



HEALTH CHECK

WHO NEEDS A WELL CHILD CHECK-UP?

If your child is enrolled in an EqualityCare 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 before they get worse.

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)

Office of health care financing

Volume 3, Issue 2

December, 2006

Special points of interest:

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

Inside this issue:

What Parents Should Know...	2
Where should I take my children for check-ups?	3
Making an appointment	3
When should my child have a health check?	3
Who Should I Call?	3
Dept. of Health	3

WHAT PARENTS SHOULD KNOW...

As your child grows, you'll often ask yourself "is my child OK"? EqualityCare wants you to know the importance of developmental screenings and why you should seek this type of screening for your child.

A developmental screening is a tool which can be used to check your child's progress as he grows through a simple series of questions. All babies are born with different strengths and abilities. As a parent, you are the expert on your baby and know how to meet your baby's needs better than anyone else. Health and early experiences are important to your baby's development, as well as family, community, and cultural traditions.



The developmental screening tool may also be used to check your child's progress as she grows from infancy to middle child years to teen years. The series of questions will change as your child becomes older and will reflect the needs of your child and family at whatever stage your child is in. Below are some sample topics that may be discussed at your child's Health Check appointment:

Infancy Checklist:

- ◇ Temperament
- ◇ Feeding
- ◇ Sleep patterns
- ◇ Family Support
- ◇ Child Care
- ◇ Play Time

Middle Childhood Checklist:

- ◇ Self Esteem & Self Image
- ◇ Family & Friends
- ◇ School
- ◇ High Risk Behaviors
- ◇ Eating Disorders
- ◇ Obesity

Early Childhood Checklist:

- ◇ Sleep patterns
- ◇ Toilet Training
- ◇ Emotions
- ◇ Parent-child relationship
- ◇ Playmates
- ◇ School Readiness

Adolescence Checklist:

- ◇ Self Esteem & Mood (depression)
- ◇ Body Image & Sexuality
- ◇ Independence & Responsibility
- ◇ Peer Relationships
- ◇ School
- ◇ High Risk Behaviors



**Your child's health is important to EqualityCare.
Take advantage of your child's Health Check
benefit through EqualityCare.**

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 HEALTH CARE FINANCING

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

Email: 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

