



# HEALTH CHECK

Wyoming Office  
of Medicaid

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## 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.



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### Special points of interest:

- ☺ Well Child Check-Ups
- ☺ Services included in a Well Child Health Check
- ☺ Overweight Children and Teenagers
- ☺ Important telephone numbers

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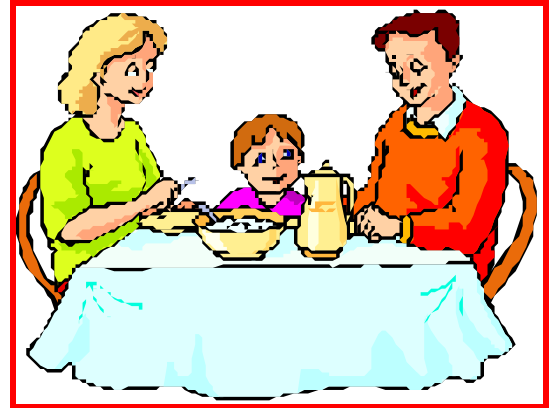
## WHAT IS INCLUDED IN A WELL CHILD HEALTH CHECK?

- ✓ A complete 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)

## OVERWEIGHT CHILDREN AND TEENAGERS

Fifteen percent of children and teenagers in the United States are overweight. This number has tripled since 1970 and as a result we are now seeing more medical problems in our youth such as asthma, high blood pressure and diabetes. Fifty percent of children and teenagers that are very overweight will become obese adults. All parents should take steps to prevent their children from becoming overweight.

- Your whole family should eat healthy foods and exercise routinely.
- A good goal for overweight younger children is to stay at the same weight and as they get taller they will "grow into" their weight.
- Your child's diet always needs to be safe and nutritious.
- Do not use food as a reward and do not restrict food as a punishment.
- If your child is overweight contact your medical provider for advice.



### PHYSICAL ACTIVITY

- ⇒ Children should have at least 60 minutes of moderate physical activity each day.
- ⇒ Plan family activities that involve physical exercise such as bicycling, walking/hiking, swimming, skating and other fun activities.
- ⇒ Children should not watch TV or play video games for more than 2 hours a day total.

### HEALTHY EATING

- ◆ Eat meals together as a family as often as possible.
- ◆ Guide your children's food choices by eating healthy yourself.
- ◆ Encourage your child to eat when hungry and to eat slowly.
- ◆ Cut down the amount of fat and calories in your whole families diet.
- ◆ Plan ahead of time for healthy snacks such as low fat milk, fruits, and vegetables.
- ◆ Avoid eating meals while watching TV.



## 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 doctors/providers know your child's history. You should find a doctor 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

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Wyoming  
Department of Health  
Office of Medicaid

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

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.

### **Mission**

**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.**