

CONNECT CARE NEWS



Keep Your Kids Active This Winter



When the weather outside is frightful, your kids probably spend more time inside watching television or playing video games. Just like adults, kids need to stay active all through the year. Regular physical activity promotes healthy growth and development and helps reduce the risk of obesity in children.

Experts say that children should be active for a total of one hour per day. Here are some fun ideas to help keep your kids moving and healthy this winter:

Source: Anna Haver, CHES Managed Care Coordinator

Winter Activities

Indoor

- musical chairs
- jumping jacks
- recreation centers

Outdoor

- walking
- bike riding
- hiking

- Go to the mall for a walk.
- Visit your local library. Many have exercise videos on loan that you can use at home.
- Make commercial time on television "exercise time." Encourage your children to get up and do jumping jacks or dance.
- Look for free or low-cost indoor recreation centers in your community. Many have organized sports activities for children.
- Play games such as musical chairs or red light/green light with your kids.
- Move the furniture in your house around to give kids more room to be active.
- Take advantage of warmer days to go outside and ride a bike, play ball, hike or enjoy other favorite activities.

Join your children in their activities to set an example and you'll receive a health benefit as well!





Selecting a Dentist

A list of participating dentists can be found at www.seeyourdoc.org. Click on the Doctor's Directory link, and then click on the link to dental providers.

Dental care is only covered for children with ARKids First or people with Medicaid who are under 21.

ARKids First A and Medicaid

Dental care is covered for children with ARKids First A and Medicaid. This includes orthodontic care, such as braces, if medically necessary. Orthodontic care must be approved by Medicaid before treatment.

ARKids First B

Children with ARKids First B can get some dental care, but not orthodontic care. You will have to pay a \$10 co-pay for each visit.

Source: The Arkansas Department of Health and Human Services, Arkansas Medicaid, ARKids First & You, A Guide to Your Rights and Responsibilities. Rev 2/05.

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. 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.

Source: Arkansas Department of Health



1-800-275-1131
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Toll-free ConnectCare
HELPLINE

Call ConnectCare
toll-free, 24 hours a day from 11 p.m.
Sunday until Friday midnight.
1-800-275-1131 or **1-800-285-1131** TDD.
Central Arkansas call **614-4689**

Se Habla Español

New You in the New Year

With the new year comes a sense of renewal, rebirth and often a challenge to adopt a healthier lifestyle. If you use tobacco, the single best thing you can do for your health this year is to make a commitment to quit.

If you've ever tried to quit using tobacco, you know how hard it can be. Tobacco is highly addictive – but you can keep your New Year's resolution to quit with help from the Stamp Out Smoking (SOS) Quitline operated by the Fay W. Boozman College of Public Health.

Commit yourself to better health this year! Take your first step toward a tobacco-free life. The SOS Quitline is free to Arkansas residents. Call the SOS Quitline at 1-866-NOW-QUIT.

Source: Department of Health and Human Services, Division of Health



AR Clean Indoor Air Act

The Arkansas Clean Indoor Air Act became effective July 21, 2006. It prohibits smoking in most worksites and public places. This ensures that everyone can breathe smoke-free air in the places they visit.

Secondhand smoke is a serious health risk for everyone. The Centers for Disease Control and Prevention (CDC) reports that between 1997 and 2001 secondhand smoke was responsible for over 3,000 lung cancer deaths each year and over 35,000 heart attack deaths each year.

The owner or manager of a business must inform employees and customers that smoking indoors is against the law. Violation of the law may result in fines or the loss of a license.

For more information on The Clean Indoor Air Act or to make a complaint, call 1-800-235-0002 or log onto www.arcleanair.com.

Source: www.arcleanair.com



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CONNECT CARE NEWS is printed for Medicaid/ARKids First customers. Any inquiries should be addressed to:

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When you call ConnectCare, please remember we **must** speak to the recipient, parent or guardian.

Please have your Medicaid ID number handy.

Internet Instructions: Log on to www.seeyourdoc.org to find a ConnectCare doctor.

Hours of Operation:
24 hours/day
from 11 p.m. Sunday
until Friday midnight.

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Get Your Copy of the Healthy Arkansas Guide Book

The *Healthy Arkansas Better State of Health Guide Book* is packed full of healthy tips and information to help improve your life. With information on eating right, exercising and quitting smoking, there is something for everyone. Also included is a resource guide highlighting great resources in each Arkansas county to help you get healthy. What are you waiting for? Order your book today!

For more information or to order your guidebook, call 1-800-235-0002, or go online at www.arkansas.gov/ha.

