

# WHOLE you



## 2022 EPSDT Special Edition Newsletter

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## *Your Healthy Source for Living Well*



Welcome to the 2022 Early Periodic Screening Diagnostic and Treatment (EPSDT) Newsletter. This newsletter is for parents of EPSDT age children and for young adults up to 21 years of age.

### **At Arizona Complete Health-Complete Care**

**Plan**, we understand how important your health care is to you and your family. We hope that you find the information included in this newsletter to be helpful. It can assist you in helping to know your benefits and resources available to you.

We want to thank you for being a member of **Arizona Complete Health-Complete Care Plan**.

Covered services are funded under contract with AHCCCS.

# Community Resources for Families

There are many resources and programs that may be available to help you. These community resources can connect you to a wide range of social services that help you live a better, healthier life.

## **Women, Infants and Children (WIC) (800) 252-5942**

This program is a no cost nutrition and breastfeeding program. They serve pregnant, breastfeeding women, infants and children under 5. To find out more about your eligibility for WIC or to apply, visit <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

## **Arizona Early Intervention Program (AZEIP) (888) 592-0140**

This program helps families and children birth to 3 years old with disabilities or developmental delays. If you need to refer a child to the program, you can submit a referral online or contact them at (888) 592-0140. For more information, visit <https://des.az.gov/azeip>

## **Children's Rehabilitation Services (CRS) (602) 417-4000 or (800) 654-8713**

This program is for children and young adults up to 21 years old. It helps with medical treatments and support services. If you need help with filling out an application, you can call (602) 417-4545 or (855) 333-7828. For more information, visit [www.azahcccs.gov/Members/GetCovered/Categories/CRS](http://www.azahcccs.gov/Members/GetCovered/Categories/CRS)

## **Mentally Ill Kids in Distress (MIKID)**

This program offers mental health services to youth. It also offers support services for their families. For more information about programs and services visit <https://www.mikid.org/>

## **Strong Families Arizona**

This program provides no cost programs to pregnant and new parents. It offers free home visit programs to help with raising healthy and strong children. You can find out more about their programs by visiting <https://strongfamiliesaz.com/programs/>

## **Head Start (602) 338-0449**

This program is for children up to 5 years old and pregnant women from low-income families. It helps prepare kids for school. It covers areas such as health, education, and social needs. You can learn more at [www.azheadstart.org](http://www.azheadstart.org)

## **Birth to Five Helpline (877) 705-5437**

AZEIP provides eligible children and their family's access to services to enhance the capacity of families and caregivers to support the child's development. AZEIP services aim to help improve children's growth and development To learn more, call (602) 532-9960 or visit <http://swhd.org/>

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# Community Resources for Families *continued*

## Raising Special Kids (800) 237-3007

The program gives support, training, and information to families of children birth to 26 who have special health care needs. You can learn more at

<http://www.raisingpecialkids.org/>

## Vaccines for Children Program

This is a program that helps with vaccines at no cost for children and families. To find out more about vaccines and where to locate a clinic visit <https://whyimmunize.org/where-to-go-for-your-shots/>

## Family Resource Centers

This program help families with children ages 0 to 5 years old. They have programs to help with reading, language and nutrition. They also help with other community resources. To find the Family Resource Center near to you, visit <http://familyresourceaz.org/>

## First Things First

This program partners with families and communities to support healthy development and learning for children from birth to age 5. To learn more visit [www.firstthingsfirst.org](http://www.firstthingsfirst.org)

## Find more Community Resources near you at

<https://www.azcompletehealth.com/members/medicaid/resources/community-resources.html>

You can call Member Services if you have any questions about community resources

### Arizona Complete Health-Complete Care Plan Contact Information

Member Services 1-888-788-4408 (TTY/TDD 711)

Nurse Advice Line 1-800-893-5597 (TTY/TDD 711)

Website: [azcompletehealth.com/completecare](http://azcompletehealth.com/completecare)



## Confidential Crisis Services

Crisis hotlines offer help all year round. Crisis lines are available 24 hours a day, 7 days a week, 365 days a year. Crisis lines are available to anyone. Insurance coverage does not matter.

The single statewide crisis line number is: **1-844-534-4673** or **1-844-534-HOPE**.

