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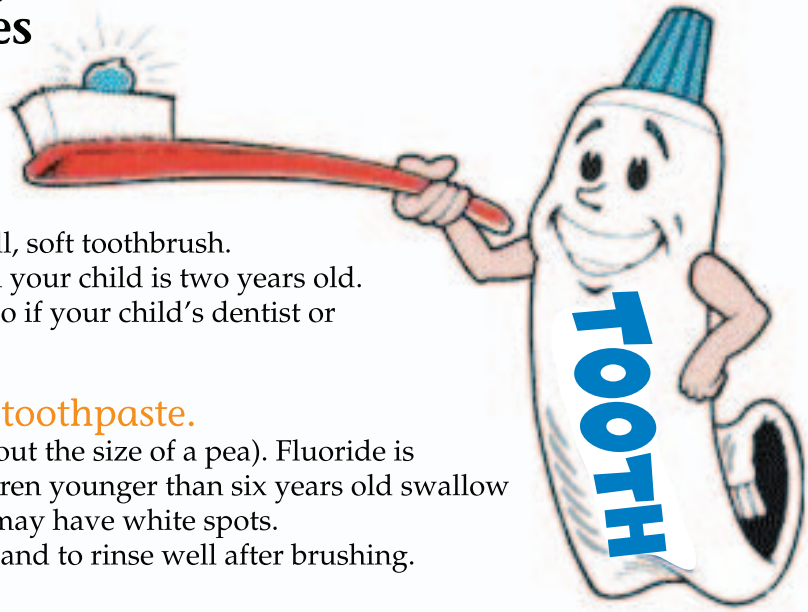
ConnectCare

Your Medicaid & ARKids First Connection to Better Health Newsletter

Brush Up on Healthy Teeth

Simple Steps for Kids' Smiles



1. Start cleaning teeth early.

- As soon as the first tooth appears, begin tooth cleaning by wiping with a clean, damp cloth every day.
- When more teeth come in, switch to a small, soft toothbrush.
- Begin using toothpaste with fluoride when your child is two years old.
- Use toothpaste with fluoride before age two if your child's dentist or physician recommends it.

2. Use the right amount of fluoride toothpaste.

- Use only a small amount of toothpaste (about the size of a pea). Fluoride is important for fighting cavities. But if children younger than six years old swallow too much fluoride, their permanent teeth may have white spots.
- Teach your child to spit out the toothpaste and to rinse well after brushing.

3. Supervise brushing.

- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone.
- Continue to closely watch brushing to make sure the child is doing a good job and using only a small amount of toothpaste.

4. Talk to your child's dentist or physician.

- Ask the dentist or physician about your child's specific fluoride needs.
- Children older than six months may need extra fluoride if the drinking water does not have enough.
- Children younger than six years old should not use a fluoride mouth rinse unless recommended by a dentist or physician.
- After age two, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Early care for your children's teeth will protect their smiles and their health.

Source: Centers for Disease Control and Prevention; provided by Office of Oral Health, Arkansas Department of Health and Human Services

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ConnectCare Reminds You . . .

New Transportation Provider

Medicaid has selected a new non-emergency transportation (NET) broker for some counties. The NET broker is responsible for your Medicaid transportation to and from medical appointments.

If you live in one of the following counties, your transportation broker has changed. Please make note of the new broker and phone number listed below:

Regions	NET Broker Counties	Telephone Numbers
Region I	Baxter Benton Boone Carroll Madison Marion Newton Searcy Washington	Logisticare 1-866-854-8758
Region III	Cleburne Fulton Independence Izard Jackson Sharp Stone Van Buren White Woodruff	Logisticare 1-866-854-8764
Region XII	Pulaski Lonoke Faulkner	Logisticare 1-866-854-8788

If you have questions, complaints, suggestions or comments about the NET program, call the toll-free NET Help Line at 1-888-987-1200 or (TDD) 1-800-285-1131.

Source: Jerry Cohen, Arkansas Foundation for Medical Care

Get Your Kids to eat fruits and veggies.

The most important thing kids can do to improve their eating habits is to eat more fruits and vegetables.

Fruits and vegetables have good things that keep kids healthy and disease-free.

