



Wyoming
Department
of Health

Commit to your health.



Division of Healthcare Financing

December 2016

Health Check

Winter Break: Fun Ideas to Help Pass the Time

As crazy as the time leading up to holiday break is, it is easy to let the time slip away without accomplishing anything fun. Keeping the kids busy during this time is important. Try some of these ideas:

- Decorating your home - put an older child in charge - for little money they can make snowflakes or paper chains
- Have the kids put together a talent show or performance for the family
- Teach your kids to bake
- Homemade gifts are a kid specialty - have them make gifts for other family members using items around the house
- Take a trip at night to look at holiday lights
- Watch tv shows together - holiday specials that you remember and love
- Ice skating, sledding or snow tubing are great ways to enjoy the outdoors just make sure to bundle up
- Go to the YMCA or local recreation center for indoor activities
- Have them organize their room - this may not be a popular one
- Volunteer - ask local nursing homes, veterans centers, churches or nonprofit organizations if they need any help
- Read books and go to the library
- Play board or card games with your kids

Lastly, make sure to get any homework out of the way at the beginning of the break and not on the last night.

Managing School Holidays and Vacations

Not surprisingly, some single and working parents have grown to dread school vacations, legal holidays (like Martin Luther King Jr. Day and Washington's Birthday), and "teacher in-service days." These are days when the child is out of school but parents usually have to be at work.

To make matters worse, care givers whom you might rely on at other times of the year often ask for time off during holidays, and community activities like art classes and Scouting often are canceled too.

The good side of these situations is that you know they are coming and can plan for them. To help in that process, get copies of your child's school schedule as early as possible so you are aware of vacations several months in advance. Children's vacation schedules often dictate family vacation plans. With sufficient advance notice, you may be able to block out your own vacation time to coincide with that of your youngster.

Few parents have as much vacation time available as do their children, so arrangements have to be made for child care and supervision within the frame work of the demands of the parents' jobs.

If your spouse has some flexibility in his or her work schedule, divide the home responsibilities so one of you takes time off during different parts of the children's vacation.

Some couples are able to work out a plan where Mom is home in the morning, and Dad replaces her in the afternoon; perhaps one or both can work flexible

schedules (6 A.M. to 2 P.M.; 2:30 P.M. to 10:30 P.M.) So that at least one parent is home at all times.

Fortunately, businesses are becoming more sensitive to the family needs of their employees.

The federal Medical and Family Leave Act of

1993 is helpful to parents upon the birth or adoption of a child, or when a child is ill, but it does not have any provisions covering school holidays and vacations.

Sometimes neither you nor your spouse will be able to get off work. Or you will need a backup or alternative strategy for unexpected job demands or the sudden loss of a caretaker, both of which require some last-

minute juggling of schedules. It is important that school-age children are always supervised, directly if possible and indirectly if not. Indirect supervision means providing a safe environment and a structured schedule of activities, including regular times to check in, even by phone, with a responsible adult. This latter option should be considered only for mature preteen-agers and is never the preferred alternative.

When you can't break away from the office, another option is to call upon extended family members to help. Some parents are able to work out a timetable with several families, where each assumes the care taking responsibilities for all the children one day a week, or they trade hours of babysitting with each other.

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Managing School Holidays and Vacations

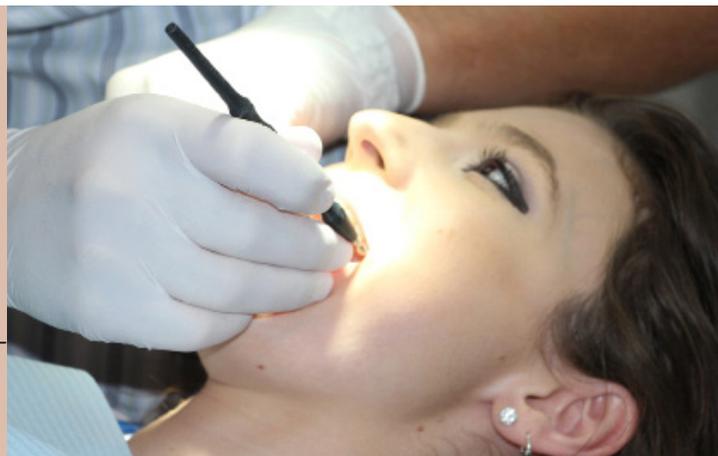
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Some high school and college students, or after-school child care employees, are willing to work on holidays, perhaps coming to your home to assume the care of the children from several families. (Many high schools and colleges have job-placement offices to find employment for students on vacation; ask for and check references before hiring these young adults for child care.) You may also inquire about special holiday programs and camps that might be planned by local YMCAs, Boys and Girls Clubs, and other community organizations. If none exist, gather some parents together and, as a group, urge local organizations or city leaders to provide holiday activities for children.



For some parents of school-age children, the best long-term solution is to work at home all the time, often in a small home-based business of their own. However, while this can be an ideal option, it is not available to everyone, and working at home poses problems of its own.

