ConnectCare Reminds You . . .

Dental services expanded

ConnectCare is proud to announce that we have expanded our services to include the Medicaid/ARKids Dental Case Management Program.

This program can help Medicaid/ARKids recipients (ages 20 and under) with the following:

- Providing benefit information
- Locating a participating Medicaid dentist in their area
- Scheduling dental appointments
- Scheduling needed transportation (Medicaid/ARKids A only)
- Rescheduling missed dental appointments
- Making appointment reminders

The dental program staff are available Monday through Friday from 8 a.m. to 4:30 p.m. to provide assistance to providers and recipients. Call ConnectCare and ask for the dental case management program.

Managing your child's asthma

Asthma is one of the leading causes of school absence due to illness. Approximately 9.2 million children younger than 18 years of age have been diagnosed with asthma.

Asthma cannot be cured, but it can be controlled to reduce the number of symptoms. Children with asthma need the help of parents, teachers and other caregivers to keep their asthma under control.

You can help your child with asthma keep it under control. For example, you can:

- Take your child to the doctor for **regular checkups** and treatment.
- Develop an asthma **self-management plan** and follow it.
- Help your child **learn what things cause** his or her **asthma symptoms** and how to avoid them, if possible.
- Protect your child from tobacco smoke. **Do not allow smoking** in your home.
- Make sure your child knows how to **take asthma medicines correctly**.
- **Talk to your child's other caregivers**, teachers or coaches about his or her asthma; give them a copy of your child's asthma self-management plan.

Asthma management can result in better school attendance, improved alertness and physical stamina, and most important, fewer medical emergencies.

Source: Portia Benson, ConnectCare. Adapted from National Institutes of Health: www.nih.gov

Connecting You to Health Care . . .

Reducing the risk of SIDS

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant younger than one year old. SIDS is the leading cause of death in children between one month and one year of age. The cause of SIDS is unknown and is most likely to occur between two and four months of age. To help reduce the risks of SIDS, follow the following recommendations.

What you can do to reduce the risk of SIDS

Always place babies on their backs to sleep. Babies who sleep on their backs are less likely to die of SIDS than babies who sleep on their stomachs or sides. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.

Use the back sleep position every time. Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So, it is important for babies to sleep on their backs every time, for naps and at night.

Place your baby on a firm sleep surface, such as a safety-approved crib mattress covered with a fitted sheet. Never place a baby to sleep on a pillow, quilt, sheepskin or other soft surface.

Keep soft objects, toys and loose bedding out of your baby's sleep area. Don't use pillows, blankets, quilts, sheepskins or pillow-like bumpers in your baby's sleep area. Keep all items away from the baby's face.

Avoid letting your baby overheat during sleep. Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.

Think about using a clean, dry pacifier when placing your baby down to sleep, but don't force the baby to take it. (If you're breastfeeding, wait until your child is one month old or is used to breastfeeding before using a pacifier.)

For more information about SIDS, call the Arkansas Department of Health Information Line at 1-800-235-0002.

Source: Shannon Moore, ConnectCare. Adapted from National Institutes of Health: www.nih.gov

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

Healthy Arkansas
For a Better State of Health

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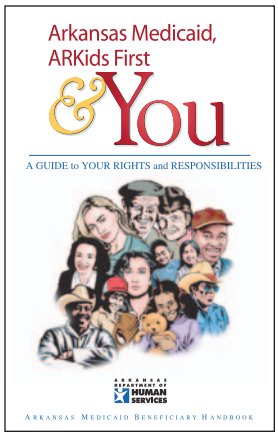
What Is the Arkansas Medicaid Beneficiary Handbook?



This is an easy-to-read guide for things you need to know about your Medicaid and ARKids health insurance. It has information about recipient rights, responsibilities, covered services and more. If you would like a copy of this booklet, contact your local Department of Human Services office or download one online at www.seeyourdoc.org.

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ConnectCare

Your Medicaid & ARKids First Connection to Better Health Newsletter

Staying Healthy...Staying Safe

Now that spring is here, local markets will carry a variety of fresh fruits and vegetables that are both nutritious and delicious.

As you enjoy fresh produce and fresh-squeezed juices, it is important to handle these products safely in order to reduce the risks of food-borne illness.

Eating contaminated produce (or fruit and vegetable juices made from contaminated produce) can lead to food-borne illness, which can cause serious – and sometimes fatal – infections. However, it's easy to help protect yourself and your family from illness by following some safe handling tips.

Buying Tips for Fresh Produce

- Purchase produce that is not bruised or damaged.
- Only choose fresh-cut produce if it is refrigerated or surrounded by ice.
- Always bag fresh fruits and vegetables separately from meat, poultry and seafood products.

Storage Tips for Fresh Produce

- Keep fresh fruits and vegetables in a clean refrigerator at a temperature of 40°F or below.
- All produce that is purchased pre-cut or peeled should be refrigerated to maintain both quality and safety.

Preparation Tips for Fresh Produce

- Always begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruit and vegetables before preparing and/or eating.
- Thoroughly wash all produce before eating.
- If peeling the produce, wash it thoroughly before eating.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean towel to reduce bacteria that may be present.

Source: Adapted from U.S. Food and Drug Administration www.usfda/cfsan.gov

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