Parents, try these tips to help teach your child to eat better:

- Try one new food at a time. Start by offering a little of the new food at the beginning of the meal when the child is hungry.
- If the child likes the food, offer it again soon afterwards so he/she can get used to eating it. If the child doesn't like the food, simply offer it again in a few days.
- Finally, don't forget to set a good example by eating a lot of fruits and vegetables yourself.

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

Se Habla Español

Connecting You to Health Care . . .

Stroke: "Know the Signs – Act in Time"

DID YOU KNOW stroke is the third leading cause of death in the U.S. as well as in our state? Strokes are a leading cause of long-term disability and death, and Arkansas leads the nation in deaths due to strokes. Up to 80 percent of all strokes are preventable, according to the National Stroke Association. The basics of preventing a stroke are similar to the steps to having a healthy heart, including exercising regularly, maintaining a healthy weight, not smoking, keeping cholesterol and blood pressure under control and maintaining a diet low in salt and fat.

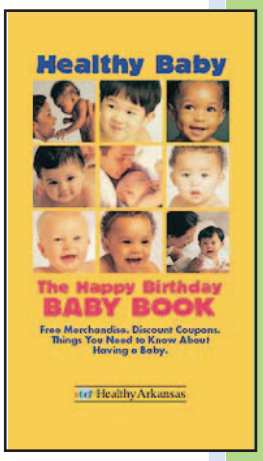
A stroke is a brain attack and occurs when blood flow to the brain is blocked, either by blood clots or narrowed blood vessels, or when there is bleeding in the brain. Stroke warning signs include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination;
- Sudden severe headache with no known cause.

Don't delay! Stroke is a medical emergency! Every second counts. Calling 911 immediately before calling anyone else can make the difference in avoiding lifelong disability or death. Learning stroke symptoms can help you act in time to save a family member, friend, neighbor or co-worker. Time lost is brain lost!

Source: Lauren Barnes, CHES Arkansas Department of Health and Human Services, Heart Disease and Stroke Section

Call Today for Your Free Baby Book



If you're pregnant, call the Healthy Baby program at 1-800-235-0002 or go to www.arkansas.gov/ha/babybook/ to get your free Happy Birthday Baby Book. The Happy Birthday Baby Book is a popular pregnancy planner, educational book, nutritional resource, breastfeeding guide, immunization scheduler and much more.

Packed with dozens of pages of important pregnancy and be-good-to-yourself tips, the Happy Birthday Baby Book also contains almost 60 valuable coupons for pregnancy, baby and nutritional items from vendors including McDonald's, Weight Watchers, Neutrogena, Riceland Foods, Coleman Dairy and many more. The baby book is formatted to encourage early and regular visits to your doctor for prenatal care (regular checkups while you're pregnant).

The Healthy Baby program is a component of Healthy Arkansas and is sponsored by Baptist Health. KATV Channel 7 is also a sponsor of the program. Look for regular features on Channel 7 with Pamela Smith and Baptist Health pregnancy experts. For more information, visit the Healthy Arkansas web site at www.arkansas.gov/ha.

Source: Carolyn McKinstry, Arkansas Department of Health and Human Services

CONNECT CARE
Your Medicaid & ARKids First Connection to Better Health
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A Division of AFMC

Healthy Arkansas
For a Better State of Health

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Hours of Operation
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until Friday midnight

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What Do I Do If I Cannot Find a ConnectCare Doctor in My Hometown?

1. Select a doctor accepting Medicaid patients in your hometown.
2. Select a doctor in a neighboring county.
3. ConnectCare can tell you what doctors are accepting new Medicaid patients in your county, if you live in a county where doctors are full.

4. ConnectCare can send you a Doctors Directory for your home county and for neighboring counties.

ConnectCare will work with you to get you with the doctor of your choice, but it may take a little time to do so. Until then, select from the doctors available. We are here for you 24 hours a day, 7 days a week online at www.seeyourdoc.org. Call us toll-free at 1-800-275-1131, 1-800-285-1131 (TDD), or locally at 614-4689 from 11 p.m. Sunday through Friday midnight.

Source: Ida King, ConnectCare Telephone Coordinator