

Child and Teen Checkups

2019 English

Parent Newsletters



Spring, 2019

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- Baby bottle tooth decay
- Fresh fruit for all!

Summer, 2019

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- Additional Health Benefits
- Peanut Butter and Banana Yogurt Popsicles

Fall, 2019

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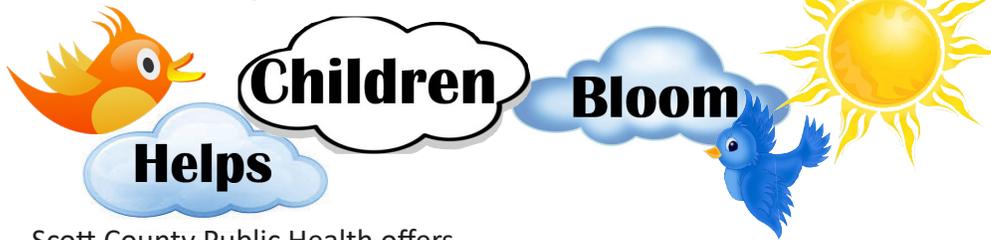
- An ounce of prevention - the importance of preventive health
- Today's smoking - what does it look like and how is it affecting our kids

Winter, 2019

Inside This Issue:

- Dental care
- Orthodontic coverage and how to see if your child qualifies
- Flu versus Cold

Scott County Public Health



Scott County Public Health offers many programs that promote healthy families.

Child and Teen Checkups  Child and Teen Checkups are a benefit for everyone age 0-21 on Medical Assistance. Child and Teen Checkups are wellness checks that are done by your doctor in your clinic. These wellness checks are key to keeping children healthy, and finding health problems before they become serious. Scott County Public Health has staff who assist families with their Child and Teen Checkups by sending reminders when it is time for a child's next check-up and providing resources on what insurance plans clinics accept. Child and Teen Checkup staff also share health plan incentives and provide general health information.

Family Home Visiting

is a voluntary program where a Public Health worker meets with families, at their home or any place they choose. The visits can start during pregnancy and can continue until the child turns 4. Home visits provide families with education, support and connections to community resources.

Follow Along

is a free program for parents of children 0-3 years old. Parents are sent a child development questionnaire to complete at different ages. Public Health staff review the results and then follow-up with parents through a letter or phone call. Public Health staff also share parenting tools and tips to help children stay healthy. Enrollment forms are on-line or you can call to have one mailed to you.

Inside This Issue:

- Public Health Programs for families
- Baby bottle tooth decay
- Fresh fruit for all!

Scott County Child and Teen Checkups Staff

- ◇ Public Health Main Number (952) 496-8555
- ◇ Alicia Brambila, English & Spanish Outreach (952) 496-8587
- ◇ Jennifer King, English & Spanish Outreach (952) 496-8017
- ◇ Svetlana Mshar, Russian Outreach (952) 496-8013
- ◇ Farhiya Roble, Somali Outreach (952) 496-8014

If you are interested in joining any of these programs, or have questions about them, please call Scott County Public Health (952) 496-8555.





Baby Teeth Can Get Cavities Too!

Baby teeth are not just for the tooth fairy. Your baby's first teeth play a major role in how healthy their teeth will be as adults. Healthy baby teeth are important because they:

- Hold space in the mouth for the adult teeth to grow into.
- Prevent crowded and crooked teeth.
- Prevent possible speech problems.



When baby teeth are not cared for, they can be damaged by decay, which in turn can:

- Cause pain, and possible infections that spread.
- Make it hard to eat and get important vitamins and minerals.
- Affect how children feel about themselves.
- Cause poor performance in school.

Baby Bottle Tooth Decay is a serious health condition caused by ongoing exposure to sugary liquids, such as milk, formula, juice, sodas and other sweetened drinks. The sugars in these liquids pool around baby's teeth and gums, feeding bacteria that causes decay.

To prevent Baby Bottle Tooth Decay:

- Infants should finish their bottle before going to bed or taking a nap.
- Infants should never be put to bed or be allowed to fall asleep with a bottle that contains milk, formula, fruit juices, or any watered-down sugary liquid.
- If your child uses a pacifier, don't dip it in sugar or honey.
- Avoid putting the pacifier in your mouth before giving it to your baby. This is how the germs are passed to your child.
- A bottle should not be used to calm a fussy baby. Many sips of sugary liquids can cause decay.
- Avoid filling bottles and cups with sugared drinks like pop or juice.
- Switch to a cup by their first birthday.
- Offer water and be a role model by drinking water yourself!

