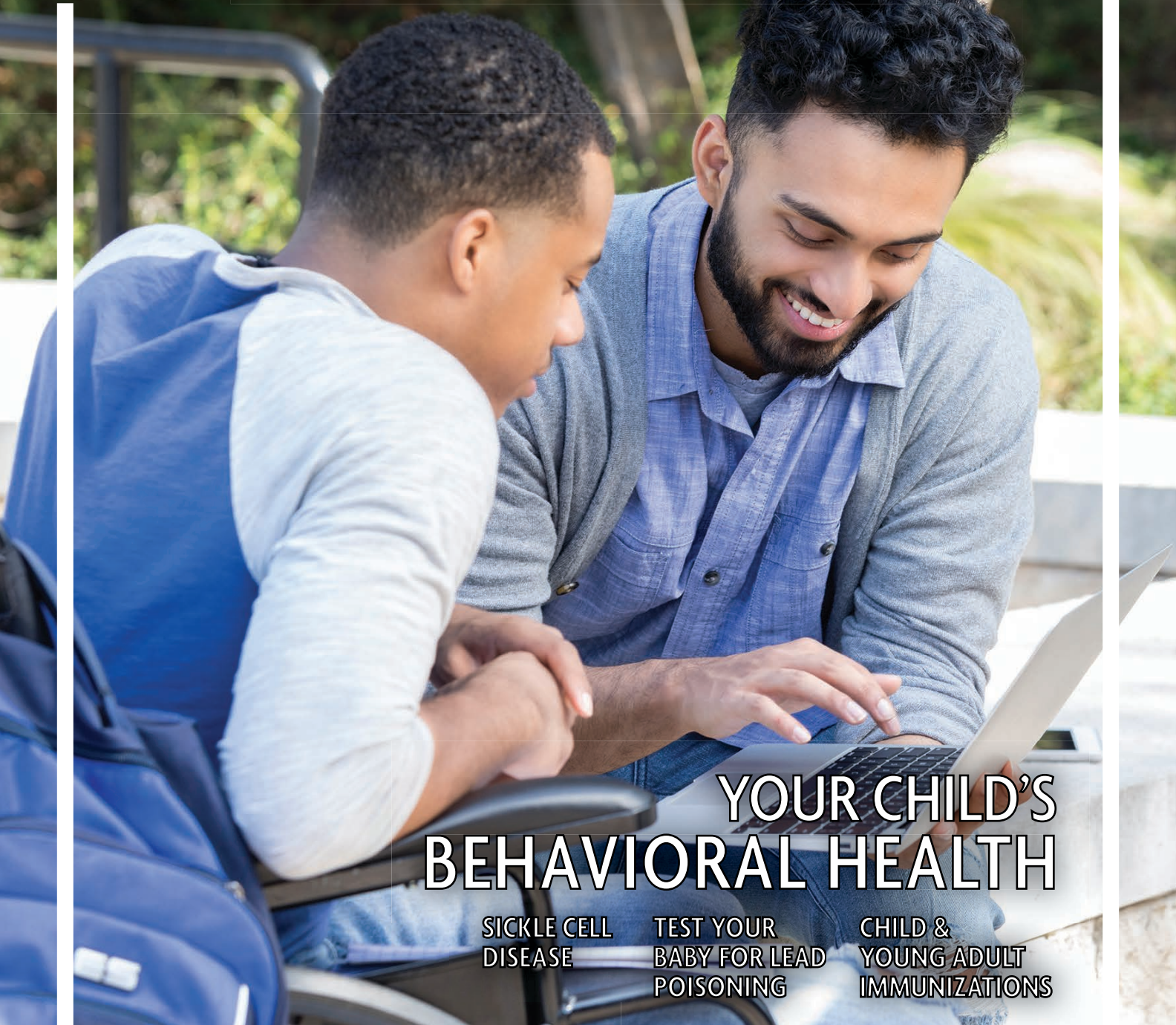


BEWELL

Tips and resources to support a healthy lifestyle | Volume 3 – 2021



YOUR CHILD'S BEHAVIORAL HEALTH

SICKLE CELL
DISEASE

TEST YOUR
BABY FOR LEAD
POISONING

CHILD &
YOUNG ADULT
IMMUNIZATIONS



Children's
Medical Services
Health Plan

OPERATED BY SUNSHINE HEALTH

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TEST YOUR BABY FOR LEAD POISONING








