



P.3 FREE SUMMER MEALS



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**REGULAR
DENTAL
CARE**

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ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Summer 2016

Safe Summer Activities

Summer may be a time to relax, but tell that to kids who are bouncing off the walls or saying “I’m bored” every five minutes. How can parents and sitters keep kids entertained, active and out of trouble for an entire summer?

The trick is to plan ahead. Think of things to do now, so you don’t wind up spending the entire summer watching cartoons.

Take advantage of those bright sunny days and warm summer nights and plan something new a couple of times a week.

Start creating your summer to-do list today. If you need inspiration, here are 20 things that will keep kids happy.

1. Volunteer at an animal shelter.
2. Make a photo journal or a family yearbook.
3. Make a fort out of cardboard boxes.
4. Visit a farmer’s market.
5. Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
6. Play tag with flash lights.
7. Have a picnic at a state park or in your backyard.
8. Play dress-up.
9. Write and illustrate your own book.
10. Plant a garden.
11. Clean up trash at a local park.

12. Chill out with yoga.
13. Make homemade pizza.
14. Go for a walk and then make a collage from nature objects you find along the way.
15. Head to a creek and look at the frogs, fish and ducks.
16. Play Make Believe.
17. Have a water balloon fight.
18. Practice your origami skills and make objects to hang from the ceiling.
19. Host a slumber party.
20. Interview an older relative about what life was like when they were young.

Source: adapted from cdc.gov and kids.usa.gov





The Importance of Regular Dental Care - Don't Wait until it Hurts

Medicaid Dental Program

You may not realize how important your teeth are to you. They're more than just a way to chew food. Healthy teeth and gums have a big impact on your whole body's health, throughout your life.

Many people who have Medicaid don't realize they have dental benefits. Children aged 20 and under who have Medicaid or AR Kids First have dental coverage.

The Adult Dental Program is for Medicaid beneficiaries beginning at age 21. All adults who are on regular Medicaid can get some dental care. There are a few types of Medicaid that do not have dental benefits, they are: Qualified Medicare Beneficiary (QMB), Tuberculosis (TB), Family Planning or Breast Care Medicaid.

For adults age 21 and over Medicaid will pay up to \$500 a year for most dental care—from July 1 to June 30 of each year.

It's important to choose a dentist that accepts Medicaid and establish a dental "home." That means you see that dentist regularly, and he or she manages all dental care. The dentist will assess risk for dental problems such as white spots on teeth, cavities, gingivitis, no fluoride in drinking water, or a family history of tooth decay.

Medicaid or AR Kids beneficiaries can get help finding a dentist, scheduling an appointment, or arranging transportation by calling ConnectCare. If you need more information about dental services we can help. Call ConnectCare 1-800-322-5580 or TDD 1-800-285-1131 or visit www.connectcare.arkansas.gov

Source: ConnectCare



Share the Love, Share the Water

For many families, life is a little too sweet. Popular drinks like soda, sports drinks, juice and chocolate milk have lots of sugar. Drinking too many of these drinks can lead to health problems like diabetes and tooth cavities. Did you know tooth decay is the most common long-lasting disease for children? The average child eats and drinks more than ½ her body weight in sugar every year! Families must learn how to avoid the sugar in popular drinks. Choose to drink the most refreshing, cheap and healthy drink in the world: water!

America has great water. We can safely drink it out of the kitchen sink or right from the faucet. The Arkansas Department of Health works hard to make sure the water we drink is safe and clean. Cities work to make our water even better. The natural levels of fluoride in most of Arkansas' drinking water have been changed by city water departments to help prevent tooth decay in our families.

Fluoride is a natural mineral that helps protect our teeth from decay. Fluoride keeps our teeth strong. Strong teeth get fewer cavities. Fewer cavities mean we will have less tooth pain.

The Centers for Disease Control and Prevention (CDC) has called the action of "changing the levels of fluoride in drinking water" one of the greatest public health actions of the 20th century. Water fluoridation has been studied a lot and has been shown to safely lower tooth decay in both children and adults.

Fill your bottles and glasses with tap water. Keep them in the refrigerator so it will be cold. Drink water when you are thirsty. There is nothing better for you and your family than clean, safe, fluoridated Arkansas drinking water!

Source: Arkansas Department of Health, Office of Oral Health

Arkansas Tobacco Quitline

One of the most important calls a tobacco user can make is to the Arkansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669). In the fight to quit tobacco, nobody has to do it alone. You've got the help you need and it's free.

