



HEALTH CHECK

WHO NEEDS A WELL CHILD CHECK-UP?



Regular Health Check exams can find problems and treat them before they get worse.

If your child is enrolled in Equality-Care, he or she can get FREE Well Child **Health Check** Exams, these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.



Many health problems begin before your children look or feel sick.

What is included in a well child health check?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Inside this Issue:

Find your Healthy Weight	2
Body Mass Index (BMI)	2-3
Practice Healthy Eating	3
Overweight Children & Teens	4
Where should I take my child for a checkup	5
Making an Appointment	5
When should my child have a health check	5
Who should I call?	5
Department of Health	6

Special points of interest:

- Well Child Check-Ups
- Services included in a Well Child **Health Check**
- **Body Mass Index (BMI)**
- **Overweight Children & Teens**
- Important Telephone Numbers

PARENTS: FIND YOUR HEALTHY WEIGHT

Being overweight increases your risk of developing a chronic disease (like heart disease, cancer, or diabetes). It can be difficult to lose weight, but did you know that by losing as little as 10% of your weight you can reduce your risk for some chronic illnesses?

1. First, find out if you are overweight by using the chart below and matching it to your height and weight
2. Read some tips to help you get started.
3. Call your *Healthy Together!* Health Coach at 1-888-545-1710 for help.



BODY MASS INDEX

Body Mass Index (BMI) is a way to measure weight status in adults; it compares weight to height to find out if a person is underweight, normal, or overweight.

Find Your Body Mass Index

Find your height in the left-hand column. Move across the row to your weight. The number at the bottom of the chart is the BMI for that height and weight. For example, a 6-foot tall man who weighs 191 pounds has a BMI of 26 (6 feet x 12 inches/foot=72 inches). According to his BMI, this person is classified as overweight; see the chart below and the table on next page.

Height in inches	Weight in pounds															
	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215	239
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215	239
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198	222	247
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204	230	255
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211	238	264
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218	246	273
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225	254	282
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232	262	291
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240	270	300
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247	278	309
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255	287	319
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262	295	328
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270	304	338
70	132	139	146	153	160	167	174	181	188	195	202	209	243	278	313	348
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286	322	358
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294	331	368
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302	340	378
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311	350	389
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319	359	399
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328	369	409
BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	45





BMI CATEGORIES FOR ADULTS 20 YEARS AND OLDER

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5–24.9	Normal
25.0–29.9	Overweight
30.0–34.9	Obese
35.0–39.9	Moderately Obese
40 or more	SEVERELY Obese

Note: The BMI chart on the previous page and the above chart is for adults only and does not include children or teens.



HOW DOES BMI RELATE TO HEALTH?

As BMI increases, so does the risk for certain diseases such as:

- Cardiovascular (heart) disease
- High Blood Pressure
- Osteoarthritis (bone disease)
- Some cancers
- Diabetes

HOW CAN I REDUCE MY RISK FOR ILLNESS?

- > If you are obese or overweight, you should **reduce your weight**.
- > **Practice good eating habits and regular physical activity**, according to your health provider's recommendations.
- > **Call a *Healthy Together!* Nurse at 1-888-545-1710 if you need help getting started.**



PRACTICE HEALTHY EATING FOR YOURSELF AND YOUR FAMILY



1. **Eat Breakfast such as** cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles.
2. **Choose healthy, filling snacks** from different food groups, such as an apple or celery sticks with peanut butter and raisins. Your body needs protein, carbohydrates, fat, and many different vitamins and minerals such as vitamins C and A, iron, and calcium from a variety of foods.
3. **Eat five servings of grains, fruits and vegetables a day**, such as whole-wheat bagels, bananas, strawberries, carrots, and celery.
4. **Make foods "fit."** What makes a meal good or bad is how foods fit together. Balance a higher-fat food, like pepperoni pizza, by choosing lower-fat foods at other meals, during the day.

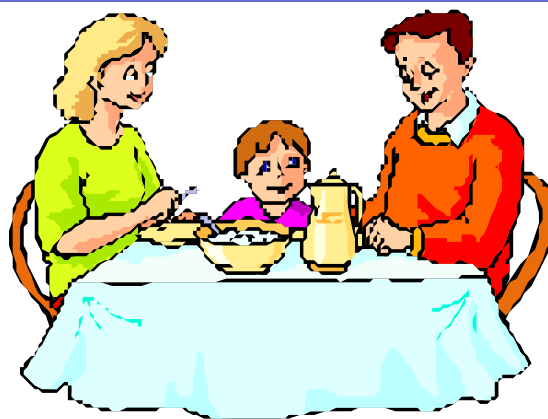
See your health care provider for a complete health assessment before starting any diet or activity program. *This information is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further help concerning specific problems or personal concerns, contact your physician or health care provider.*

The **Healthy Together!** Health management program is provided to all EqualityCare clients free of charge. To sign up or talk to a nurse 24 hours a day, call 1-888-545-1710.

OVERWEIGHT CHILDREN AND TEENAGERS

Fifteen percent of children and teenagers in the United States are overweight. This number has tripled since 1970 and as a result we are now seeing more medical problems in our youth such as asthma, high blood pressure and diabetes. Fifty percent of children and teenagers that are very overweight will become obese adults. All parents should take steps to prevent their children from becoming overweight.

- ◆ Your whole family should eat healthy foods and exercise routinely.
- ◆ A good goal for overweight younger children is to stay at the same weight and as they get taller they will "grow into" their weight.
- ◆ Your child's diet always need to be safe and nutritious.
- ◆ Do not use food as a reward and do not restrict food as a punishment.
- ◆ If your child is overweight, contact your medical provider for advice.



PHYSICAL ACTIVITY

- > Children should have at least 60 minutes of moderate physical activity each day.
- > Plan family activities that involve physical exercise such as bicycling, walking/hiking, swimming, skating, and other fun activities.
- > Children should not watch TV or play video games for more than 2 hours a day total.

HEALTHY EATING

- Eat meals together as a family as often as possible.
- Guide your children's food choices by eating healthy yourself.
- Encourage your child to eat when hungry and to eat slowly.
- Cut down the amount of fat and calories for your whole family.
- Plan ahead of time for healthy snacks such as low fat milk, fruits, and vegetables.
- Avoid eating meals while watching TV.



WHERE SHOULD I TAKE MY CHILDREN FOR CHECKUPS?

Your doctor, a clinic, health center, local health department or public health agency can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's



history. Find a place in your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.

MAKING AN APPOINTMENT...

- > You may make an appointment directly with your doctor or dentist.
- > It is important for you to keep your appointment. Your doctor and dentist reserve time especially for you. If you cannot keep your appointment, call and tell them as soon as possible.
- > When you go for your appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years
- ✓ 4 years
- ✓ 5 years
- ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
<http://wdh.state.wy.us/healthcarefin/index.html>



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote, protect and enhance the health of all Wyoming citizens.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

Prst Std
US Postage
PAID
Cheyenne, WY
Permit No. 7

YOUR HEALTH CHECK NEWSLETTER

Office of Healthcare Financing
6101 Yellowstone Rd., Ste. 210
Cheyenne, WY 82002
Email: wdh@state.wy.us