



# HEALTH CHECK

## WHO NEEDS A WELL CHILD CHECK-UP?



If your child is enrolled in an Equality-Care program, he or she can get FREE Well Child Health Checks! Health Check Exams help keep your children healthy. Many health problems begin before your children look or feel sick. Regular Health Check exams can find problems and treat them before they get worse.



Regular Health Check exams can find problems and treat them

Office of healthcare financing

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### Special points of interest:

- ☺ Well Child Check-Ups
- ☺ Services included in a Well Child Health Check.
- ☺ Summer Safety
- ☺ Important telephone numbers

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## WHAT IS INCLUDED IN A WELL CHILD HEALTH CHECK?

- ✓ A Head to Toe physical Exam
- ✓ Immunizations (Shots)
- ✓ Tests for anemia & Lead
- ✓ Height, Weight and Development check
- ✓ Nutrition check (eating habits)
- ✓ Vision, Dental and/or Hearing screening
- ✓ Health Information (Potty Training, Biting, Fighting, Walking, Talking)

# SUMMER SAFETY TIPS

Summer means warm sunny days which leads to many outdoor activities like bicycling, swimming, camping, and playground fun! Summer sun can also mean danger to you and your children if over exposed. To help keep your children and yourself safe in the summer sun:



Have fun, but stay cool!!

- \* Limit time in the sun during peak sun intensity hours. Peak sun intensity hours occur between 11 AM-4PM.
- \* Dress your children in loose fitting clothing, hats, and sunglasses.
- \* Use sunscreen any time you or your children are spending time in the outdoors (sunscreen should have an SPF of 15 or higher)
- \* Make sure that everyone drinks plenty of water. Carry water and/or juice with you when planning activities away from home.
- \* Take regular breaks when engaged in physical activity on warm days.

## Bicycle Safety

Bike riding can be a fun activity for the whole family but if safety precautions are not taken, it can be dangerous. According to an article on [www.mcgruff.org/Grownups/rulesRoad](http://www.mcgruff.org/Grownups/rulesRoad), in 2002, almost 300,000 children were treated in hospital emergency rooms after bicycle accidents. Following are some safety tips to help prevent accidents:

- ◆ Always wear a helmet and make sure it's fastened.
- ◆ Wear bright clothing.
- ◆ Ride in safe places.
- ◆ Obey the rules of the road.
- ◆ Look both ways before crossing an intersection.
- ◆ Whenever possible, cross the road at crosswalks.
- ◆ Give bikes regular tune ups.
- ◆ Lock up or keep bikes in a safe place.
- ◆ Ride with a friend.



## Water Safety

As the summer sun heats up, everyone is looking for ways to keep cool. A favorite among many people is to go swimming, boating, or fishing. Whatever your favorite activity may be, safety around water for children is very important. Here are a few safety tips that may help:

- ◇ Supervision. Watch your children around any water environment (pool, stream, lake, or tub), no matter what skills your child has acquired or how shallow the water.
- ◇ Life jackets. Do not rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. A life jacket should always be used when you take your child out on a boat.
- ◇ Swimming lessons. Enroll your children in a water safety course or swimming classes.
- ◇ Learn CPR. Parents should take a CPR course. Knowing these skills can be important around the water or in any other activity year round.



## Playground Safety

Children enjoy playgrounds in parks, schools, and backyards all year. Here are some helpful playground safety tips to keep the kids in your life safe:

- ⇒ Supervision. Adult presence is needed to watch for potential hazards. Strings on clothing or ropes used for play can cause accidental strangulation if caught on equipment.
- ⇒ Age appropriate equipment. Preschoolers, ages 2-5, and children ages 5-12, are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.
- ⇒ Safe playground surfaces. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand, and synthetic materials such as poured-in-place, rubber mats, or tiles.
- ⇒ Safe Equipment. Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order, S-hooks are entirely closed, and bolts are not protruding.



## WHERE SHOULD I TAKE MY CHILDREN FOR CHECKUPS?

Your doctor, a clinic, health center, local health department or public health agency can provide Well Child Health Checks. It is best to establish a "medical home", a place where the providers know your child's history. Find a provider in your area to provide this medical home.



For Dental exams, make an appointment with a dentist in your area.

## MAKING AN APPOINTMENT...

- > You may make an appointment directly with your doctor or dentist.
- > It is important for you to keep your appointment. Your doctor and dentist reserve time especially for you. If you cannot keep your appointment, call and tell them as soon as possible.
- > When you go for your appointment, take your child's EqualityCare card and your child's immunization record

## WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs

### Babies need checkups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

### Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

### Young children need checkups at:

- ✓ 3 years
- ✓ 4 years
- ✓ 5 years
- ✓ 6 years



### Older children and Teenagers need:

- ✓ A checkup every year

## WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941, or 1-800-438-5795.
- To apply for assistance in purchasing nutritional food items (I.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



### For children enrolled in Kid Care CHIP:

- If you have any questions on your Kid Care CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

\* Kid Care CHIP is not an EqualityCare Program



# YOUR HEALTH CHECK NEWSLETTER

Prsrt Std  
US Postage  
**PAID**  
Permit No. 7  
Cheyenne, WY

OFFICE OF HEALTHCARE FINANCING

6101 Yellowstone Rd., Ste. 210  
Cheyenne, WY 82002

Email: [wdh@state.wy.us](mailto:wdh@state.wy.us)

We envision a Wyoming in which all citizens are able to achieve their maximum health potential; a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems; a Wyoming in which all citizens have regular access to basic health care; a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services; a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

## Mission

The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.



Our mission is to promote, protect and enhance the health of all Wyoming citizens.

Wyoming  
Department of Health  
Office of Medicaid