# Importance of Care Before and After Birth

If you are pregnant, it is important we know. Please call **Arizona Complete Health-Complete Care Plan** at **1-888-788-4408 (TTY/TDD 711)** and tell us. We offer important programs like the Start Smart for Your Baby Program to help you through this time. There is no added cost, copayment or other charge for covered women's preventive care services. We can also help you with a ride to your doctor.

**Regular prenatal care** helps decrease pregnancy risks and helps the chance of a healthy baby. Regular visits help your doctor watch your pregnancy and help find problems before they become serious.

## Some healthy habits during your pregnancy:

- Quit smoking, drinking alcohol and taking drugs. If you need help quitting, talk to your doctor.
- Take prenatal vitamins.
- Talk to your doctor about your medical conditions and all the medicines you take.
- Avoid all contact with harmful chemicals at home or work.
- Do not touch or handle dirty cat litter.
- Strive for a healthy weight.
- Adopt a healthy diet.
- Get mentally healthy.
- Schedule regular appointments with your doctor:
  - » You should see your doctor every month in the first six months
  - » You should see your doctor every two weeks in months seven and eight
  - » You should see your doctor every week during your ninth month



**If your pregnancy is considered risky, your doctor may want to see you more often. You may also need to see a special doctor.**

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# Importance of Care Before and After Birth *continued*

**Your care after birth** is important too. Your body goes through many changes. Postpartum care includes good rest and nutrition. This period lasts about six to eight weeks. It is very important to visit with your doctor after giving birth. You should complete a postpartum visit no later than 12 weeks after giving birth. You can talk to your doctor about these things.

You might have many different feelings after having your baby. Feelings include happiness, fear, and anxiety. Many new moms experience the baby blues. You may have different feelings like sadness and mood swings. You may notice these feelings within the first few days after birth. These feelings may last for two weeks.

Some new moms experience a different form of depression. This is known as postpartum depression.

Signs of postpartum depression include severe feelings of sadness and trouble completing daily tasks. Other serious conditions may develop including life threatening thoughts or behaviors.

People with depression may not know that they're depressed. If you're feeling differently after giving birth, it is important to talk to someone about how you are feeling. If you experience any symptoms call your doctor. If you have thoughts or feelings about harming yourself or your baby, you should get help immediately. If you think that a friend or loved one has postpartum depression, help them get medical assistance. If you think that a friend or loved one are having thoughts about harming themselves or their baby, help them get help immediately.

The Maternal and Child Health Team through **Arizona Complete Health-Complete Care Plan** can also help you. You can reach them by calling **1-888-788-4408 (TTY/TDD 711)**.



**Sources:** *The Centers for Disease Control and Prevention; U.S. Department of Health and Human Services – Office on Women’s Health*

# Early Periodic Screening Diagnostic & Treatment (EPSDT)

## **What is the Arizona Health Care Cost Containment System (AHCCCS) EPSDT Program?**

**Early** – Finding problems early

**Periodic** – Checking members' health at regular well visits  
screening – Offering physical, mental, dental, hearing,  
vision, and other well checks

**Diagnostic** – Run tests when a problem is found

**Treatment** – Treat, fix, or reduce health problems

**EPSDT** is a wellness program for members up to the age  
of 21. The EPSDT Visit is the same as a Well Child Visit.

The program helps children receive services they need. It  
includes preventive, dental, mental health, developmental,  
and specialty services at no cost to you.



### **EPSDT\* Wellness Program Covers:**

- Wellness visits
- Inpatient and outpatient hospital services
- Laboratory and x-ray services
- Physician services including naturopathic
- Services, and nurse practitioner services
- Medications
- Dental services
- Therapy services
- Behavioral health services
- Medical equipment
- Medical appliances and medical supplies
- Orthotics
- Prosthetic devices
- Eyeglasses
- Transportation
- Family planning services and supplies
- Well woman preventive care services
- Maternity care services

*\*EPSDT also includes diagnostic, screening, preventive, and rehabilitative services.*

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## Well Child Visits

Each child and family are unique. It is important to attend EPSDT visits as recommended in the table located in this article. Well child visits are recommended once per year with more frequent visits prior to 3 years. Make sure to talk with your primary care provider about a schedule for well child visits.

