularly?
- \_\_\_ Is there a written policy about discipline? If so, may I please read it?
- \_\_\_ Is smoking banned from the facility?
- \_\_\_ Are there written policies for the care of ill children that include the responsibilities of the parents?
- \_\_\_ Will the caregivers give prescribed medication to my child?
- \_\_\_ Do staff members have training in child development and in providing a learning environment for children?
- \_\_\_ Have staff members received up-to-date first-aid training and CPR training?
- \_\_\_ How long have the caregivers been working there?
- \_\_\_ Are there arrangements if a caregiver gets sick or has to be away?
- \_\_\_ May I get recommendations from parents whose children are currently in the program?



## Brain Foods for Brain Health



Food is one of many factors that affect a child's brain development.

The following 8 foods can help kids stay sharp all day long, and affect brain development well into the future.

### 1. Eggs

Eating a high-nutrient protein like eggs (which have nutrients including choline, omega-3s, zinc, and lutein) will help kids concentrate.

### 2. Greek Yogurt

Fat is important to brain health, a full-fat Greek yogurt (which has more protein than other yogurts) can help keep brain cell membranes flexible, helping them to send and receive information.

### 3. Greens

Full of folate and vitamins, spinach and kale are part of a healthy diet linked to lower odds of getting dementia later in life. "Kale contains sulforaphane, a molecule that has detoxifying abilities, and diindolylmethane, which helps new brain cells grow.

### 4. Fish

Naturally fatty fish are a good source of vitamin D and omega-3s, which protect the brain against cognitive decline and memory loss. Salmon, tuna, and sardines are all rich in omega-3s.

### 5. "Clean" Lean Meat

"Animal fat is where pesticides and antibiotics are stored. A high toxic load can contribute to brain fog," For better behavior and focus, choose meats (and other foods) that are free of artificial ingredients, dyes, flavoring, preservatives, and sweeteners.

### 6. Nuts and Seeds

Packed with protein, essential fatty acids, and vitamins and minerals, nuts and seeds may boost mood and keep your nervous system happy.

### 7. Oatmeal

Protein- and fiber-rich oatmeal helps keep heart and brain arteries clear. In one study, kids who ate sweetened oatmeal did better on memory-related academic tasks than those who ate a sugary cereal.

### 8. Apples and Plums

Kids often crave sweets, especially when they're feeling sluggish. Apples and plums are lunchbox-friendly and contain quercetin, an antioxidant that may fight cognitive decline, according to lab studies.



## Who Should I Call?

- ◇ If you have any questions on your Medicaid benefits please contact Client Relations 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 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 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