



Denali KidCare/Medicaid HealthCheck News

Well-Child Checkups

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

What happens during a well-child checkup?

- You can ask any questions you may have
- Head to toe exam
- A Developmental Screening to detect whether your child is learning and growing appropriately
- Receive important childhood immunizations
- Discuss nutrition and exercise
- Assess your child's behaviors and emotions
- Vision and hearing screening
- Dental screening
- Referrals to a specialist if needed
- Learn what to expect as your child grows

When should your child have a well-child checkup?

The American Academy of Pediatrics recommends children receive a well-child checkup every year from 3 to 9 years old. For more information on well-child checkups and services available to you please visit the State of Alaska Early Periodic Screening and Treatment website at

http://dhss.alaska.gov/dhcs/Pages/epsdt_hcs.aspx



Physical activity can improve health and learning

Children should get at least 60 minutes of physical activity every day for the best health. Daily physical activity helps children grow up at a healthy weight.

Active kids learn better. When kids are physically active, they can focus more, react to stress more calmly, and perform and behave better in class. Parents can help their children be more physically active by making activity an important part of the family's daily lifestyle. Limit TV and computer time that's not related to school work, and make it a priority to spend time being active with your children.

For more information on fun activities for your family, visit Play Every Day at

playeveryday.alaska.gov



Smiles for Life

Tooth decay is one of the most common preventable diseases seen in children 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 works very well for young children because it is quick and easy to apply, does not have a bad taste, and it is not painful. 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 dentist, health aid, or other health care provider to see if these services are right for your child.

Another way to prevent cavities is to serve your children water or low-fat milk instead of sugary drinks. Drinks with added sugar — like powdered mixes, sweetened fruit drinks, sports and energy drinks, vitamin-enhanced drinks, and soda — can lead to tooth decay, type 2 diabetes, and unhealthy weight gain. Even one bottle of soda or one glass of a powdered mix has more added sugar than children should have in one day, based on the new Dietary Guidelines for Americans recommendation.

Visit playeveryday.alaska.gov to find tips for choosing healthy drinks for your family.

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 "Travel Tips for Alaska Medicaid Members" or "Travel Tips for Alaska Medicaid Member Escorts" and more!

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

Family Nutrition

WIC, the Women, Infants and Children program is a nutrition program that helps pregnant women, new mothers and young children eat well, learn about good nutrition and stay healthy.

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 years of age, you can apply for your child.

You can participate in WIC if you:

- Live in Alaska
- Have a nutritional need (WIC can help determine this)
Are a pregnant or breast feeding woman
- You are postpartum or have a six month old baby
- Have a child under 5
- Have a family income meeting WIC income eligibility guidelines

For more information contact your local WIC office. To locate a WIC office near you visit this website: <http://dhss.alaska.gov/dpa/Pages/nutri/wic/participants/>

Useful Contacts:

Recipient Helpline Information about Denali KidCare/Medicaid billing, help in finding a provider and coverage questions	800-780-9972	RecipientHelp@Conduent.com
Denali KidCare Program Applications & enrollment questions	269-6529 800-478-4372	DPAcoastal.office@alaska.gov
Well-Child Travel Program Local transportation assistance	269-4575 888-276-0606	Hcs.wellchildtrans@alaska.gov
Immunization Hotline	269-8088 888-430-4321	

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Immunizations Save Lives

Protect your child at all ages. Diseases like measles, polio, and whooping cough (pertussis) still exist. Immunizations protect children and adults from these and other serious but preventable diseases. 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/schedule/birth18.aspx> to view the Immunization Schedule for your child. Visit www.vaccinateyourbaby.org/schedule/ for fun tools and resources about immunizations. 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. You can find information about your local Public Health Center at <http://dhss.alaska.gov/dph/Nursing/Pages/locations.aspx>. A minimum of one business day advance notice is required to facilitate transportation requests. Business hours are Monday through Friday, 8am to 4:00pm.