- Health and growth history
- Unclothed physical exam
- Review diet and nutrition
- Development assessment
- Behavioral health screening and services
- Dental screening
- Vision testing
- Hearing and speech
- Evaluate for vaccines as appropriate for age and health history
- Laboratory testing
- Tobacco/substance use, and/or dependency
- Referral for additional services if needed for further and treatment services

## Well Child Visit Schedule Checklist

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>■ Newborn</li> <li>■ 3 to 5 days</li> <li>■ 1 month</li> <li>■ 2 months</li> <li>■ 4 months</li> <li>■ 6 months</li> <li>■ <b>9 months</b> - includes a General Developmental Screening</li> </ul> | <ul style="list-style-type: none"> <li>■ <b>12 months</b> - includes a Blood Lead Screening</li> <li>■ 15 months</li> <li>■ <b>18 months</b> - includes a General Developmental Screening &amp; Autism Spectrum Disorder Screening</li> <li>■ <b>24 months</b> - includes a General Developmental Screening, Autism Spectrum Disorder Screening, and a Blood Lead Screening</li> <li>■ <b>30 months</b> - includes a Developmental Screening</li> </ul> |
|---|---|

For children ages 3 up to 21 years, well visits are recommended once per year. These can be scheduled near you or your child's birthday.

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## Dental Visits

are recommended twice per year.

Dental visits include:

- Examination of the mouth
- X-Rays
- Check for cavities
- Evaluate the need for extra fluoride (Fluoride helps prevent cavities)
- Check oral hygiene (go over brushing and flossing if needed)
- Evaluate diet and nutrition
- Counseling for non-nutritive habits
- Counseling for injury prevention
- Substance use counseling
- Counseling for piercings in and/or around the mouth
- Evaluate for dental sealants (sealants are a protective coating applied to the tooth)
- Cleaning and apply fluoride to teeth

## Dental Visit Schedule

- First dental visit by 12 Months
- Every 6 months after first visit up to 21 years



## VISION Health

Going to the doctor, going to the dentist—all part of taking care of your child's health. But going to the eye doctor? Also important! Eye exams at every age and life stage can help keep your child's vision strong. Did you know that the EPSDT vision coverage also includes yearly eye exams and glasses? It does! It also covers repair or replacement of broken or lost glasses. And if the child's prescription has changed, they are eligible for replacement glasses too.

When should your child's vision be checked? Your child should be checked for vision problems during their well child visit. Their doctor may recommend and refer your child to get additional testing by an ophthalmologist or optometrist.

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Having your child's vision checked is especially important if someone in your family has had vision problems. What are some signs of vision loss? A child with vision loss might:

- close or cover one eye
- squint the eyes or frown
- complain that things are blurry or hard to see
- have trouble reading or doing other close-up work, or hold objects close to eyes in order to see
- blink more than usual or seem cranky when doing close-up work (such as looking at books)

For more information on the recommended vision screening periodicity schedule, visit: [AAP Periodicity Schedule](#)

*Source: American Academy of Pediatrics, Centers for Disease Control and Prevention*

## Signs of Depression

Depression can happen at any age. Everyone feels sad sometimes. But it usually fades after a few days. Depression is more serious. But almost everyone who has it can get better.

**Who is at risk?** Anyone can get depression. It is a common illness. You or your child may be depressed if there are 5 or more of these signs for 2 weeks or more:

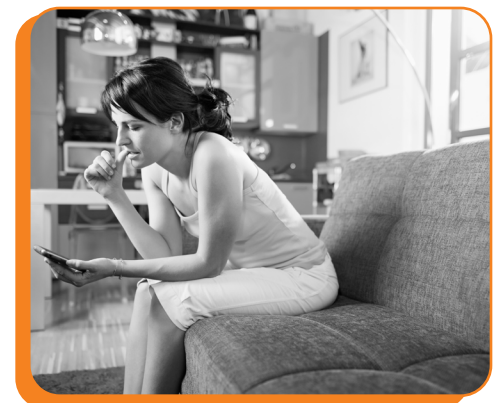
- Feeling hopeless
- Lost interest in things you used to enjoy
- Sleeping too much or too little
- Eating too much or too little
- Feeling tired or helpless
- Thoughts of death or suicide
- Trouble with your memory

If you think you or your child might have depression, tell you or your child's doctor.