Source: Caring for Your School-Age Child: Ages 5 to 12 (Copyright © 2004 American Academy of Pediatrics)



DENTAL BENEFIT CHANGES

Due to recent State budget reductions, the ADULT dental benefit has been changed. Adults with full Medicaid plans, who have dental benefits, will now be eligible for 2 basic check-ups each year and treatment for emergency dental pain. Adults may also have any dentures or partials that you may already have adjusted or repaired if needed. If your dentist treatment plans fillings, crowns, or dentures/partial, you may proceed with treatment but you will be financially responsible for these services.

No changes have been made to the children's dental benefit. Your children are still able to have the following services:

- Yearly dental check up
- Emergency visits
- Cleanings every six months
- Fillings as necessary
- Dental X- rays necessary
- Fluoride treatments
- Nutritional Counseling
- Oral hygiene instruction
- Crowns – as necessary
- Root canals
- Extractions

As well as other services, if you have questions please contact our **Dental Call Center at 1-888-863-5806.**

Applied Behavior Analysis Treatment for Children with Autism

Starting January 1st, 2017, Applied Behavior Analysis (ABA) treatment will be covered by Wyoming Medicaid.

If you have a child under the age of 21 that has been diagnosed with Autism Spectrum Disorder, your child could receive services from certified providers in Wyoming.

According to Autism Speaks, ABA focuses on positive reinforcement for appropriate behavior that is repeated. ABA principles and techniques can promote basic skills such as looking, listening and imitating as well as complex skills such as reading, communicating, and understanding another person's perspective (AutismSpeaks.org). **There will be additional information in the March 2017 Health Check Newsletter.**



Don't Miss the Well-Child Visit

Wyoming Medicaid and Kid Care CHIP encourage families of elementary age children to visit their medical provider every year and their dental provider every six months or as suggested. Maintaining healthy habits, like preventive health exams, will positively impact the health of a child for life.

According to the U.S. Department of Health and Human Services' healthypeople.gov, development in the elementary ages has a significant impact on a child's future. Good health and positive interactions may affect academic success, decision making, eating habits, conflict negotiation, and future relationships. Children who learn healthy behaviors at this age are more likely to maintain these behaviors as an adult.

Although children at this age are often perceived as healthy, elementary age children are at risk for: developmental and behavioral disorders, child abuse, asthma, obesity, cavities, and unintentional injury. Children will be screened for these risks at an annual well-child visit and bi-annual dental exam.

For more information on provider visits and family-centered care throughout childhood and adolescence visit brightfutures.aap.org/families.



Medicaid Travel Assistance Program

Clients on certain Medicaid programs may be eligible to receive transportation benefits such as reimbursement for mileage when traveling to an out-of-town appointment, assistance with per diem for overnight stays, and taxi or non-taxi rides to appointments. Refer to the Travel Assistance Manual, located on the Wyoming Medicaid website (wymedicaid.acs-inc.com/client) for the complete program.

Wyoming Medicaid has made changes to the Travel Assistance Program which went into effect September 1, 2016.

| Benefit | New Policy begins September 1, 2016 | Old Policy Ended August 31, 2016 |
|--|---|--|
| Taxi and Non-taxi rides (Limited to enrolled Medicaid taxi/non-taxi providers). | No limit as long as trips are medically necessary. | <ul style="list-style-type: none"> • Taxi rides were limited to 5 round trips a month • Non-taxi rides were |
| Enrolled Medicaid Lodging Facilities | <ul style="list-style-type: none"> • Will submit travel claims to Medicaid directly for payment • Non-enrolled facilities will continue to be paid by the client | <ul style="list-style-type: none"> • Ronald McDonald House in Denver was paid by Medicaid (no claim submission) • All other lodging facilities were paid by the clients, then the clients were paid by Medicaid |
| Overnight lodging per diem (Limited to clients under 21 years of age and if traveling 400 miles round-trip). | <ul style="list-style-type: none"> • \$5.00/night when the child is inpatient (staying at an enrolled lodging facility) • \$10.00/night when the child is outpatient (staying at an enrolled lodging facility) • No additional per diem for other children (staying at an enrolled lodging facility) • \$25.00/night when the child is inpatient (staying at a non-enrolled lodging facility) • \$50.00/night when the child is outpatient (staying at a non-enrolled lodging facility) • \$15.00/night for additional children with medical appointments (staying at a non-enrolled lodging facility) • When requesting travel assistance notify Travel Services where you will be staying overnight. | <ul style="list-style-type: none"> • \$25.00 per night when the child is inpatient • \$50.00 per night when the child is outpatient • \$15.00 per night for additional children with medical appointments |

For questions or to request travel assistance, contact the **Travel Services at 800-595-0011**.

The complete policy can be found in the Wyoming Medicaid Travel Assistance Manual on the website at wymedicaid.acs-inc.com/client.



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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