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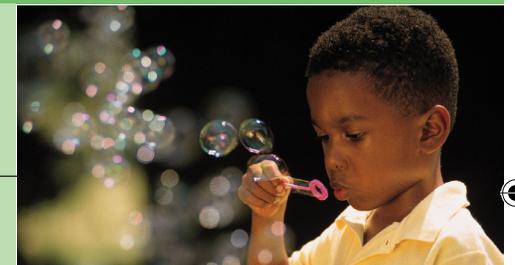
# ConnectCare News

Volume 7 - Number 5

Your Medicaid and ARKids First Connection to Better Health Newsletter

## EPSDT/Well Child Checkups

It's back to school time and ConnectCare reminds you about EPSDT!



### EPSDT simply means 'well child care.'

#### 'E' stands for Early.

When your baby is born, he or she should see the doctor. If the doctor finds health problems 'early,' then they can be treated faster.

#### 'P' stands for Periodic.

Take your child to the doctor at 'periodic' or regular times, so that any new health problems can be found and treated.

#### 'S' stands for Screening.

'Screening' is a simple checkup from your child's doctor. Screenings make sure everything is normal.

#### 'D' stands for Diagnosis.

'Diagnosis' is when the doctor finds out if your child has any health problems.

#### 'T' stands for Treatment.

'Treatment' is the care your child gets from the doctor. Treatments can be medicine to prevent, help or cure a health problem.

**EPSDT** or **Well Child Checkups** are required for all children under the age of 21. It includes shots to prevent diseases and regular checkups to make sure the child is developing normally. Well Child Checkups help kids stay well. If problems are found early they can be treated early, which is why it is important to take your child to the doctor even if he or she is not sick!



**Let's keep our kids healthy! Call your ConnectCare doctor today to schedule an appointment for a Well Child Checkup.**

*Source: Kimbra Butler - ConnectCare Public Health Educator; Adapted from [http://www.afmc.org/Documents/quality\\_improve/qi\\_tools/wellchild/WC\\_EPSDT\\_bro.pdf](http://www.afmc.org/Documents/quality_improve/qi_tools/wellchild/WC_EPSDT_bro.pdf) Pictured above: Noah Butler and Dr. Lourie Battles, The Pediatric Clinic*

#### Well Child Checkups include:

- Health history and development assessments
- Complete physical exams
- Vision and hearing checkups
- Laboratory tests
- Immunizations
- Health education

#### WELL CHILD CHECKUPS ARE COVERED BY ARKIDS FIRST!

#### ARKids First offers:

- Well child checkups
- Tests to check how well your child sees and hears
- Tests to see if your child's teeth are clean and healthy
- Free laboratory tests

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# Arkansas Gets Ready For The Flu



Seasonal flu is a disease that causes mild to severe illness. Each year in the United States, there are 25-50 million infections, over 200,000 hospitalizations and 36,000 deaths.

The H1N1 (swine flu) is a new flu virus causing illness in people. This new virus was first found in people in the United States in April 2009. The virus is spread from person-to-person, in much the same way that regular seasonal flu viruses spread.

Both seasonal and H1N1 flu viruses are easily spread through coughing, sneezing and touching hard surfaces with the virus on it and then touching your nose and mouth.

The best way to prevent getting the flu is to get a flu shot each year. The shot takes one to two weeks to start working and is 70 to 90 percent effective in preventing the seasonal flu.

Children can catch the flu more often than adults. Parents should keep their sick children home so they do not spread the flu to others.

Adults are also at risk for catching the flu, especially the elderly and health care workers.

The flu shot is a vaccine that helps protect you against the seasonal flu virus. The best time to get a flu shot is between mid-October and mid-November. This will help your body fight the flu during the height of the flu season, which is normally December through March. This shot will not protect you against the H1N1 flu virus, but the vaccine for the H1N1 flu will be available by the fall of 2009.

Go to the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov) for the latest flu information.

*Adapted from Arkansas Department of Health-Health Marketing and from <http://www.cdc.gov/h1n1flu/qa.htm>*

**THE FLU SHOT  
CANNOT GIVE  
YOU THE FLU!**

**Don't Forget!**

**Wash Away  
Your Germs for  
Clean Hands!**

**Don't Forget!**

1. Wet your hands with warm, running water.
2. Apply soap to all areas of hands (even between your fingers and under your nails).
3. Rub and scrub your hands and wrists for at least 20 seconds.
4. Rinse your hands with warm, running water.
5. Softly pat your hands with a clean, dry paper towel.
6. Use the towel to turn off the faucet and open the door, then throw the used paper towel away.

