



# Medicaid

## WHO NEEDS A WELL CHILD CHECK-UP?



Many health problems begin before your children look or feel sick.

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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.



## 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 Eating and Activities
  - Customer Service

## MEDICAID ELIGIBILITY CUSTOMER SERVICE



Medicaid is working with you to make the application process easier

Medicaid is now offering options to apply for the program

-Apply online at [healthlink.wyo.gov](http://healthlink.wyo.gov)

-submit application online or by mail

-Apply over the phone or eligibility questions simply call 1-855-294-2127

Pick up application from local DFS (Department of Family Services)

Did you know that you can go online 24 hours a day 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 online 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 use the provider locator:

- Find a Wyoming Medicaid doctor, dentist, hospital or clinic in your area or in a specific town, city or state.

## 10 KEYS FOR DEVELOPING HEALTHY EATING

Here are ten easy tips for raising healthy children. It will help children eat right and maintain healthy weight. Eating the right food can help the immune system, digestive system, brain function, and even behavior.

1. **Parents control the supply of food.** Parents are in charge of deciding which foods are regularly stocked in the home. Children will eat what is available in the cupboard and refrigerator. If their favorite foods are not nutritious, for them, only buy it once in a while. Children may pester parents for certain foods, but parents make the final decision,
2. **From the foods you offer, have children choose what they will eat or whether they will eat at all.** Children need to have some say in the matter. Schedule regular meal and snack times. Allow them to choose.
3. **Quit the "clean-plate club."** Let children stop eating when they've had enough.
4. **Start them young.** Food preferences are developed early in life, so offer variety.
5. **Rewrite the kid's menu.** Children don't eat only items from the kids menu,; ex pizza, hotdogs, and mac & cheese.
6. **Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition.
7. **Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for dinner.
8. **Food is not love.** Find a better way to say "I love you". When food is used as a reward to show affection, children may use food to cope with stress, and other emotions.
9. **Kids do as you do.** Be a role model!
10. **Limit TV and computer time.** When you do, you'll avoid mindless snacking!



Ref: [http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/](http://kidshealth.org/parent/nutrition_center/healthy_eating/)

## HEALTHY SNACKS REFUEL



Healthy snacks in between main meals help kids and teens meet their daily nutritional needs. Young children have smaller stomachs than adults, kids need to eat every few hours to keep up their energy levels. Teens experience fast development at this stage of growth, therefore, they get hungry frequently, so snacks are needed to meet this need. The best snacks are fruits and vegetables, reduced fat dairy products and whole grains are the healthiest snack choices.

It is important to limit snacks that are high in sugar, salt and saturated fats such as chips, chocolate and cakes. These can cause children to put on excess weight. 1 in 5 young people report eating potato chips or other salty snacks at least 4 times per week.

<http://healthyeating.sfgate.com/benefits-children-eating-snacks-during-school-4999.html>

## WINTER FUN FOR KIDS

**Playing video games** can actually be a good way to exercise - if you play the right ones. Playing a high-intensity game of **DDR (Dance, Dance, Revolution)** or some other dance game while using a step pad can be a great way to get exercise if the cold weather is keeping you inside. If you think DDR is super lame, well you can still get exercise by playing Play TV Entertainment Arts John Madden Football with a step pad and motion-sensored football, or Snowboard Super Cross with a step snowboard.

### Dance Up a Storm

Throw on your favorite CD or launch Kidzworld Radio, crank up the volume and dance up a storm in your bedroom. Invite some friends over and have an indoor dance party. It's fun and is a great way to get some exercise.

### Circus Acts

The winter season is the perfect time to move your exercise routine indoors and start practicing some of your favorite circus tricks. Spinning a hula hoop, juggling or jumping rope (if you have high ceilings) are all fun and easy activities for you to try indoors.

### Build a Snowman

You're never too old to **build a snowman** and it can be a fun way of keeping active over the holidays.

### Sledding

Sledding is a great way to exercise outdoors. Climbing up hills will do your heart and muscles good. If you don't have a sled, you can make one. Use a black garbage bag, an old garbage lid or even a piece of cardboard. Remember to make sure that your sledding area is free of intersections and other dangerous objects.

Read for more ideas at: <http://www.kidzworld.com/article/2912-fun-holiday-exercise-tips#ixzz15fSVk5TM>

**Indoor Exercises** - Yoga and Pilates



## Water for Healthy Kids

Regardless of the appeal to children, sweetened drinks can have adverse affects on health if consumed in excess amounts. Children who regularly drink soft drinks and other sweetened drinks are more likely to be overweight and suffer from tooth decay. The best way to ensure these drinks are not over consumed is to limit their availability and offer more healthy alternatives.

Drinking water is the best way to quench thirst without consuming excess sugar and energy. In addition, tap water is cheap and also has added fluoride, which helps protect against tooth decay.



## WHEN SHOULD I TAKE MY CHILD TO THE DENTIST?

In between regular visits to the dentist, there are simple steps that each of us can take to greatly decrease the risk of developing tooth decay, gum disease and other dental problems. These include:

- Brushing thoroughly twice a day and flossing daily
- Eating a balanced diet and limiting snacks between meals
- Using dental products that contain fluoride, including toothpaste.
- Rinsing with a fluoride mouthrinse if your dentist tells you to.



Tooth decay is one of the most common chronic diseases of children ages 6 to 11 and teens ages 12 to 19. Tooth decay is five times more common than asthma and seven times more common than hay fever in children, according to the American Academy of Pediatrics. By kindergarten age, more than 40% of kids have tooth decay.

**Passing on good oral health habits to your child is one of the most important lessons you can teach.** Most dentists recommend that children start their dental visits after first tooth comes in. This gives your dentist a chance to monitor your child's dental growth, and you a chance to learn about tooth development, fluoride, proper oral hygiene, dealing with oral habits (such as pacifier use), diet and nutrition, and how to prevent oral injuries. Always emphasize that a dental visit is a positive experience.

Ref: <http://www.webmd.com/oral-health/healthy-teeth-2/dental-health-for-kids>

## WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

### Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

### Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

### Young children need checkups at:

- ✓ 3 years
- ✓ 4 years
- ✓ 5 years
- ✓ 6 years



### Older children and Teenagers need:

- ✓ Every Year



## WHERE TO TAKE MY CHILD FOR CHECK UP?

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.

- > 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.



## When to take my child to 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 and can contribute to longer wait times. Do not go to the emergency room for care that should take place in a health provider's office: examples such as sore throats, colds, flu, ear-ache, 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



## Flu Season is Here!

The single best way to protect yourself and children from the flu is to have everyone vaccinated.

\*Center for Disease (CDC) recommends that everyone 6 months of age and older get a seasonal flu vaccine.

### Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It's important to note that not everyone with flu will have a fever.*

- ◆ FEVER
- ◆ SORE THROAT
- ◆ RUNNY OR STUFFY NOSE
- ◆ MUSCLES OR BODY ACHE
- ◆ HEADACHE
- ◆ FATIGUE (tiredness)

<http://www.cdc.gov/Flu/protect/children.htm>



Happy Holidays





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 oppor-

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