Medicines and counseling can help. Help for depression or other behavioral health problems are available through **Arizona Complete Health-Complete Care Plan**.

Call Member Services at **1-888-788-4408 (TTY/TDD 711)**.

*Source: [www.cdc.gov/childrensmentalhealth/depression](http://www.cdc.gov/childrensmentalhealth/depression)*



# Know Where to Go for Care

You want to take good care of yourself and your family. Part of this is knowing where to go for care when one of you is hurt or sick. Read on to learn more about where to go for treatment for different issues. This way, you can get the right care at the right place and the right time.

## Primary Care Provider (PCP)

A PCP is a person's main doctor. This provider is for non-emergency care. See a PCP when you or your child need a vaccine, a yearly checkup or help with colds or the flu.

They can also help with health issues like asthma or diabetes. When making an appointment, you should expect to see your PCP within 21 days for routine care and 2 business days for urgent appointments.

To find a PCP, the [Find a Provider](#) tool lets you search through our directory of in network PCPs, physicians, hospitals, drug stores and other health-care providers that are here to help you or your child achieve health care goals.

## 24/7 Nurse Advice Line

Medical experts can answer health questions about you or your child and help set up doctor visits. Use this option if you need help caring for a sick child or to know if you should see your PCP. **1-866-534-5963 (TTY/TDD 711).**

## 24/7 Telehealth Services

Get expert care by phone or video. Use anytime and anywhere. For less severe health issues such as sinus problems, colds, skin problems or the flu, check with you or your child's PCP on available telehealth services.

## In-Network Urgent Care Center

If your PCP's office is closed, you or your child can visit an urgent care center to get care for a health issue that is noncritical. This includes flu symptoms with vomiting, ear infections, high fevers, and sprains.

## Emergency Room (ER)

Consider all of the options when choosing where to go for medical care. Many are surprised to learn that this is often not the ER. This care option is for issues that are life threatening. This includes:

- Severe headache or vomiting, especial following a head injury
- Bleeding that does not stop
- Inability to stand up or unsteady walking
- Unconsciousness
- Abnormal or difficult breathing
- Skin or lips that look blue or purple or gray
- Feeding or eating difficulties
- Suicidal or homicidal feelings
- Increasing or severe, persistent pain
- Gun or knife wounds
- Chest pains or heart attack symptoms
- Fever accompanied by change in behavior (especially with a severe, sudden headache accompanied by mental changes, neck/back stiffness)
- Any significant change from normal behavior:
  - » Confusion or delirium
  - » Decreasing responsiveness or alertness
  - » Excessive sleepiness
  - » Irritability
  - » Seizure
  - » Strange or withdrawn behavior
  - » Lethargy

The PCP's name and phone number are on the back of you or your child's **Arizona Complete Health-Complete Care Plan** card. To find a PCP that is right for you or your child, call **1-888-788-4408 (TTY/TDD 711).**

To learn more about emergencies, visit: [www.emergencycareforyou.org](http://www.emergencycareforyou.org)

# LEAD POISONING: Things to know and What You Can Do

Children can get lead poisoning by breathing or swallowing lead. **Who is most at risk?** Children under age six years old. If you are pregnant, lead exposure can harm your baby.

## **Why is lead harmful to children?**

Even low levels of lead can hurt the brain and nervous system. Lead can cause problems that may never go away.

- Slow child's growth and development
- Damage hearing and speech
- Make it hard for kids to pay attention and learn



## **Sources of Lead**

### **HOME**

Lead in paint of homes built before 1978.

- Chipped paint
- Soil
- Toys, old furniture

### **IMPORTED GOODS**

- Glazed pottery
- Hispanic, Asian, Indian spices
- Mexican candy (tamarindo and chili)

### **HOME REMEDIES**

- Some that are red or orange powders can contain lead.
- Traditional and folk remedies
  - » (Greta, Azarcon, Pay-loo-ah)

### **BEAUTY PRODUCTS**

Products from Asia, India and Africa may contain lead.

- Sindoor, Khol, Kajal, Surma

### **JOBS**

Lead can be brought home on clothing, shoes or skin. Some jobs such as car repair, mining construction or plumbing may increase your exposure to lead.

