



Wyoming
Department
of Health

Commit to your health.



Division of Healthcare Financing

Spring

2017

Health Check

WHEN TO GO TO THE EMERGENCY ROOM

Emergency rooms are for emergencies and life-threatening situations, and should not be used for any other purpose. Do not go to the emergency room for care that should take place in a health provider's office, such as sore throats, colds, flu, earache, minor back pain and tension headaches.

Emergency care is covered 24 hours a day, 7 days a week. An emergency is a serious threat to you or your loved one's health. If you believe you or your family member has an emergency, go to the nearest emergency room or call 911.

Some examples of emergencies are:

- Trouble Breathing
- Bleeding that does not stop
- Chest pain
- Vomiting blood
- Severe cuts or burns
- Broken bones
- Loss of consciousness/blackout



Free Well Child Health Checks

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

What is Included in a Well Child Check?

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

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 and 9 months
- Toddlers need checkups at: 15 months, 18 months and 24 months (2 years)
- Children need checkups at: 3 years, 4 years, 5 years and 6 years
- Older children and teenagers need a checkup every year.

Where Should I Take My Child for Check-Ups?

Your doctor, a clinic, health center, or local health department can provide Well Child Health Checks. It is best to establish a medical home, a place that coordinates all your health care needs. Have your medical home and keep track of your child's history.

For dental exams, make an appointment with a dentist in your area.



Making an Appointment

You make an appointment directly with your child's doctor or dentist. It is important to ask if they will accept Medicaid when making the appointment. If they do not, you will need to find another doctor or dentist.

It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.

When you go for your child's appointment, take your child's Medicaid card and immunization record.

Pacifiers and Thumb Sucking

When do pacifier use and thumb and finger sucking become a problem?

If your child sucks strongly on a pacifier or his thumb or fingers beyond 2 to 4 years of age, this behavior may affect the shape of his mouth or how his teeth are lining up. If your child stops sucking on a pacifier or his thumb or fingers before his permanent front teeth come in, there's a good chance his bite will correct itself. However, if the bite does not correct itself and the upper adult teeth are sticking out, orthodontic treatment may be needed to realign the teeth and help prevent broken front teeth.

How can I help my child stop her pacifier use or thumb- or finger-sucking habit?

As a first step in dealing with your child's sucking habits, ignore them! Most often, they will stop on their own. Harsh words, teasing, or punishment may upset your child and is not an effective way to get rid of habits.

Instead, try the following:

- Praise and reward your child when she does not suck her thumb or use the pacifier. Star charts, daily rewards, and gentle reminders, especially during the day, are also very helpful.
- If your child uses sucking to relieve boredom, keep her hands busy or distract her with things she finds fun.
- If you see changes in the roof of your child's mouth or in the way the teeth are lining up, talk with your pediatrician or dentist. There are devices that can be put in the mouth that make it uncomfortable to suck on a finger or thumb.

- No matter what method you try, be sure to explain it to your child. If it makes your child afraid or tense, stop it at once.



The good news is that most children stop their sucking habits before they get very far in school. This is because of peer pressure. While your child might still use sucking as a way of going to sleep or calming down when upset, this is usually done in private and is not harmful. Putting too much pressure on your child to stop may cause more harm than good. Be assured your child will eventually stop the habit on her own.

WIC: Good Nutrition and Good Health

WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, provides healthy foods, health and nutrition screening, nutrition education, breastfeeding support, and referrals to healthcare.

To participate in WIC, you need to live in Wyoming and be pregnant, postpartum, breastfeeding, or have an infant or child under 5, and have a qualifying household income.

If you receive POWER, SNAP (food stamps), or Medicaid, you are already income eligible for WIC.

For more information on WIC visit health.wyo.gov/publichealth/wic/

Vision Fun Facts



- Newborns do not produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
- Out of all of the muscles in your body, the muscles that control your eyes are the most active.
- You blink about 12 times every minute.
- Even if no one in the past few generations of your family had blue or green eyes, these recessive traits can still appear in later generations.
- Some people are born with 2 different colored eyes. This condition is heterochromia.

Dental Fun Facts



- Tooth enamel is the hardest structure in the human body.
- In North America, over 3 million miles of dental floss are purchased annually.
- The average human produces 100,00 gallons of saliva during their lifetime.
- 95% of American adults with diabetes also have periodontal gum disease.
- The human tongue is as unique as a fingerprint. No 2 people have the same tongue print.
- Dinosaurs grew new teeth when one was lost or broken.
- Most people don't know that a sore jaw, when combined with chest pain, can signal a heart attack - especially in women.
- Mosquitoes have 47 teeth. Humans have 32.

Resources You Can Trust

When a child is sick or gets injured, the first thing many parents do is consult “Dr. Google.” The Internet has a lot of information, but it can be inaccurate or out of date. Here are some trustworthy resources to answer family medical questions.

For Parents



Pediatrician Office Website The first place to look is your pediatrician’s office’s website. Pediatrician offices often post information about common illnesses and safety so parents can make informed decisions.

HealthyChildren.org [HealthyChildren.org](https://www.healthychildren.org) is developed by the American Academy of Pediatrics (AAP) and is a source for information on kids’ health, from birth to the young adult years. Most health, safety and development questions can be answered on this website. Busy families can download the app on iTunes and Google Play.

Safe Kids Wyoming [Safekidswyoming.org](https://www.safekidswyoming.org) has information on the safety issues that worry families most, like car seats and sports injuries. The site uses fact sheets and videos to educate on safety issues.

Centers for Disease Control and Prevention (CDC) [CDC.gov](https://www.cdc.gov) is an in-depth resource on vaccinations, diseases and current health events. The CDC.gov is up-to-date and easy to read.

For Kids and Teens

BAM! Body and Mind [CDC.gov/bam](https://www.cdc.gov/bam) is developed by the CDC with kids in mind. Kids can learn about diseases, fitness and safety. This site is a resource for homework or something to browse for some tips on making “kid life” a little easier.

Kids Health This site is for parents, kids and teens. Created by Nemours, a non-profit pediatric organization, [Kidshealth.org](https://www.kidshealth.org) can answer kids’ burning questions about their health and the health of the adults around them. The site is a source for school projects. It also has videos, games and quizzes for entertainment.

How to tell if a site is trustworthy:

- It is easy to learn who is responsible for the site and its information.
- If the person or organization in charge of the Web site did not write the material, the Web site should clearly identify the original source of the information.
- Health-related Web sites should give information about the medical credentials of the people who have prepared or reviewed the material on the site.
- Any Web site that asks you for personal information should explain exactly what the site will and will not do with that information.

Source: National Institute of Health. How to Evaluate Health Information on the Internet: Questions and Answers. https://ods.od.nih.gov/Health_Information/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx



Wyoming Department of Health

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www.health.wyo.gov

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

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.

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