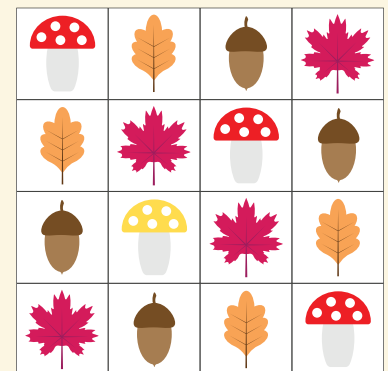
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NUMBERS TO KNOW

We're just a phone call (or click) away!

-  Member Services: **1-866-799-5321** (TTY **1-800-955-8770**)
(Monday–Friday, 8 a.m. to 8 p.m. EST)
-  Nurse Advice Line: **1-866-799-5321** (TTY **1-800-955-8770**)
(24 hours a day/7 days a week)
-  24-Hour Behavioral Health Crisis Line:
1-866-799-5321 (TTY **1-800-955-8770**)
(24 hours a day/7 days a week)
-  MTM Transportation: **1-844-399-9469** (TTY **711**)
(Monday–Friday, 7 a.m. to 7 p.m.)
-  Visit: www.SunshineHealth.com/CMS



Sudoku Answer Key
(puzzle on page 10)

YOUR CHILD'S BEHAVIORAL HEALTH

Behavioral health is important. It affects how your child thinks, feels and acts.

Some warning signs are:

- Extreme worry or sadness
- Mood or personality changes
- Avoiding friends and activities
- Thoughts of hurting themselves or others

Concerns include:

- Depression
- Anxiety
- An eating disorder
- Other conditions

Potential treatment:

- Medicine
- Therapy
- Lifestyle changes



Contact your child's doctor or Care Manager for help. We also have a Behavioral Health hotline. Anyone can call 24 hours a day. Call: **1-866-799-5321** (TTY **1-800-955-8770**)

SOURCE: National Alliance on Mental Illness, "Warning Signs and Symptoms," retrieved from: <http://www.nami.org/Learn-More/Know-the-Warning-Signs>

IS YOUR CHILD OVERWEIGHT?

Many kids are overweight. It is important for kids to eat healthy and stay active. However, this might be difficult due to:

- Trouble chewing/swallowing
- Medications
- Physical limitations
- Lack of:
 - Healthy food choices
 - Access to parks and exercise equipment
 - Resources (i.e. money, transportation or social support)



Our programs can help!

Healthy Rewards offers a medical approach to weight loss. Earn a \$20 reward by finishing 6 coaching sessions within 6 weeks (age 10 and up) with our health coach.

To learn more:

- Call your child's Care Manager
- Visit: **www.SunshineHealth.com/CMS-rewards**

SOURCE: Centers for Disease Control and Prevention, "Overweight and Obesity: Among People with Disabilities," retrieved from: <https://www.cdc.gov/ncbddd/disabilityandhealth/documents/obesityFactsheet2010.pdf>

SICKLE CELL DISEASE

Sickle cell disease is inherited. Both parents must have the gene. A blood test can detect it. With sickle cell disease, the red blood cells are c-shaped. They get hard and sticky. They can get stuck and clog an artery or vein.

Signs usually start before age 1.

