



Online Member Services

Your child's health insurance coverage information is available to you any time by registering for Blue Cross Blue Shield of Wyoming's Online Member Services. You can review your child's claims, get copies of Explanation of Benefits, request new ID cards, send secure inquiries directly to Member Services as well as many more secure online services. You can register at members.bcbswy.com. Help is available from a trained Blue Cross Blue Shield of Wyoming Member Services Representative at **1-800-209-9720** if you have questions.



Wyoming
Department
of Health



W Y O M I N G
Children's Health Insurance Program

Commit to your health.

6101 Yellowstone Road, Ste 210
Cheyenne, Wyoming
82002

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Remember to Renew

Renew Kid Care CHIP when your renewal notice is sent to you and keep the peace of mind that comes from knowing you have coverage when you need it.



Renew Online at:

<https://healthlink.wyo.gov>

Renew by Fax **(307) 777-7085**

Renew by Phone **(855) 294-2127**

Soda or Pop? It's Teeth Trouble by Any Name

It's called "pop" in the Midwest and most of Canada. It's "soda" in the Northeast. And it goes by a well-known brand name in much of the South.

People across North America use different words to identify a sugary, carbonated soft drink. But however they say it, they're talking about something that can cause serious oral health problems.

Soft drinks have emerged as one of the most significant dietary sources of tooth decay, affecting people of all ages. Acids and acidic sugar byproducts in soft drinks soften tooth enamel, contributing to the formation of cavities. In extreme cases, softer enamel combined with improper brushing, grinding of the teeth or other conditions can lead to tooth loss. Sugar-free drinks, which account for only 14 percent of all soft drink consumption, are less harmful. However, they are acidic and potentially can still cause problems.

What to Do

Children, adolescents and adults can all benefit from reducing the number of soft drinks they consume, as well as from available oral care therapies. Here are some steps you can take:



Substitute different drinks: Stock the refrigerator with beverages containing less sugar and acid such as water, milk and 100 percent fruit juice. Drink them yourself and encourage your kids to do the same.

Rinse with water: After consuming a soft drink, flush your mouth with water to remove vestiges of the drink that can prolong exposure of tooth enamel to acids.

Use fluoride toothpaste and mouth rinse: Fluoride reduces cavities and strengthens tooth enamel, so brush with a fluoride-containing toothpaste. Rinsing with a fluoride mouthwash also can help. Your dentist can recommend an over-the-counter mouthwash or prescribe a stronger one depending on the severity

of the condition. He or she also can prescribe a higher fluoride toothpaste.

Get professionally applied fluoride treatment: Your dental hygienist can apply fluoride in the form of a foam, gel or rinse.

Soft drinks are hard on your teeth. By reducing the amount you drink, practicing good oral hygiene, and seeking help from your dentist and hygienist, you can counteract their effect and enjoy better oral health.



Our customer service center is open and ready to assist you with applying and renewing your child's health care coverage. Call 1-855-294-2127 to get help with application, renewal and eligibility questions.

WY Women First

Through partnership with GE and Susan G. Komen®, the Wyoming Women First Program has been providing access to breast cancer screening services and wellness exams to women across Wyoming - **AND WE'RE NOT DONE YET!** While the tour of rural communities is now complete resources are still available for Breast Health Services through the Wyoming Foundation for Cancer Care, The Caring for Women Program and other program partners. Services include free wellness exams, mammograms and diagnostic testing. Call 855-WY-MAMMO to learn more.

Do you have questions ? We can help.

Medical claims and
benefit information
1 (800) 209-9720



Dental claims and
benefit information
1 (800) 735-3379



For eligibility questions
1 (855) 294-2127