- Ammunition
- Car Batteries
- Scrap metal or parts

### **HOBBIES**

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints

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# LEAD POISONING: Things to know and What You Can Do *continued*

## ***Protect your baby and your children from lead by:***

- ▶ Keeping away from chipped paint
- ▶ Washing hands and toys often
- ▶ Keep shoes outside
- ▶ Mop & wet wipe
- ▶ Use a vacuum with a HEPA filter
- ▶ Making sure you and your children get enough iron, calcium and vitamin C



To learn more, talk to your child's doctor. They will give your child a blood lead test at 1 and 2 years old.

If you are pregnant, talk to your prenatal care doctor about lead and how to avoid it.

To see if you live in a high-risk area or to learn more, visit: the [AZDHS Website](#) for more information on Lead Poisoning.

For more information regarding lead poisoning in children,  
please view the [AZHDS Lead Poisoning Flyer](#).

*Source: Arizona Department of Health Services*

# Healthy Smiles, Healthy Life

*According to the Arizona Department of Health Services —*

*“Arizona children on average have 5 teeth affected by tooth decay (cavities)”*

- *This rate is three times higher than found in other States.*
- *1 out of every 4 teeth of Arizona’s kids have teeth with decay or a filling.*

AHCCCS eligible members ages birth up to 21 years of age have comprehensive dental benefits with no copayment or other charges for dental services. These benefits include diagnostic, preventive, and treatment.

Healthy teeth and gums help with speaking and eating. A healthy mouth is linked to better overall health. That is why it is so important to get regular dental care.



## ***How to take care of your child’s teeth:***

- 1. A dental home is assigned to each EPSDT age member when they enroll or turn 6 months old.**
  - This is a dentist office you can turn to for all your child’s dental needs. If you don’t know who your child’s dental home is or want to change to another dentist, call us at **1-888-788-4408 (TTY/TDD: 711)**.
  - Take your baby for a dental checkup as soon as they have their first tooth or by their first birthday.
- 2. Visit the dentist for preventive care twice a year.**
  - Dentists aren’t only for help when there is trouble. They also give regular cleanings and checkups that may help prevent problems.
- 3. Stop dental decay at home.**
  - Make sure you and your children brush your teeth twice a day with fluoride toothpaste.
  - Floss every day and eat healthy foods.

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# Healthy Smiles, Healthy Life *continued*

## 4. Be sure to ask the dentist about a mouth guard if your child plays sports.

- This helps protect teeth from getting damaged.

## 5. Limit sugary foods and salty snacks.

- Serve water at mealtime. Try to limit drinks like sodas, energy drinks and Gatorade
- Give your child fruits and vegetables instead of candies and cookies.

## 6. Start early with younger children.

- Wipe gums twice a day. This helps wipe away sugar and bacteria.
- Avoid putting sugary drinks in a bottle or sippy cup. Make sure you only put water in the bottle used at night.
- According to The American Academy of Pediatrics (AAP), water should not be introduced until after they turn 6 months old. After the 6-month mark, it is appropriate to give them small amounts of water as they are learning to use a cup.
- Pacifiers should never be dipped in anything sugary.

## 7. Ask you or your child's dentist about fluoride varnish.

- This can be applied to teeth to make them stronger.

### Fluoride: added Protection for Teeth!

Fluoride helps make teeth stronger and can help protect from cavities. A Primary Care Provider (PCP) or dentist can apply fluoride varnish.

PCP's may recommend a fluoride treatment during your child's well visit. Fluoride can be applied every three months between 6 months or when they have their first tooth and up to their second birthday. Dentists can also apply fluoride varnish at a preventive dental visits every six months for members 12 months up to 21 years of age. Talk to you or your child's dentist about other sources of fluoride!

### ***Need Help Getting to the Doctor or Dentist?***

Arizona Complete Health- Complete Care Plan can provide that to you at no cost.

For questions, call **Arizona Complete Health-Complete Care Plan** Member Services at **1-888-788-4408 (TTY/TDD 711)**.

*Sources: American Dental Association; Centers for Disease Control and Prevention; AZ Department of Health Services, American Academy of Pediatrics.*

# Keep You and Your Child Safe with Vaccines



Staying current on all shots is very important. Protect your health or the health of your child and the health of those around you by following these vaccination tips:

**Keep records.** Keep track of shots you and your children receive and store these records in a safe place. This can save you time and money. It can also help avoid getting extra shots. Can't find the records you need? Talk to your doctor or your child's Primary Care Provider.