Health Plan Contacts

Blue Plus Advantage

- ◇ (651) 662-5545
- ◇ Dental help (651) 406-5907
- ◇ Toll-free (800) 711-9862

Health Partners

- ◇ (952) 967-7998
- ◇ Dental help (952) 967-7998
- ◇ Toll-free (866) 885-8880

UCare

- ◇ (612) 676-3200
- ◇ Dental help (651) 768-1415
- ◇ Toll-Free (800) 203-7225

Portico Healthnet

Health insurance enrollment assistance
◇ (651) 489-2273

Scott County Dental Offices:

- Open Door Dental in Jordan (952) 492-6342 accepts MA's BluePlus and Ucare
- Dental Associates of Savage (952) 440-2292 accepts all MA plans
- Children's Dental Services (612) 746-1530 accepts all MA plans
- True North in Shakopee (952) 403-5149 accepts MA's BluePlus, Ucare and Health Partners

Still looking for a dentist? Each health plan offers dental help

Fresh Fruit For All!



Try one of these ideas to add some extra flavor to Spring fruits.

Fresh sliced berries with lite whipped topping

- Wash fresh strawberries, blueberries or raspberries thoroughly, slice larger berries into smaller pieces. Place berries in a small cup or bowl and top with 1-2 Tbsp. of lite whipped topping

Yogurt dip for fruits (berries or apple slices):

- 1 cup of plain greek yogurt
- 1 Tbsp of honey or brown sugar
- 1 tsp of vanilla or pinch of cinnamon
- Mix all ingredients and serve as a dip with fresh fruit. Store in refrigerator up to 3 days



Scott County Public Health

Marschall Road Transit Station | 1615 Weston Ave. | Shakopee MN, 55379

Office: 952.496.8555 Fax: 952.496.8016

Scottcountymn.gov



Rewards For Good Health!



Most families on Medical Assistance are asked to choose a health plan (PMAP). Scott County residents have three plans to choose from: Blue Plus, Health Partners and UCare. Each plan rewards families for preventative health activities, including:

- Wellness checks
- Immunizations
- Health screenings
- Physical activity

Go to your plan's website, or call a Child and Teen Checkups staff member for directions to get your rewards.

Check Out Your Plan's Rewards

Blue Plus Rewards 651-662-5545

Visit Bluecrossmn.com

Pregnancy and baby

- \$75 gift card for regular check-ups during pregnancy.
- \$75 gift card for seeing the doctor 21-56 days after giving birth.
- Car seats available through everydaymiracles.org.
- \$50 gift card for at least six well child visits by age 24 months.
- \$25 gift card for completing all required immunizations by 2nd birthday

Children and adolescents

- \$25 gift card for completing a dental visit each year age 2 to 20.
- \$25 gift card for completing one well child visit each year from age 3 to 17.
- \$25 gift card for completing HPV, Meningococcal and Tdap immunizations on or before their 13th birthday.
- \$25 gift card for completing a Chlamydia screening between 16 to 24 years of age.

HealthPartners Rewards 952-967-7998

Visit HealthPartners.com

Pregnancy and baby

- Up to two \$25 gift cards for participating in the Healthy Pregnancy Program.
- Car seat education and distribution. Convertible and booster seats available
- New mom care, \$25 gift card for seeing the doctor 3-8 weeks after delivery.
- Up to \$75 in gift cards for six well child visits before age 15 months.

Children and adolescents

- \$25 gift card for 11-12 year olds getting Meningococcal, HPV and Tdap immunizations.
- \$25 gift card for all members over 18 for completing a health assessment at myHealthPartners.

Family health

- Work out 12 days per month and save \$20 on your fitness membership.
- Earn \$75 after completing 3 calls from a family health coach.
- Members age 5-64 with asthma can get a \$25 gift card for participating in the Asthma Management Program.

Inside This Issue:

- Health Rewards
- Meningococcal Vaccine Boosters
- Additional Health Benefits
- Peanut Butter and Banana Yogurt Popsicles

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People age 16 to 21 have the highest rates of Meningococcal, or Meningitis disease. That's why all youth need two MenACWY vaccinations, the first at ages 11 to 12, and a second at 16, or before they head to college.

Health Plan Rewards Continued

UCare Rewards
612-676-3200
Visit UCare.org

Pregnancy and baby

- \$75 gift card for completing first prenatal visit within the first trimester.
- \$75 gift card for completing a post-partum visit 3 to 8 weeks after baby is born.
- \$50 gift card for six well child visits before age 15 months.

Children and adolescents

- \$25 gift card for one dental visit each year.
- \$25 gift card for completing one well child visit each year from age 3-6.
- \$25 gift card for completing one well child visits each year ages 12-21.



With Wellness Checkups!

