



Kid Care CHIP

Wyoming's Choice for Healthy Kids

April 2013

Renewal Reminders

- **Renew easily online! Complete your child's renewal in just minutes at healthlink.wyo.gov**
- **To avoid a lapse in coverage, please submit any requested documentation to our office promptly.**
- **When renewing by mail, don't forget to complete the empty boxes on the form. Please ensure all boxes are filled in.**

Our Numbers are Growing!
Kid Care CHIP is Providing Coverage to 5,899 of Wyoming's Children.



Kid Care CHIP
6101 Yellowstone Road, Suite 210
Cheyenne, Wyoming 82002

Breathe Easier When You Know More About Asthma

Did you know that 1 in 10 Americans has or has had asthma at some point in their lives?

Most people don't die from asthma, but there is concern for African Americans because asthma is more likely to cause death. The reason for this disparity is not known. But there are asthma control techniques to help people manage their condition successfully. The Centers for Disease Control and Prevention (CDC) offers this important advice to everyone with asthma – have an asthma action plan and exercise it. The CDC has a variety of information that patients and health-care providers can use to control asthma.

What is asthma?

Asthma, a disease that affects your lungs, is the most common long-term disease of children, but it also affects adults. Each day, 30,000 people have an asthma attack, 1,000 are admitted to the hospital, and 11 people die. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and early morning or nighttime coughing.

What is an asthma attack?

Asthma can be hard to diagnose, but regular physical checkups that include checking lung function and allergies can help your health-care provider make the right diagnosis. During a checkup, your health-care provider will ask whether you cough a lot, especially at night, and

whether your breathing problems are worse after physical activity or during a particular time of the year. Health-care providers will also ask about other symptoms such as chest tightness, wheezing and colds that last more than 10 days and if anyone in your family has or has had asthma or other breathing problems.

How is asthma treated?

Your health-care provider will help you make an asthma action plan and stick to it. He or she may recommend a combination of medication, environmental changes and behavior modification. Not everyone with asthma has the same need, and your needs may change as you get older, so it's important to get regular check-ups.

For More Information:

Call 1-800-CDC-INFO (1-800-232-4636) or visit <http://cdc.gov/asthma>.



Have questions about...

Health or Vision Benefits call:
Blue Cross Blue Shield of Wyoming
1-800-209-9720

Dental Benefits call:
Delta Dental of Wyoming
1-800-735-3379

Eligibility call:
Kid Care CHIP
1-888-996-8786



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**BlueCross BlueShield
of Wyoming**

An independent licensee of the Blue Cross
and Blue Shield Association




Upcoming Events

Safe Kids Day
May 4, 10 am- 2 pm
Cheyenne YMCA
Fun activities, informational
booths, car seat checkpoint and
more.
www.safekidswyoming.org

Superday
June 22
Cheyenne Lions Park
31st Annual Holly Frontier Super
day Event.
www.cheyennecity.org

Healthy Smiles Begin with Baby



Nothing is as special as your child's happy, healthy smile so it is important to begin taking care of your child's teeth starting from the time they are a baby. Although baby teeth do eventually fall out, they play an important role in your child's dental health. Baby teeth help your child bite and chew food, and speak clearly. Baby teeth also save space for permanent teeth and help guide the permanent teeth into place.

Even before your child gets his or her first tooth, you should wipe your child's gums with a clean damp gauze or washcloth. Once your child's teeth come in, brush your child's teeth twice a day. Use a soft toothbrush with polished nylon bristles. You can soften the bristles by soaking them in warm water for a few minutes beforehand.

Children enrolled in Kid Care CHIP are eligible for two cleanings a year.

Can't afford a mammogram? Wyoming Women First Initiative Can Help

Through the Wyoming Women First Initiative – a partnership between Susan G. Komen for the Cure® and GE – funding has been provided to local Wyoming programs to provide free mammograms to women in need. Resources are available to help qualified women enroll in a program, as well as help all women in the state find a physician and mammogram facilities near them.

Please call 855-WY-MAMMO (855-996-2666) – toll free- to learn more and get connected to a program that can help you get screened today. Together, we can put Wyoming women first!



