



KidCareCHIP

Wyoming's Choice for Healthy Kids
6101 Yellowstone Road, Suite 210
Cheyenne, WY 82002



Fall 2006

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**BlueCross BlueShield
of Wyoming**

An independent licensee of the Blue Cross
and Blue Shield Association

DELTA DENTAL®

Newsletter

Keeping Kid Care CHIP Families Informed!



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BACK TO SCHOOL IS A GREAT TIME FOR AN EYE EXAM!

Did you know that yearly eye exams are recommended for all children? Children with Kid Care CHIP may get eye exams from any optometrists and ophthalmologists who are Kid Care CHIP providers. You can check your BlueCross BlueShield provider directory for providers in your area.

Your child may get one pair of glasses every 12 months. Kid Care CHIP is unable to pay for new glasses if your child loses glasses paid for by Kid Care CHIP during that time. Kid Care CHIP will pay for frames up to \$100. If the frame you choose costs more than \$100 you will pay the difference.

IS IT A COLD OR THE FLU??

Your child is sent home from school with a sore throat, cough, and high fever. Could it be the flu? Or is it a common cold? Here is a guide to common symptoms.

<u>Symptoms</u>	<u>Flu</u>	<u>Cold</u>
Onset of illness was	sudden	slow
Child's fever is	high	mild/none
Child's cough is	dry	severe/hacking
Child's head is	achy	headache-free
Child's throat is	not sore	sore
Child's appetite is	decreased	normal
Child's muscles are	achy	fine
Child is	tired	not tired
Child has	chills	no chills

An important thing to remember is that flu symptoms vary from child to child. If you suspect the flu, call your Kid Care CHIP health care provider. Antibiotics do not help with the flu or with a cold unless a secondary infection, such as an ear infection, is present, and overuse causes many health problems. An important but often overlooked precaution is to have your children wash their hands thoroughly. Another excellent precaution, flu shots, are recommended for all children ages 2 to 6. If your child does have the flu, have him or her drink plenty of fluids. Acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) may be given to children with the flu or a cold. Never give aspirin to a child with flu or cold symptoms. A potentially fatal illness called Reye's Syndrome may result.

DELTA DENTAL - DENTAL SEALANTS FIGHT CAVITIES

With the right tools, cavities are almost entirely preventable. Yet cavities remain the single most common chronic childhood disease – five times more common than asthma. As one tool in the fight against cavities, dental sealants are both cost and health effective.

Applied by a dentist, dental sealants fill the grooves and pits of teeth, usually without drilling. Sealants protect teeth by forming a mechanical barrier against the harmful bacteria that can cause tooth decay. Sealants have been shown to reduce the need for fillings by about 72 percent.

To protect children from tooth decay, Delta Dental encourages the use of sealants on molars for children. Sealants generally stop the need for the first filling, which avoids the need for subsequent filling replacements, thus lowering the overall occurrence of cavities and improving the patient's quality of life.

CONTACT KID CARE CHIP

-  **Address:**
6101 Yellowstone Road, Suite 210
Cheyenne, Wyoming 82002
-  **Phone:**
1 (877) KIDS NOW
or 1 (877) 543-7669
-  **Fax:**
1 (307) 777-7085
-  **Website:**
<http://kidcare.state.wy.us>
-  **Email:**
kidcare@state.wy.us

OTHER NUMBERS

-  **BlueCross BlueShield of Wyoming**
1 (800) 209-9720
-  **Delta Dental of Wyoming**
1 (800) 735-3379

PARENTS CORNER

Benefit Year: Kid Care CHIP's benefit year just began again on July 1, 2006.

Moving? Please let us know what your new address is no later than 10 days after you move. In order for your child's coverage to continue, you must receive your notices from Kid Care CHIP.

Lost Cards: If you lose your insurance card, please call BlueCross BlueShield at 1(800) 209-9720 to get a new card. For a new Delta Dental card, call 1(800) 735-3379.