**Stay current.** Even if you or your child got all the required shots as a child, some require "boosters" to remain effective. Depending on your age or child's age, and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, there are shots for things like the flu that are needed on a yearly basis. Most vaccines are given by shots. So, talk to your doctor or child's doctor about what shots to get at these ages:

- Birth
- 1 to 2 months
- 4 months
- 6 months
- 7-11 month
- 12 to 23 months
- 2 to 3 years
- 4 to 6 years
- 11 to 12 years
- 13 to 18 years
- 19 to 21 years

**Don't worry.** Shots are tested before they are deemed safe for use. Few people have side effects from them. Those who do usually have only mild and temporary ones like soreness or redness where the shot was given.

**Be aware.** Vaccines can help you or your child avoid common illnesses like the flu and whooping cough. These can have serious effects on those around you, like children and those with asthma, diabetes, or heart disease. The shots you or your child need depend on age, medical history and even job. Be sure to talk to your doctor or child's doctor to find out which ones are right for you and your family!

For more information, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines)

**Know the Facts About COVID-19 and the Vaccine.** The CDC recommends COVID-19 vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible. Talk to you doctor or pharmacist to find out more about how you can get your vaccine.

If you think you might have been exposed, contact a doctor immediately. You can have a video visit with a doctor using your phone or computer with Arizona Complete Health telehealth services at **1-888-788-4408 (TTY/TDD 711)**.

For the latest COVID-19 news, visit the CDC at the [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source: [www.cdc.gov/vaccines/index](https://www.cdc.gov/vaccines/index)

# Children and Weight: Keep them Healthy



**13.7 million Children and adolescents are affected by childhood obesity in the US.**

## **It's important to maintain a healthy weight.**

Being overweight or obese puts kids at risk for physical problems such as high blood pressure, high cholesterol, and diabetes. Being underweight can also cause physical health problems and developmental delays.

## **Tips for Maintaining a Healthy Body Weight:**

1. Buy healthy foods. Good choices include fruits, vegetables, whole grains, lean meat, poultry and fish. After age 2, use low fat milk.
2. Slow down on sugar. Too much sugar can cause health problems like obesity and type 2 diabetes.
3. Limit screen time. Set limits on how long your children spend watching TV, using the computer and playing video games. Aim for 2 hours a day or less.
4. Move more. Play with your kids every day. Make it a family activity. Children need about 60 minutes daily of physical activity.
5. Be a positive role model. Set a good example. Children learn by watching what adults do, so make sure you get plenty of exercise and make healthy food choices.
6. Help your child develop and maintain a positive body image.
7. Get enough sleep. Too little sleep is linked to weight gain and developing Type 2 Diabetes.
8. For more information about eating healthy, visit [MyPlate.gov](https://www.MyPlate.gov)

Sources: [www.cdc.gov](https://www.cdc.gov); Academy of Nutrition and Dietetics; National Institutes of Health; Center for Disease Control and Prevention



# For Parents of Teenagers: Taking care of Teens

Do you have a teenager? They will need an adolescent health check every year. Similar to well child checkups, these check teens' weight and general health. But as kids get older, they also need to be checked for more adult issues. These include:

- Tobacco, alcohol and drug use
- Sexually transmitted infections
- Depression
- HIV

You can also talk to your doctor about other things too like bullying and social media, self-injury and violence, suicide prevention, and risky sexual behavior.

To see a chart showing recommended care for children and adolescents, go to the [American Academy of Pediatrics](#) web page.

Don't forget, teens need shots too. You can learn more about vaccines online. Find information about vaccines at [www.cdc.gov/vaccines/schedules/index](http://www.cdc.gov/vaccines/schedules/index).

*Sources: American Academy of Pediatrics; The Centers for Disease Control and Prevention*

## Teens Listen

You may wonder if talking to teens is worth the effort. It may seem like your words go in one ear and right out the other. But your kids are listening. And talking to them about important issues is one of the best ways to guide them through these years leading to adulthood.

