

Denali KidCare/Medicaid HealthCheck News

Checkups are for Teens and Young Adults Too!

Denali KidCare/Medicaid pays for teens and young adults to receive checkups. It is important for your them to see a health care provider when they are sick, but it is just as important for them to go when they are feeling fine. Regular checkups help to detect any problems early and keeps them up-to-date on their immunizations. Regular checkups will also ensure your he or she has a healthcare provider who knows them well.

What happens during an adolescent checkup?

- You can ask any questions you may have
- Head to toe exam
- Receive important immunizations
- Discuss nutrition and exercise
- Assess their behaviors and emotions
- Vision and hearing screening
- Dental screening
- Referrals to a specialist if needed
- Learn what to expect as they grow into adults

When should your teen or adolescent have a well-child checkup? The American Academy of Pediatrics recommends children receive a well-child checkup every year from 10 to 21 years old. For more information on well-child checkups and services available to you please visit the Stat of Alaska Early Periodic Screening and Treatment website at http://dhss.alaska.gov/dhcs/Pages/epsdt_hcs.aspx



Why Physical Activity is Important?

Physically active children tend to be physically active adults and a lifetime of physical activity can lead to better health. Parents can help their children be more physically active by making physical activity an important part of family life. Limit TV and computer time and make it a priority to spend time with your child outside. For more information on fun activities for your family visit <http://dhss.alaska.gov/dph/PlayEveryDay/Pages/60-Minutes-a-Day.aspx>.

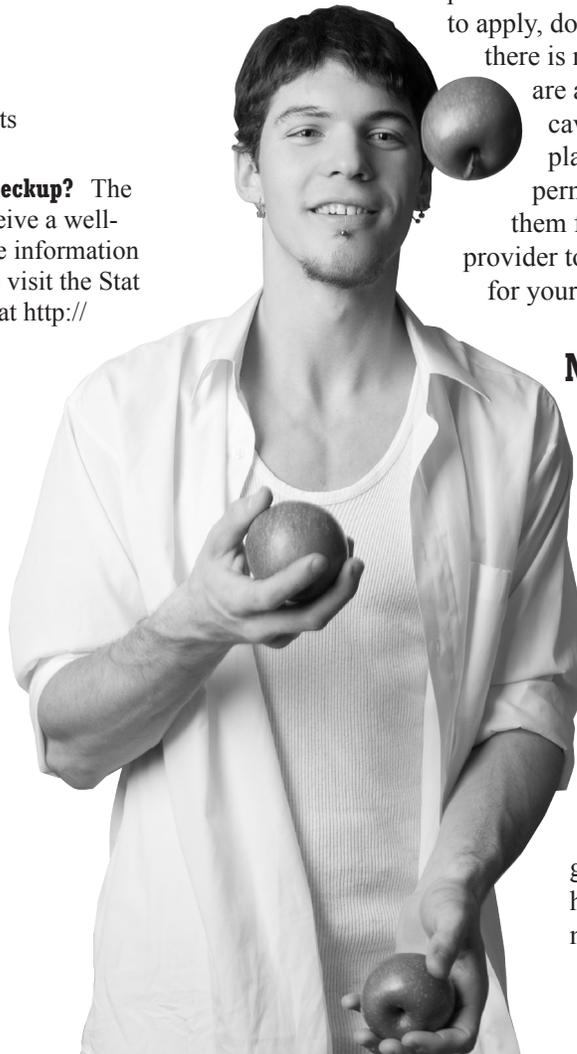
Smiles for Life

Tooth decay is one of the most common preventable diseases seen in today. Cavities in teeth can cause pain and prevent children from being able to eat, speak, sleep and learn properly. Denali KidCare/Medicaid recommends that all children receive fluoride varnish to prevent new cavities and help stop cavities that may have already started.

Fluoride varnish is a protective medication that is painted on teeth to prevent cavities. It is quick and easy to apply, does not have a bad taste and there is no pain. Dental Sealants are another tool used to prevent cavities. The sealants are placed in the grooves of permanent teeth to help protect them from cavities. Speak to your provider to see if the services are right for your child.

New Alaska Medicaid Member Page!