Additional Services and Programs

Transportation

Blue Plus

- Blue Ride is available to members for rides to medical, dental and mental health appointments. Call: (651) 662-8648 or 1-866-340-8648

Health Partners

- RideCareSM provides rides to medical, dental and mental health appointments. Local number: 952-883-7400 Toll free: 888-288-1439

UCare

- UCare's Health Ride Service transports members to covered medical appointments and pharmacies. See UCare's Member Handbook for more information. Local: 612-676-6830 or Toll-free: 1-800-864-2157

Community Education

Most plans provide financial help for fitness and health activities. Most Scott County Community Education programs also provide discounts. Shakopee Community Education offers 50% off one class per catalog per person. Call your local Community Education office for more information.

Health Plan Contacts

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- ◇ (651) 662-5545
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- ◇ Toll-free (800) 711-9862

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Still looking for a dentist? Each health plan offers dental help

Peanut Butter Banana Yogurt Popsicles

Ingredients

- 2 medium bananas
- 1/4 cup all-natural peanut butter
- 1/2 cup Greek yogurt, plain
- 1 teaspoon vanilla extract
- 2 tablespoon semisweet chocolate chips



Instructions

- Peel the bananas and break them up into chunks.
- Place bananas, peanut butter, yogurt, and vanilla, into a food processor or blender and puree until smooth.
- Put one teaspoon of mini chips into the bottom of each popsicle mold.
- Fill the rest with the banana peanut butter yogurt puree

- Tap the mold sharply on a firm surface to reduce air pockets.
 - Insert sticks and freeze until solid, 3-5 hours.
 - Run the molds under warm water for a few seconds before removing the popsicles.
 - Makes 4-6 popsicles, depending on your mold.
- No popsicle mold? You can use paper Dixie cups, just peel off the paper when you're ready to serve.

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An ounce of prevention

Insurance can be complicated. What if there was a program that could help you navigate the twists and turns of your health plan? Well, the Child and Teen Checkups (C&TC) program is available to do just that for children age 0-20 on Medical Assistance. C&TC, which is part of the Public Health office works with over 12,600 members to:

- Find providers that accept their health plans.
- Share resources on where to find care.
- Secure transportation to appointments.
- Provide translation assistance when needed.



The C&TC program believes prevention truly is the best medicine. The Minnesota Department of Health (MDH) works with health consultants to create a schedule so preventive screenings happens during important stages in a child's life. The timing of the screenings are important so they can find potential problems and keep a child on track. C&TC preventive health checks are covered by the health plans for all children age 0-20. Some of the screenings done at a Child and Teen Checkup visit include:

- Discussing physical health, including height, weight, and blood pressure at every visit.
- Talking about socio-emotional and mental wellness at every visit.
- Giving Immunizations in a timely manner to prevent serious illness.
- Checking blood lead levels twice between 12 and 24 months.
- Screening hearing and vision starting at age 3.
- Applying fluoride varnish after the first tooth appears through age 5.
- Developmental screens, including autism spectrum, from birth through the teen years.
- Alcohol, tobacco and other drug risk assessment and education starting at age 11.
- Reproductive health and education after age 11.

Inside This Issue:

- An ounce of prevention - the importance of preventive health
- Today's smoking - what does it look like and how is it affecting our kids

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Keep Their Motor Running With Wellness Checks!



Child and Teen
Checkups 

Starting at age 3, all children should see their doctor every year and dentist every six months.

While preventive health is vital to healthy development, its importance does not end when you become an adult. Statistics show that preventable chronic diseases are the most expensive and leading cause of death and disability in the United States.¹ Each year 7 out of 10 deaths are from chronic diseases, such as heart disease, cancer and stroke.² These preventable chronic conditions not only take years away, they can also be very expensive. By the year 2030, medical costs associated with obesity are expected to increase by at least \$48 billion every year.³ By investing in disease prevention, the U.S. could decrease treatment costs by \$218 billion and reduce the economic impact of disease by \$1.1 trillion every year.⁴

1) APHA Get the facts. 2)Centers for Disease Control and Prevention (CDC), Chronic Diseases and Health Promotion, 2012. 3)Trust for America's Health (TFAH), F as in Fat: How Obesity Threatens America's Future 2012. 4) Milken Institute, An Unhealthy America: Economic Burden of Chronic Disease, 2007.

Today's Smoking

Vapes, Juuls, E-cigs, vape pens, and vape sticks are just a few of the names used today to describe smoking. The risks and dangers related to cigarette smoking are well known, but today's new smoking is surprising youth. Everyday there is another news story about someone getting sick from vaping. To date over 450 cases of severe lung injuries associated with vaping have been reported from multiple states. Many of the patients report having vaped THC (a component of cannabis or marijuana) purchased on the black market. ([Minnesota Department of Health \(MDH\) website 9/10/19](#)). MDH reports the aerosol contains ultrafine particles, of harmful substances like oil, nickel, tin, and lead.

So, what does today's smoking look like? There are three different types of vaping products:



Disposable vapes are the least expensive because they cannot be refilled. They have a pre-filled amount of product and are thrown away when empty. These devices can contain a nicotine-based product, CBD oil and a synthetic type of Cannabis oil. Many of them are made to look like pens.

