



# **Spring 2012 Family Newsletter**

# How to Get Your Kids Involved in Spring

With spring upon us, it's time to get outside and enjoy the perfect combination of the warm sun and cool breezes. Kids across the country have been freezing for a few months and probably stuck inside with snow keeping them cramped up. Now that it is spring, here are a few ideas to do with your kids outside in the fresh air.

- You're never to old to go to the park. It's a great place to take kids and let them run around and have fun. What's good about going to the park during the spring time is that you don't have to worry about catching fire when you go down those metal slides. Along with slides there are swings and monkey bars. Newer playgrounds even have houses and mazes that look like awesome castles in the eyes of children.
- During spring, there is a lot of wind and it is perfect for flying a kite! You can get kites in all different shapes and sizes from tiny kites that look like butterflies, to huge kites that lift you off the ground! There's something about giving that spool of thread to kids and letting them fly their own kites that seems to be so much fun. You could even help them build and design their own kites!
- Picnics are the best way to enjoy spring weather. Pack a lunch and take the kids and a blanket to a wide open field with lots of flowers, park or even your very own front yard.

#### Did you know....

The percentage of overweight children in the United States is growing at an alarming rate, with 1 out of 3 kids considered overweight or obese.



### Kid Care CHIP is covering 5,537 kids!

You can now call in your child's renewal. Once you receive the renewal form in the mail, you can call our office and we will take your information over the phone or online at www. healthlink.wyo.gov.

#### Floss is The Boss

#### What's dental floss made of? How Does it Work?

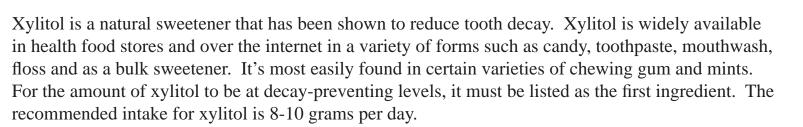
Brushing alone isn't enough to clean all of the plaque from the surface of your teeth. Interproximal areas (those places in between your teeth) and below the gumline are two spots where the toothbrush can't reach and plaque can build up. These are areas that are more susceptible to cavities. Daily flossing and regular visits to your dentist are the only effective ways to remove this plaque.

#### **Dental Fact:**

Did you know that failing to floss means up to 35% of your tooth surface goes uncleaned?

Dental floss is a man-made fiber (usually made of nylon) that comes on a spool. Ask your parents or your dentist how to correctly use dental floss if you're not sure.

## Oral Health & Wellness Tips A Sweet That's Good for Your Teeth?



Because frequency and duration of exposure is important, use xylitol products three to five times per day. Gum should be chewed for five minutes and mints should be allowed to dissolve. Ideally, xylitol products should be used immediately after a meal or snack.

Xylitol has been approved for safety by the U.S. Food and Drug Administration, the World Health Organization's Joint Expert Committee on Food Additives, the European Union's Scientific Committee for Food and a number of other agencies.

#### **Parent Information**

- Keeping your child insured is important to your child's overall health. Kid Care CHIP is continuing to make renewal reminder phone calls to families with an expiration date in the near future as a reminder to renew your policy. If you receive a call but you have already sent in your renewal our apologies for any inconvenience the phone call may cause you.
- If you move or change your address please call Kid Care CHIP at 1-877-543-7669.
- If you have lost your Kid Care CHIP medical or dental cards, please contact Blue Cross Blue Shield of Wyoming directly at 1-800-209-9720 or Delta Dental at 1-800-735-3379.
- Keep in mind the last day of the month we accept applications and renewals is the 25th of the month.
- **<u>FYI</u>** you may be contacted by someone in the Kid Care CHIP eligibility unit and asked to fax or mail us a copy of your children's out-of-state birth certificates.

### **Questions:**



If you have a question regarding Kid Care CHIP medical, pharmacy, or vision benefits or claims, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.

If you have a question regarding Kid Care CHIP dental or orthodontia benefits or claims, please contact Delta Dental at 1-800-735-3379.

If you have a question regarding Kid Care CHIP eligibility or enrollment please contact Kid Care CHIP at 1-877-KIDS NOW (1-877-543-7669).



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and Blue Shield Association



#### **Attention Parents**

Wyoming Kid Care CHIP began going through a Payment Error Rate Measurement study (PERM) required by federal law. We have contracted with a company named Myers & Stauffer L.C. to conduct the study. Kid Care CHIP cases will be randomly chosen and reviewed for this federal error rate measurement.

You may be chosen to take part in this federal eligibility study to evaluate your coverage through the Kid Care CHIP Program. There might be some information Myers & Stauffer L.C. will need from you to complete this review. It is very important that you send this information to Myers & Stauffer L.C. as soon as possible because it is required by federal law.

Kid Care CHIP would like to give a special thanks to the parents who have been contacted by us and have sent in their children's out-of-state birth certificates when we have needed them for PERM.