Reasons to call:

- It's confidential, one-on-one help just for you.
- 24-hour direct line to trained Quit Coaches who want to help you.
- 24-hour online community of support from others who've Quit

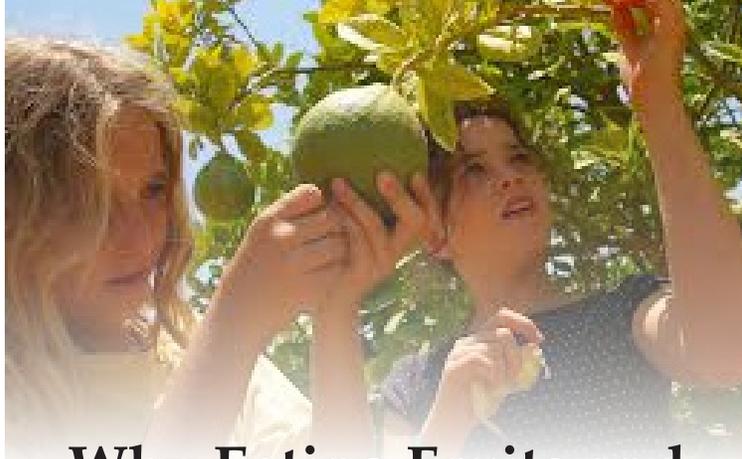
- Free text messaging program and smartphone mobile app
- Help with free nicotine replacement therapy, while supplies last

Take a closer look at the resources available to you. Visit Stamp Out Smoking for inspiration and get more information on how to lead a tobacco-free life. stampoutsmoking.com

The Arkansas Tobacco Quitline is open seven days a week, 24 hours a day. Services are in English, Spanish and other languages as needed, including Marshallese.



Source: Arkansas Department of Health



Why Eating Fruits and Vegetables is Important

Help Manage Your Weight

When combined with an active lifestyle, eating a diet high in fruits and vegetables will help manage your weight. Most are low in calories and fat. Many have lots of water and fiber to help you feel full.

You can eat fewer calories and still eat a satisfying amount of food. When you eat more fruits and vegetables at meals it will leave less room for foods high in fat and sugar. Eat fruits and vegetables raw or steamed and use very small amounts of butter or oils.

LOWER Your Chances for Many Cancers, Heart Disease, Stroke and Diabetes

People who eat a healthy diet high in fruits and vegetables have a lower chance of getting many illnesses. Heart healthy diets focus on fruits, vegetables, whole grains, and fat-free or low fat milk products. They include lean meats, poultry, fish, beans, eggs, and nuts.

They are also low in saturated and trans fats, cholesterol, salt (sodium), and added sugars. People who eat these diets are likely to lower their blood pressure and cholesterol and have a reduced risk of stroke and other cardiovascular diseases.

Simple ways to add Fruits and Vegetables to your diet

- Mix sliced fruit or frozen berries with yogurt or cereal
- Dip raw vegetables in low-fat salad dressing, hummus or peanut butter
- Keep a bowl of fruit within easy reach - Place bananas, apples, oranges or grapes in a pretty bowl in the kitchen where you can grab them
- Make fruit smoothies by blending together fresh or frozen fruit, fruit juice, and yogurt
- Make soup - Throw in fresh or leftover vegetables like carrots, onions, green beans, mushrooms, and tomatoes in a simple broth
- Add lots of colorful vegetables, such as red cabbage, carrots, and bell peppers to green salads
- Add grated carrots, zucchini or spinach to pasta sauce
- Add vegetables to sandwiches - lettuce, tomatoes, cucumbers, bell peppers, and avocado slices are flavorful choices

Source: Adapted from www.fns.usda.gov/tu/myplate

FREE SUMMER MEALS FOR KIDS

For many kids, summertime means two things: fun and feeding hungry tummies through the summer. Working parents must make plans for their kids in the summer. Most parents know that kids at home making their own decisions may make unhealthy food choices or not eat at all.

The U.S. Department of Agriculture (USDA) offers free summer meals to kids 18 and younger across Arkansas. Summer feeding sites are at safe places for kids and teens. They can be in schools, churches, and community centers. The meals are tasty, healthy and follow nutrition rules set by the USDA, which also pays for the meals.

Many sites offer fun activities that kids enjoy. Parents do not need to apply to the program. It does not change any other benefits you get. Anyone can simply bring their child to a summer meals site where kids can eat a healthy meal.

New sites are being added so if there is not a site near you right now, try again closer to the last days of the school year.

There are USDA summer meals sites in most counties in Arkansas. To find a summer meals site near you Call 1-866-3 HUNGRY or text FOOD to 877 877

Summer Meals Location Finder website:
<http://www.fns.usda.gov/summerfoodrocks>

Source: Arkansas Hunger Alliance



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HELPLINE

Call 1-800-275-1131
TDD 1-800-285-1131
www.seeyourdoc.org

ConnectCare Helpline can:

- Assign or change your doctor
- Refer you for help if we cannot help you
- Tell you if your Medicaid is still active

DENTAL PROGRAM

Call 1-800-322-5580
TDD 1-800-285-1131

ConnectCare Dental Program can help:

- Find a Medicaid dentist in your area
- Schedule dental appointments
- Assist with transportation (Medicaid and ARKids First A only)
- Remind you of appointments
- Reschedule missed appointments

Ask the Expert:



Do all Medicaid eligible family members have to have the same doctor?

No. Each Medicaid eligible family member may have a different doctor based on his or her preference and the type of doctor needed.

I have lost my Medicaid card. How can I get a new card?

Call the Access Arkansas number at 1-800-482-8988 and request a new card. One will be mailed to you.

I need to find out why Medicaid hasn't paid my claim. Who do I call?

If you need to find out about the denial of a claim, benefit limits or prior authorization call the Client Assistance number at 1-800-482-5431

Source: ConnectCare