Source: Kimbra Butler - ConnectCare Public Health Educator; Adapted from <http://www.cdc.gov/nceh/vsp/pub/Handwashing/HandwashingTips.htm>

# SEALING THE STATE WITH THE HELP OF "SUPER TOOTH"



A dental sealant is a plastic cover painted on the biting surface of back teeth. The back teeth are the areas most likely to decay. Sealants are simple to put on and do not require needles or drills. The tooth is cleaned and the sealant is "painted" on. The sealant keeps food, sugar and germs away from the tooth.

Dentists and dental hygienists from the Arkansas Department of Health, Office of Oral Health

have been visiting schools so that more children can get dental sealants. Using portable dental equipment set up in the school, they have already treated 652 children and sealed 3,945 teeth.

Another part of the program educates people about dental sealants through the "Super Tooth" newspaper and radio advertisements. We hope that telling people about sealants will help everyone understand the importance of preventing

bad teeth. Children who have their 6-year and 12-year teeth are the children who should be getting sealants, either from your dental office or public programs. Ask your dentist's office if the time is right for your child to have sealants.

*Source: Dr. Lynn Douglas Mouden, DDS, MPH, FICD, FACD, Director of the Arkansas Department of Health, Office of Oral Health*

## Immunizations

It's that time of the year again! Summer break has ended and the pools are closing which means that school is back in session. This also means that it's time for your child's shots.

Getting your child's shots early will help avoid long waits for doctor's appointments that may occur at the end of the summer. Your Medicaid & ARKids First covers these costs, so it is very important to keep up with your child's shots. About 10 million children under the age of five die every year worldwide. Most of the deaths are caused by diseases that could be prevented by children getting their shots, so do not wait until the last minute.

Ask your ConnectCare Primary Care Physician about the different types of

shots your child will need. You can also ask about a schedule of when they should get their shots. Not only do immunizations help the child, but also the health of our community!

*Source: Jamie Owens, World Health Organization (www.who.int), Centers for Disease Control and Prevention (www.cdc.gov)*



## What is the Arkansas Medicaid Beneficiary Handbook?

This is an easy-to-read guide for things you need to know about your Medicaid and ARKids health insurance. It has information about your rights, responsibilities, covered services and more. Download a copy at: <http://www.seeyourdoc.org/index.html>



# More Families are Eligible for the ARKids First Program

**ARKids First is the state's health insurance program that offers everything a family needs to keep their kids healthy.**

### ARKids First covers:

- Medical
- Dental
- Vision
- Hearing
- Prescriptions
- Prenatal care
- Mental health screenings and treatment

### To find out if your child is eligible:

- Call 1-888-474-8275 or visit [www.seeyourdoc.org](http://www.seeyourdoc.org)
- Go to your local DHS Office for an application.

**Parents MUST renew their child's ARKids First every year to stay enrolled.**

**The Arkansas Finish Line Coalition is looking for ways to get health insurance for every Arkansas child. We are looking for success stories of children with ARKids First coverage to help promote the program. Call (501) 371-9678, Ext. 113 to share your story.**

*Source: Kara Wilkins, Arkansas Advocates for Children and Families*



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**Arkansas Department of Health**  
*Keeping Your Hometown Healthy*



1-800-275-1131 / 1-800-285-1131 TDD  
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[www.seeyourdoc.org](http://www.seeyourdoc.org)

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 Medicaid/ARKids First customers

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# HELPLINE

Toll-free ConnectCare  
 1-800-275-1131  
 TDD 1-800-285-1131

**When you call the ConnectCare helpline, WE CAN...**

- Assign your doctor
- Change your doctor
- Refer you to someone to help you if we can't help you
- Tell you if your Medicaid is still active

**We CANNOT...**

- Make name and address changes (visit your local DHS office to change this information)
- Search by Social Security number (we can ONLY search by your Medicaid ID number)
- Discuss the number of visits you have left

When calling the **ConnectCare Helpline** please have your Medicaid ID number available. Also, please have your choices for a doctor ready. You can also request to assign, change and find the list of doctors in your area when you visit [www.seeyourdoc.org](http://www.seeyourdoc.org).

*Source: Kimbra Butler - ConnectCare Public Health Educator*



## **GREAT NEWS!** ConnectCare Dental Coordinated Care services has expanded to include dental services for adults.

ConnectCare has a team of Dental Care Coordinators who are available Monday through Friday from 8 am to 4:30 pm to help Medicaid beneficiaries of ANY age with:

- Dental information
- Finding local dentists in your area
- Scheduling dental appointments
- Reminding you of your dental appointments
- Rescheduling missed dental appointments
- Transportation assistance to dentist appointments

**Who qualifies?**

Qualified recipients are those who are eligible for full range Medicaid and ARKids First benefits.

**Pregnant women who are eligible for Medicaid benefits are also eligible for dental services.**

If you have questions call your ConnectCare Dental Care Coordinator at 1-800-322-5580 today!

*Source: ConnectCare Dental Coordinated Care*