Symptoms may include:

- Hands and feet swelling
- Anemia
- Pain
- Infections
- Spleen inflammation/swelling
- Stroke

Ways to help your child:

- Hydration (drink plenty of fluids)
- Take prescribed prevention medications as directed
- Pain medicines as recommended by your child's doctor
- Follow the doctor's advice
- Regular check-ups

SOURCES: Centers for Disease Control and Prevention, "What is Sickle Cell Disease?" retrieved from: <https://www.cdc.gov/ncbddd/sicklecell/facts.html> and "Complications and Treatments of Sickle Cell Disease," retrieved from: <https://www.cdc.gov/ncbddd/sicklecell/treatments.html>

HAS YOUR CHILD VISITED THE ER FOR A SUBSTANCE USE ISSUE?

Substance use disorder is the misuse of:

- Alcohol
- Illegal drugs
- Prescription medication, including pain or sleeping pills

Warning signs of substance use disorder:

- Can't quit
- Having to use more to get the same feeling
- Contact with law enforcement due to alcohol or substance use



Your child is not alone. Our Healthy Rewards program can help.

Earn a \$10 reward by finishing 3 coaching sessions within 3 months (age 12 and up) with their care manager or completing a qualifying treatment program.

Learn more:

- Call your child's Care Manager
- Visit: [SunshineHealth.com/CMS-rewards](https://www.sunshinehealth.com/cms-rewards)

SOURCE: National Institutes of Health, "Treatment," retrieved from: <https://www.drugabuse.gov/related-topics/treatment>

TEST YOUR BABY FOR LEAD POISONING

All children need a blood lead test before the age of 2 years.



Lead may be found in:

- Paint used in buildings built before 1978
- Soil
- Drinking water
- Old furniture
- Painted toys
- Toy jewelry
- Cookware
- Imported candy

There are no signs of lead poisoning until it is too late.

Even low levels of lead cause a lifetime of health problems. These include learning problems, hearing loss and speech delays. A blood lead test is the only way to know if a child has been exposed.

SOURCE: The Florida Department of Health, "Information for Parents and Caregivers," retrieved from: <http://www.floridahealth.gov/environmental-health/lead-poisoning/parent-info.html>

LABS AND ANTIPSYCHOTIC MEDICATION

Does your child take antipsychotic medicine?

If so, he or she needs to be monitored. Follow the doctor's plan. Your child's doctor will check for weight gain or other side effects. Do not stop a medication without talking with your child's doctor.

Your child should have blood tests at least once a year. Ask your child's doctor about tests for:

- Diabetes (Glucose or HbA1C)
- Cholesterol, which can lead to heart disease (LDL-C)

SOURCE: American Academy of Child and Adolescent Psychiatry, "Practice Parameter for the Use of Atypical Antipsychotic Medications in Children and Adolescents," retrieved from: https://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Atypical_Antipsychotic_Medications_Web.pdf



CHILD & YOUNG ADULT IMMUNIZATIONS

Vaccines help protect against illnesses. There are certain shots your child needs at certain ages.

SOURCES: Centers for Disease Control and Prevention, "2021 Recommended Vaccinations for Infants and Children (birth through 6 years) Parent-Friendly Version," retrieved from: <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html> and "2021 Recommended Vaccinations for Children (7-18 Years Old) Parent-Friendly Version," retrieved from: <https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html>

CHILDHOOD VACCINATION SCHEDULE

	AGE (MONTHS)									AGE (YEARS)							
	Birth	1	2	4	6	12	15	18	19-23	2-3	4-6	7-8	9-10	11-12	13-15	16-18	19-20
Hepatitis B	✓	✓			✓												
DTaP			✓	✓	✓		✓				✓						
Hib			✓	✓	✓	✓											
Pneumococcal			✓	✓	✓	✓											
Polio			✓	✓	✓						✓						
Rotavirus			✓	✓	✓												
Flu					✓ ¹												
MMR						✓					✓						
Chicken Pox						✓					✓						
Hepatitis A						✓ ²											
HPV														✓			
Tdap														✓			
Meningococcal A														✓		✓	

 = Range of recommended ages

¹ First time 2 doses 4 weeks apart, then 1 dose every year

² 2 doses, 6 months apart

Have questions? Miss a shot?

