



ConnectCare

Your Medicaid & ARKids First Connection to Better Health Newsletter

Having a Healthy Baby

Having a baby is a special and exciting time. During pregnancy, women feel many changes. It is very important for pregnant women to see their doctor regularly for prenatal care.

While no one can be sure you will have a perfect baby, there is a lot you can do:

- ★ **Keep your appointments** and follow the advice of your doctor or nurse;
- ★ Go to **prenatal education classes**;
- ★ **Write down your questions** to ask the doctor or nurse;
- ★ **Tell the doctor** or nurse anything you think is important for the health of you or your baby;
- ★ **Don't drink alcohol, use drugs, smoke or breathe harmful fumes**;
- ★ Eat well, **rest** and do not take any medicines without asking your doctor or nurse;
- ★ **Know the danger signs** during pregnancy and call your doctor right away if you experience problems.

Adapted from The Happy Birthday Baby Book; 14th edition



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Kids Need Checkups to Stay Well

ARKids First Will Pay

Children and young people sometimes have health problems that are hidden. A doctor can find these problems during a regular checkup. Your doctor might call it an “EPSDT” or well child exam. If problems are found early, they can be treated. That’s why it’s important to take your child to the doctor, even if he or she is not sick.



ARKids First will pay for well child checkups. Your child can get:

- free physical checkups
- screenings to check how well he or she sees and hears
- screenings to see if his or her teeth are clean and healthy
- free lab tests

After the doctor is finished, he writes down the results in your child’s health record.

Who can get well child care?

Any child or young adult who is under the age of 18 and on ARKids A can get well child care. Any child or young adult who is under the age of 19 and on ARKids B can get well child care.

Where do I go to get my child’s well child care?

Go to your county Department of Health and Human Services office. Ask for a list of primary

care physicians (PCPs) and dentists. A PCP is a doctor who manages your child’s health and healthcare. From the list, pick a PCP that will be your child’s doctor.

How do I get a health checkup for my child?

If your child has ARKids First A or B, you can get a health checkup at least once a year. Try to get your checkup at the same time each year.

Call your doctor’s office to make an appointment. Be sure to say that you want to get your child a well child exam. That way the clinic can schedule enough time.

Your county Department of Health and Human Services (DHHS) office can also help you get an appointment. If you and your child do not have a ride to the doctor, the DHHS office will help you find a ride.

When you go for the appointment, take your child’s current ARKids First card. Also take your child’s immunization or “shot” record, if you have one.

If you have to cancel the appointment, call the doctor’s office and tell them. Someone else may be able to see the doctor in your place.

Remember, well child checkups can help your kids stay healthy for years to come!

Source: Leah Vest, Arkansas Foundation for Medical Care

ConnectCare Reminders...

- ⇒ When calling ConnectCare, you will need to provide us with the names of three doctors that you prefer to take care of your healthcare needs. The helpline specialists will try to assign you to one of your three choices.
- ⇒ ConnectCare will only search by doctor’s name, not by clinic name. Please have the name of your doctor handy when calling the ConnectCare helpline.
- ⇒ To shorten the time you wait to speak to a helpline specialist, we encourage you to call the ConnectCare help line during the early morning or late evening hours, when call volume is low.

Source: Sumonia Daniel, CHES Managed Care Coordinator, ConnectCare

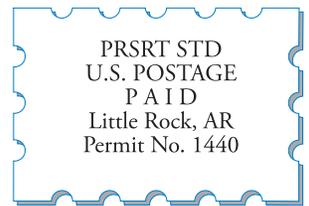
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HELPLINE

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Your Health Privacy Rights...

The Health Insurance Portability and Accountability Act (HIPAA) went into effect April 14, 2003, and was designed to protect patients' rights by giving them access to their health information and control over how it is used.



HIPAA requires...

- Any information that relates to a patient's health cannot be used unless authorized by either the patient or someone acting on the patient's behalf or unless permitted by regulation.
- Additionally, the facility must limit access to only those individuals who need the information for a legitimate purpose.