Alaska Medicaid is pleased to announce the new Alaska Medicaid Member page. To access this page, click the Member tab on the Enterprise home page at <https://medicaidalaska.com>. Find resources such as eligibility guidelines, the recipient handbook, travel tips and more!



Concussions and Your Teen

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth literally causing the brain to bounce around or twist within the skull. Concussions can result from a fall or from athletes colliding with each other or other obstacle. Signs of a concussion include headache, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light, sensitivity to noise, feeling sluggish, hazy, foggy, or groggy, concentration or memory problems, confusion, or just not “feeling right”. If you suspect your child may have a concussion, contact your health care provider immediately. Healthcare professionals have a number of methods in assessing the severity of concussions. For more information about concussions go to:

<http://www.cdc.gov/headsup/youthsports/parents.html>

Eye Care Coverage

Denali KidCare/Medicaid covers eye exams and eye glasses.

Important things to know about your coverage:

- One company makes all of the eyeglasses that Denali KidCare/Medicaid buys. The same eye doctor that gives you a prescription can order your glasses
- Denali KidCare/Medicaid covers only certain frames. Popular styles are available for boys and girls of all ages. Scratch-resistant coating on plastic lenses is included for anyone under the age of 21
- If you want different frames or a feature that is not covered, you will need to pay the entire cost of the glasses yourself. The amount that Denali KidCare would have paid can't be applied to the cost of other glasses
- Denali KidCare/Medicaid does not usually pay for contact lenses
- Denali KidCare/Medicaid does not pay for progressive lenses
- If your child has special vision care needs or breaks a pair of glasses, your eye doctor will work with Denali KidCare/Medicaid to get more services approved

Useful Contacts:

Recipient Helpline Information about Denali KidCare/Medicaid billing, help in finding a provider and coverage questions	800-780-9972	RecipientHelp@xerox.com
Denali KidCare Program Applications & enrollment questions	Contact your local DPA office	A list of DPA locations near you can be found at: http://dhss.alaska.gov/dpa/Pages/features/org/dpado.aspx
Well-Child Travel Program Local transportation assistance	269-4575 888-276-0606	Hcs.wellchildtrans@alaska.gov
Immunization Hotline	269-8088	888-430-4321

Orthodontia Services are Available under Denali KidCare/Alaska Medicaid

Denali KidCare/Alaska Medicaid will cover orthodontia services for children and teens under 21 years of age. Putting braces on children's teeth is called orthodontia and Medicaid requires these services to be performed by an orthodontist who is enrolled in the State's Medicaid program. Younger children may be eligible for specialized services called Limited or Transitional Orthodontia. These services may include braces to:

- Redirect poorly emerging teeth
- Correct an improper bite
- Create space for adult teeth

Generally, teens and young adults may be eligible for specialized services called Comprehensive Orthodontia. These services may include braces and/or other treatment to:

- Improve a severe problem with adult teeth
- Correct a complex medical condition

Orthodontia will not be approved solely for cosmetic or esthetic reasons. Contact your orthodontist to see if this service is right for your child. You may contact the Recipient Helpline for more information at 800-780-9972 or RecipientHelp@xerox.com

Immunizations Save Lives!

Protect your child at all ages. Diseases like measles, polio, and whooping cough (pertussis) still exist. Ask your health care provider at every checkup to make sure that all immunizations are up-to-date. Go to <http://dhss.alaska.gov/dph/Epi/iz/Pages/parents.aspx> to view the Immunization Schedule for your child. For more information call the Alaska Immunization Helpline at 269-8088 or toll free 888-430-4321.

Local Transportation Assistance

Denali KidCare/Medicaid offers bus passes, mileage reimbursement or taxi rides to and from medical or dental appointments. This assistance is available to children under 21 or pregnant women who are currently eligible for Denali KidCare/Medicaid. Remember, Denali KidCare/Medicaid will approve the least expensive method of travel available in your community. For travel within the Anchorage area contact the Well Child Transportation program by phone at 269-4575, toll free at 888-276-0606, or by e-mail at hcs.wellchildtrans@alaska.gov. For travel outside the Anchorage area contact your local Public Health Center. A minimum of one business day advance notice is required to facilitate transportation requests. Business hours are Monday through Friday, 8am to 4:00pm.