



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
- Healthy Snacks for Kids
- Stranger Safety
- Fun & Silly Facts
- Important Telephone Numbers

HEALTHY SNACKS FOR KIDS: 10 CHILD-FRIENDLY TIPS

Healthy snacks for kids don't have to be dull. Snacking is a major pastime for many kids and that's not necessarily bad. Nutritious snacking can help your child curb hunger throughout the day, as well as provide energy and important nutrients. Find out how to make healthy snacks for kids.



Consider 10 tips for quick-and-healthy snacks:

No. 1: Keep junk food out of the house

- ◆ Your child won't clamor for cookies, candy bars or chips if you don't keep them on hand. Set a good example by choosing healthy snacks yourself.

No. 2: Go for the grain

- ◆ Whole-grain foods — such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals — provide energy with some staying power.

No. 3: Mix and match

- ◆ Serve baby carrots or other raw veggies with fat-free ranch dressing or hummus. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Spread peanut butter on celery, apples or bananas.

No. 4: Broaden the menu

- ◆ Offer out-of-the-usual fare, such as pineapple, cranberries, red or yellow peppers, mangoes, tangelos or roasted soy nuts.

No. 5: Revisit breakfast

- ◆ Serve breakfast foods — such as scrambled eggs and whole-grain toast — as healthy snacks for kids in the afternoon.

No. 6: Sweeten it up

- ◆ Healthy snacks for kids don't have to be bland. To satisfy your child's sweet tooth, offer fat-free pudding, frozen yogurt or frozen fruit bars. Make smoothies with skim milk, fat-free yogurt, and fresh or frozen fruit.

No. 7: Have fun

- ◆ Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Make fruit kebabs or show your child how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.

No. 8: Promote independence

- ◆ Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal and fruit canned or packaged in its own juice in an easily accessible cabinet.

No. 9: Don't be fooled by labeling gimmicks

- ◆ Foods marketed as low-fat or fat-free can still be high in calories and sodium. Likewise, foods touted as cholesterol-free can still be high in fat, saturated fat and sugar. Check nutrition labels to find out the whole story.

No. 10: Designate a snacking zone

- ◆ Restrict snacking to certain areas, such as the kitchen. You'll save your child countless calories from mindless munching in front of the TV. If your child needs to snack on the go, offer string cheese, yogurt sticks, cereal bars, a banana or other drip-free items.



Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!

KEEPING YOUR TEETH HEALTHY THROUGH THE HOLIDAY SEASON

The holiday season is a time when we should be smiling more than ever. Our smiles convey warmth, happiness, and goodwill to each other, but they also reflect the health and wellness of our mouths, minds and bodies. Here are some tips for your dental health during the holidays:



1. Brush as soon as possible after having sugary holiday snacks.
2. Floss and brush every night before going to bed.
3. Put an electric toothbrush on your wish list. Kids brush 38% longer when using a battery-powered brush.
4. Brush all of your teeth, not just the front ones. Sugar bugs hide in your back teeth too.



FUN AND SILLY FACTS

Did you know...



- * It's impossible for most people to lick their own elbow. (try it)
- * A crocodile cannot stick its tongue out.
- * A shrimp's heart is located in its head.
- * It is physically impossible for pigs to look up into the sky.
- * The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- * Like fingerprints, everyone's tongue print is different.
- * A shark is the only known fish that can blink with both eyes.
- * An ostrich's eye is bigger than its brain.
- * Tigers have striped skin, not just striped fur.
- * The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's a Wonderful Life".

CLIENT CARD SHARING IS FRAUD

Client card sharing is one form of fraud. fraud consists of deception to receive services that are then billed to Medicaid. Client fraud occurs when a Medicaid client seeks to have services billed to Medicaid for someone who is not on Medicaid; or when someone who is not on Medicaid uses the personal information or identification of a Medicaid Client to receive services that are then billed to Medicaid.

Never:

- ◆ Allow anyone to use your Medicaid card
- ◆ Use anyone else's Medicaid card
- ◆ Cash an insurance check meant to pay for you or your child's medical care. If you or your child have insurance as well as Medicaid and you receive a check from the insurance company, you will need to contact 1-800-251-1269 and press 2 for the Third Party Liability Department, they will assist you with what to do with the check.



Always:

- ◆ 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 protect your money or checkbook - out of sight of everyone
- ◆ You should also be careful to protect other personal information and documents, such as your driver's license and bank account numbers
- ◆ Report any changes in income to your household



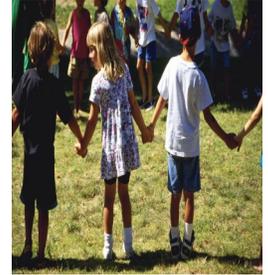
Happy Holidays



STRANGER SAFETY

In order to keep children safe, you should practice basic [stranger-safety](#) procedures with your children and encourage other parents to follow your guidelines:

Tell your children to always walk or play in groups. Predators search for isolated targets such as children who are walking alone or playing alone. Share this important lesson with other parents. If you see a friend or neighbor's young child walking alone, make sure to include that particular neighbor in your stranger-danger strategy. For instance, you could suggest a buddy or carpool plan to get neighboring children to and from school.



You should always know where your kids are going, even if they leave the house with another trusted adult. If your children spend time at their friends' homes, you should discuss a mutual child-watch plan with other parents. If your children are young, explain to these parents that you do not allow your children to play outside unsupervised. Promise to keep a similar close watch on their children when they play at your house. If your children walk or ride their bikes to other nearby houses, designate safe places for them to run if threatened by a stranger.

Keep a list of phone numbers of other nearby parents and offer your number to these parents. You can quickly check on the location of your children if needed.

Teach your kids about strangers. Tell them that a stranger is any adult they do not know. Introduce your children to other parents you trust. Meet the children of these parents, so you will become a familiar face to the kids. Ideally, these children will be able to pick out a few friendly adults in a crowd of strangers.

In addition to other parents, your kids should know which strangers are safe. Store clerks, police officers, teachers, people who are behind desks in office buildings, mail-carriers, and mothers with children are generally safe strangers. Explain to your children that they can trust these strangers if they ever need help and they cannot locate an adult they recognize. Teach your children that stores, schools, libraries, and restaurants are all safe public places where they can run if they are in jeopardy.

Practice a secret code word with your children. Choose a word that would not be easy for a stranger to guess. Use this code word when another adult is required to transport your child. Tell your kids they should never get into a car with someone who does not know the code word. Share the code word with your children and other adults you trust. Change the word as often as needed. Instruct other parents to develop their own family code words.

Teach your kids about the common lures used by abductors. Often, a kidnapper appeals to victims by asking for help in finding a lost animal. Sometimes, the stranger will ask a child for directions. Occasionally, abductors know the child's name or the names of the child's parents. Perpetrators attempt to use this knowledge to gain the child's trust. You should tell your children that adults ask other adults for help when they are truly searching for lost pets or when they need any other type of assistance. Also, repeat to your children the importance of the family code word. If a stranger knows the child's name, but does not mention the code word, that stranger is probably a threat.



Practice screaming with your children. If a stranger attempts to talk to or grab your children, your children should know to shout, "No!" or "Fire!" Try to recruit the help of other parents. The group of children can rehearse screaming at strangers by role-playing.

For more information on ways to keep your child safe, please see the website for the [National Center for Missing and Exploited Children](#). Also, please consider aiding law enforcement officials in finding missing children by signing up to receive [AMBER Alerts](#).

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://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 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