Rechargeable tank vapes have a container, or tank, that holds liquid that is nicotine-based, CBD or synthetic cannabis. When activated, the device heats the liquid and creates a vapor that the user inhales. Large tanks produce more aerosol, allowing the user to inhale larger quantities of nicotine and other harmful substances. The e-liquids have concentrated amounts of chemicals, which when drunk, can cause poisoning.

Rechargeable cartridge vapes use a pod that has nicotine salts or synthetic THC or CBD oils. The device heats the pod, causing the aerosol mist which the user inhales. The level of nicotine in different pods vary, but on the average the pods have a higher level of nicotine than the liquids. The nicotine found in one pod is equal to smoking about 1 pack of cigarettes.

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Still looking for a dentist? Each health plan offers dental help



SMILE

and the whole world smiles with you!

To have a healthy smile, you need to take care of your mouth. Your teeth are also important for proper nutrition. After a meal, you wash the dishes to stop spreading germs. It is the same thing with your teeth.

Your mouth is full of bacteria. When you eat and drink, the bacteria recycles what is left in your mouth, and eventually makes dental plaque. The more dental plaque you have, the longer the bacteria stays on your teeth. As the amount of plaque increases, the bacteria starts to create acid. This acid is what causes tooth decay, cavities, and unhealthy gums.

The good news is that even though we can't get rid of the bacteria in our mouth, we can clean our teeth to limit the amount of plaque and acid.

Brushing and flossing are the best ways to prevent tooth decay. It is important to brush teeth at least twice a day, once in the morning and once before bed. Using dental floss at bedtime helps to get between teeth, where the brush can't reach.



2 Minutes
2 Times A Day
Twice A Year

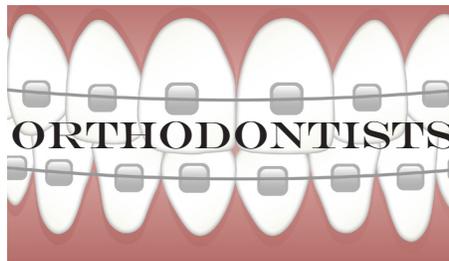
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A Healthy Smile!

Child and Teen
Checkups

Your teeth are made to be permanent.
Brush and floss your teeth twice a day for two minutes
and see your dentist every 6 months

While it is important to brush and floss, it is just as important to see the dentist for a cleaning. Brushing at home is good, but the dentist office has equipment that does a better job of getting rid of plaque. Dental clinics have hygienists that scrap off plaque, clean between teeth, and repair the gum line.



As kids grow, their dentist may recommend they get braces. All Medical Assistance dental plans will pay for braces, if they are medically necessary. A medically necessary reasons may include: a severe overbite, inability to chew or bite, breathing or eating problems, or a facial disfigurement. Each health plan will review the orthodontist assessment to see if it meets their "medically necessary" criteria.

Each health plan has its own procedure for requesting coverage for braces. Look for your plan on the next page.

Inside This Issue:

- Dental care
- Orthodontic coverage and how to see if your child qualifies
- Flu versus Cold

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Life is Busy

Be Healthy For It!
Make an appointment for your Child and Teen Checkup and flu shot today.



Blue Cross and UCare both use Delta Dental (651) 406-5907 for all dental coverage. Their process for requesting braces include:

- Call Delta Dental to ask for a referral to an orthodontic clinic.
- Meet with the orthodontist for a consultation.
- The clinic will send a narrative and x-rays to Delta Dental for a doctor to review.
- Delta Dental will then inform the clinic and member to let them know if the care will be covered.



HealthPartners dental plan (952) 967-7998 may pay for braces for members under 21, who are not pregnant. The process for requesting braces is:

- Make an appointment with an in-network orthodontic clinic.
- The clinic will send an assessment to Health Partners to review.
- Health Partners will then let the clinic know what will and will not be covered.
- Below are a few of Health Partners in network clinics. Call the dental plan for more options.

- | | |
|--|---|
| 1. U of MN Pediatric Dental Clinic in Minneapolis (612) 659-4900 | 3. Dental Specialists of Riverdale in Coon Rapids (provider Shawn McCarty) (763) 201-6960 |
| 2. U of MN Faculty Orthodontic Clinic (612)626-2011 | 4. Dental Specialists in Chaska and Eden Prairie (952) 653-0475 |



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Can't find a dentist?

Each health plan offers dental help

The cold and flu season is here, but how do you if you have a cold or the flu? Both are respiratory illnesses but they are caused by different viruses. A cold usually has milder symptoms and rarely leads to serious health problems. The flu can be very serious and may lead to a hospital stay. If you get sick, look at the chart to see if you may have a cold or the flu. If you think you have the flu and your symptoms get worse, call your doctor.

IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

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