Do not start over. Talk with your child's doctor about your child's vaccine schedule and if your child:

- Has special medical conditions
- Will be traveling outside the country

MEMBER RIGHTS AND RESPONSIBILITIES

As a CMS Health Plan member, you and your child have certain rights. There are also some things you are responsible for.

You and your child have the right to:

- Receive information about the organization, its services, its practitioners and providers
- Receive information about member rights and responsibilities
- Be treated with respect and dignity
- Have your privacy protected
- Participate with practitioners in making decisions about your child's health care
- A candid discussion of appropriate or medically necessary treatment options for your child's conditions, regardless of cost and benefit coverage
- Voice complaints or appeals about the Plan or the care it provides
- Make recommendations regarding the Plan's member rights and responsibilities policy

You and your child have the responsibility to:

- Supply information that the Plan and its doctors and providers need to provide care
- Follow plans and instructions for care that you have agreed on with your child's doctor
- Understand your child's health problems
- Help set treatment goals that you and your child's doctor agree to



You and your child may have more rights and responsibilities. They are listed in your Member Handbook.

MEMBER INFORMATION UPDATE

Check our website often for new and updated information.
Visit: www.SunshineHealth.com

You will find the Member Handbook online, which contains information on:

- Benefits and services
- Exclusions from coverage
- Pharmaceuticals management procedures (if pharmacy benefit)
- Benefit restrictions about out-of-network and out-of-service areas
- Language assistance
- Filing claims
- Information about doctors who are in our network
- Primary care services
- Specialty, behavioral health and hospital services
- After-hours care
- Emergency care – when to use **911** or go to the emergency room
- Getting coverage when out of the service area
- Filing complaints
- Filing appeals
- External review rights
- How we evaluate new technology

Need a hard copy or other format?

Call Member Services to request:

- Hard copies of the handbook, member educational materials or other information available on our website
- Another format, including different languages, large print, audio CDs or Braille

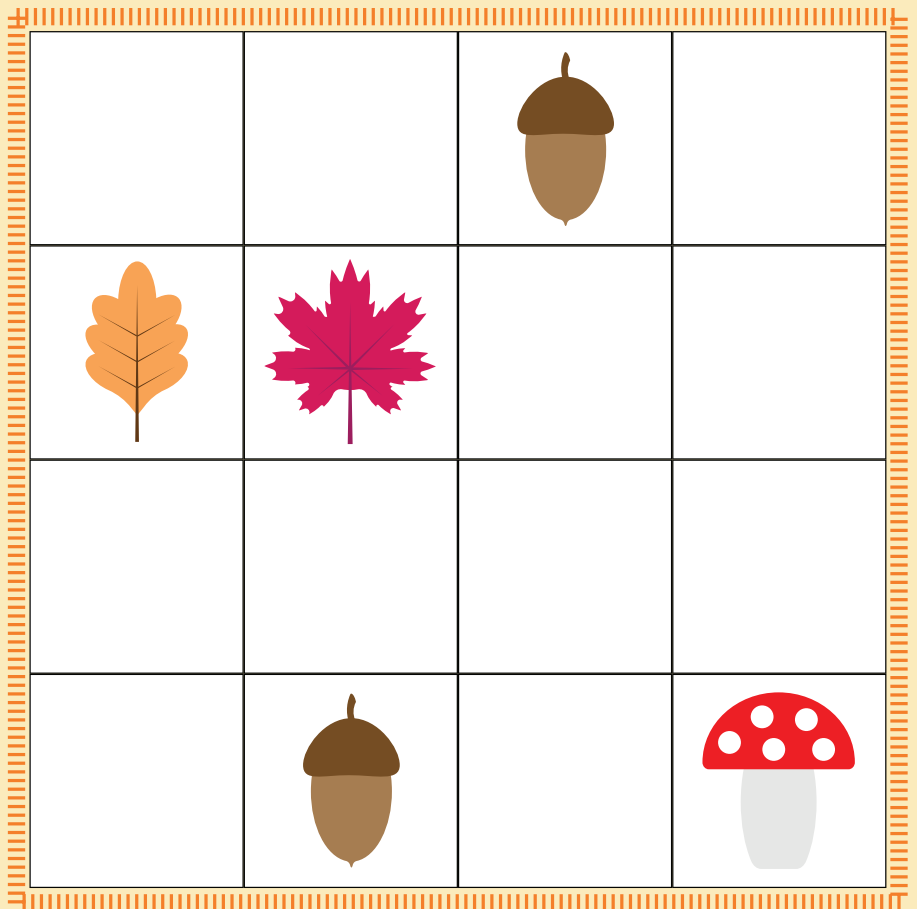
You may also leave a voice mail message after hours. We will return your call within 24 business hours.