Teens face a lot of pressure. They may be dealing with risky behaviors personally and with their peers, such as:

- Social Media use and Bullying
- Self-injury and other violence
- Drug and alcohol use
- Unprotected sexual intercourse or other risky sexual behavior



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## Teens Listen *continued*

Be open to talking with to your teen about these kinds of problems. Let them know that you are there to listen to what they have to say. Together, you can come up with ideas for making good choices. As a parent, also be alert for signs your teen is having problems. You might notice:

- A sudden drop in grades
- Loss of interest in school and activities
- Unexplained bruises, cuts or other injuries
- Sleeping much more than usual
- Sudden weight loss
- Extreme moodiness or anger
- Feelings of worthlessness or hopelessness

If you think your teen needs help, talk to them. You can be involved by:



- Showing interest in your teenager's activities and friends
- Talking openly, honestly, and respectfully with your teenager
- Setting clear limits and expectations
- Knowing what's going on at school and after school
- Teaching your teenager how to safely avoid violence

For more information and talking points to guide your conversation with your teen, visit the American Academy of Pediatrics "Talking With Your Teen: Tips for Parents" guide at:

[Talking-With-Your-Teen-Tips-for-Parents](#)

**Source: American Academy of Pediatrics, National Institutes of Health**

# Breathe Easy: Five Tips to Help Control Your Asthma

**Create an Action Plan.** Be prepared if your asthma gets worse. Make a plan with your Primary Care Provider (PCP). Learn the best way to take your medicine, how to avoid triggers and when to get help. If you have an attack, look back at your plan to understand what made your symptoms worse.

**Tame Your Triggers.** These are different for everyone. They include mold, pet dander and household cleaners. Write down how shifts in weather affect you. This will help you remember which seasons irritate your asthma the most. You can then limit outdoor activities during these seasons in the future.

**Keep Moving.** Physical activity can make lungs stronger and lower the risk of an attack. It can also make your quality of life better. Do warmup exercises before going harder. If it's cold, wear a facemask to warm the air you breathe in. In extreme temperatures, choose an indoor activity instead. As with any exercise program, check with your PCP before starting.

**Manage Medications.** People react to medications differently. You may need to try a few types to find what works best for your asthma. The sooner you treat symptoms, the less severe they will be and the less medication you'll need.

**Breathe Better.** Watch for signs like wheezing or shortness of breath. These could mean you are about to have an attack. If you experience symptoms, breathing exercises can help you remain calm and in control. Talk with your PCP or look into our Asthma Care Management program to learn more.

To learn more about the **Arizona Complete Health-Complete Care Plan** Disease Management Program, call **1-800-893-5597 (TTY/TDD 711)**.



*Sources: American Academy of Allergy, Asthma & Immunology; American Lung Association*

## Take healthy steps to earn My Health Pays<sup>®</sup> rewards.

### Get rewarded for focusing on your health! Start earning today!

You can earn My Health Pays<sup>™</sup> rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests, and other ways to protect your health.

Use Your My Health Pays rewards to help pay for:

- Utilities
- Transportation
- Telecommunications
- Childcare services
- Education
- Rent

Or, you can use them to:

- Shop at Walmart for everyday items\*\*

\*\*This card may not be used to buy alcohol, tobacco, or firearms products.

## Healthy Activities Eligible For Rewards

Take healthy steps to earn My Health Pays<sup>™</sup> rewards.

**\$25** - Flu Shot (Ages 18 and up)\*\*

**\$25** - Infant and Well Child Visits (Ages 0-15 months. Child must receive at least six well child, EPSDT\* visits prior to child's 15-month birthday)

**\$25** - Child and Adolescent Well Visit (Ages 3 up to 21. Eligible for children and adolescents turning 3-21 annually when they receive their annual well EPSDT\* visit.)\*\*

**\$25** - Cervical Cancer Screening (Ages 21-64)

**\$25** - HbA1c Test (Ages 18-75)

**\$25** - Childhood Immunizations - Child must receive the required dosages by age 2 to earn \$25 for each immunization:

- Dtap (4 dosages)
- IPV (3 dosages)
- MMR
- VZV
- PCV (4 dosages)

**\$25** - Preventive Dental Visit (Ages 1-20)

\*An EPSDT visit is a comprehensive wellness visit and is not the same as a sick visit or a physical.