



CMS Plan Care Connection

Children's Medical Services Managed Care Plan (CMS Plan) is a health care plan for children with special health care needs offered by the Florida Department of Health.

Tips for Back to School

Getting kids ready to go back to school can be stressful. The American Academy of Pediatrics has some back to school health and safety tips for parents and guardians.

- Your child might be scared to start a new school year. You can remind them that all children might feel that way. It is normal. Teachers will try to make children as comfortable as possible.
- Ask your child's school if you and your child can take a tour of the school before the year starts. This will help your child know where to go.
- Sometimes backpacks that don't have enough padding can be painful. They may even cause back problems. If your child wears a backpack, make sure the shoulder straps have enough padding and that it is not too heavy.
- Make sure your child gets enough sleep. This will help them wake up with enough energy to learn.
- Kids should eat a healthy breakfast before going to school. If you pack lunch for your child, make sure to pack healthy options. Skip the junk food. If your child eats school lunch, you can call their school to find out what healthy food they serve.
- Bullying is serious. This is when one child picks on another child. It can be physical or verbal. Tell your child to tell their teacher or a trusted adult if they are being bullied. You can also talk to the school officials like the principal. They will work with you to solve any problems.

These are only some of the tips. You can read all of the tips online at goo.gl/IkOmFi

Healthy Teeth

Dental care is covered by CMS Plan. Healthy teeth help a child feel better overall. Some schools offer dental sealant programs. These are usually free. Dental sealants keep kids from getting cavities. If a child gets a cavity, it could spread and cause pain. Without a filling, a cavity can cause a lot of trouble. Consider dental sealants for your child. Ask your child's dentist about them. They may be a good choice for your child. Schools will send home information about this. Watch for the notes and ask your child's dentist what they recommend.





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Shots are Important

Kids in Florida are going back to school. Schools require all students to have all their shots. CMS Plan covers immunizations. You can get your child's shot records through Florida SHOTS. Go online to <https://www.flshots.com/flshots/html/GetForm680.html> to get started. If your child needs shots, call the main doctor who takes care of your child. This is called a PCP, or Primary Care Practitioner.

Your CMS Plan Care Coordinator can also help. The Care Coordinator wants to help you keep track of your child's health information. They can help you get the shot record. They can also tell you what shots your child needs. If your child needs shots, your Care Coordinator can help you get an appointment. They can also arrange transportation.

CMS Plan Covers Lead Screening

Did you know CMS Plan pays for blood lead tests? All babies should have this done at their 12-month and 24-month check-ups. If this is missed, they should be checked between the ages of 36 and 72 months (3 years old to 6 years old).

Some doctors ask questions about lead, but this is not the same as a blood test. A blood lead test tells if your child has too much lead in their body. Kids with too much lead may have learning and behavioral problems.

If your child hasn't had a blood lead test, call their doctor and ask to have one done. Medicaid requires that doctors do this test during certain check-ups. You can also call your Care Coordinator for help.

Where does this lead come from? Lead may come from paint in older homes. It may come from toys, drinking water or kids' jewelry. Having your child's blood lead test done will tell you if they have too much lead in their body.

Reminder

It is important to call your Care Coordinator if you visit the Emergency Room. You should also call your Care Coordinator when you are admitted to the hospital as an inpatient.

Healthy Behaviors: Healthiest Weight

A healthy weight is the key to managing your overall health. CMS Plan and the state of Florida want all of us to be healthy. We can help you and your family with information on what to eat. We can also help with tips on exercise and having fun as a family. The Healthy Behaviors program offers help to families who want to reach a healthy weight. Ask your Care Coordinator about your options.





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Zika Virus

Zika is a disease that is spread mainly through mosquito bites.

Only some people with Zika virus have symptoms. Symptoms are usually mild and are similar to cold symptoms. If a pregnant woman has Zika, the baby may be born with serious birth defects.

Because Florida has a lot of mosquitoes, it is important to keep from getting bitten. You can wear insect repellent if you are outside. You can wear long sleeves and pants. Mosquitoes lay eggs in standing water, so empty any containers outside that could hold water. Toys, pet dishes, buckets, tires and birdbaths are examples of things that could hold water.

Here is some more information about mosquito prevention.

It is in English or Spanish. There is a website for information for kids about avoiding mosquitoes. It is www.SpilltheWater.com. It teaches kids how to avoid getting bitten. It also teaches kids how to drain water from places where mosquitoes like to lay their eggs.

Talk to Us!

CMS Plan cares about your family and its needs. We offer no-cost assistance to all families in the language they request. Please let us know if you need help in a language other than English. Many of our team members speak Spanish and/or Haitian Creole. Interpreters are available to help members who speak other languages. We also have TTY/TTD services to talk with those who have trouble hearing. You can get information in Braille. All member materials, such as the handbook, can be translated for you at no charge. Just call and let us know. You can call your Care Coordinator at your local area office.

Important Phone Numbers

You can call Ped-I-Care if you live in north or central Florida. Their phone number is 1-866-376-2456.

TTY/TTD 1-800-955-8771

You can call Community Care Plan (CCP) if you live in south Florida. Their phone number is 1-866-209-5022.

TTY/TTD 1-855-655-5303

Community Care Plan used to be called South Florida Community Care Network (SFCCN).





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What's up with E-Cigarettes?

E-cigarettes have been in the news. Some people like them because they seem less harmful than regular cigarettes. Some people have been hurt by e-cigarettes, though. E-cigarettes can explode. Injuries and death have resulted from e-cigarettes. Using these around children can be dangerous.

Sometimes young people use e-cigarettes. The American Academy of Pediatrics reports that young people who "vape," or use e-cigarettes, are more likely to smoke regular cigarettes when they are adults. This article is found at <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Adolescents-Who-Vape-Six-Times-More-Likely-to-to-Smoke-in-Early-Adulthood.aspx>.

If you smoke, CMS Plan encourages you to stop. Lots of free help is available. CMS Plan has a free program to help you stop using tobacco products. You can ask your Care Coordinator for more information.

Call member services (CCP, 866-209-5022 or Ped-I-Care, 866-376-2456) if you need information in another language, large print, video, audio or Braille.

Rele gratis, si ou bezen enfamasyonsa an Kreyol.

Por favor llamar a Servicios de Miembro para asistencia en Español u otro idioma.

No hay costo por este servicio.



CMSPlan Florida.gov



Member Services: (866) 209-5022
<http://ccpcares.org/>



Member Services: (866) 376-2456
<http://pedicare.pediatrics.med.ufl.edu>