There is no charge for this service. Our phone number and hours are on page 2 of this newsletter.



PICTURE SUDOKU

Fill in the blanks using the 4 images shown by drawing the shape that goes in each empty square. When complete, each image should appear only once per row and once per column. Need help? The answer key is on page 2.



MEDICATION ADHERENCE TIPS

Make sure your child takes his or her medication at the right time, in the right way, every day, as prescribed by your doctor or instructed by your pharmacist. Follow these easy tips:

- **ROUTINE:** Take medicine at the same time each day. Tie it in with a daily routine, like brushing teeth.
- **RECORD:** Each time your child takes medicine, check it off on a calendar.
- **ORGANIZE:** Use a pill container to help organize your child's medications. Refill it on the same day each week.
- **REMIND:** Set an alarm on your phone to let your child know when to take his or her medicine.
- **TRAVEL:** Bring enough of your child's medicine for your trip – plus a few extras. Keep your child's medicine with you at all times.

SOURCE: U.S. Food & Drug Administration, "Why You Need to Take Your Medications as Prescribed or Instructed," retrieved from: <https://www.fda.gov/drugs/special-features/why-you-need-to-take-your-medications-prescribed-or-instructed>

CLICK OR CALL FOR THE LATEST DRUG COVERAGE UPDATES

Want to find the latest about the drugs we cover? Stop by our website, <https://SunshineHealth.com/CMS-pharmacy>. You'll find our Preferred Drug List (PDL). You can learn about drugs we've added or removed. You'll also find changes to any drug requirements or coverage limits. You can also call us for updates to your child's health plan.

COMMUNITY CONNECTIONS

Services Beyond Health Care

You and your child want to live the best life possible. Our Community Connections program connects you to a wide range of services that help you and your child do just that.

Our Community Connections Program is Here for You

Everyone deserves the chance to make the best life for their family. Yet a lot of things can affect your and your child's ability to do that. A phone call to our Community Connections Help Line can match you and your child with services. Plus, it's here for both members and non-members. Our Peer Coaches will listen to your challenges. They can refer you to more than 490,000 social services – all over the country or right in your local area.

Call to get the help you and your child needs.

1-866-775-2192 (TTY 711)

Program services vary depending on your and your child's needs, but may include:

- Financial assistance (utilities, rent)
- Medication assistance
- Housing services
- Transportation
- Food assistance
- Affordable childcare
- Job/education assistance
- Family supplies – diapers, formula, cribs and more

ALWAYS TALK WITH YOUR CHILD'S DOCTOR

Always talk with your child's doctor(s) about the care that is right for your child. This material does not replace your child's doctor's advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by Children's Medical Services (CMS) Health Plan. Also, CMS Health Plan does not guarantee any health results. You should review your child's health plan or call Member Services to find out if a service is covered.

In an emergency, call 911 or go to the nearest emergency room, even if it is not in CMS Health Plan's network.

The Children's Medical Services Health Plan has partnered with Sunshine Health to provide managed care services to our members. Sunshine Health is a licensed Florida health plan.

BEWELL

Health and wellness or prevention information

Children's Medical Services Health Plan provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-866-799-5321, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-799-5321, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Children's Medical Services Health Plan, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-799-5321 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Children's Medical Services Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-799-5321 (TTY 1-800-955-8770).

