

your family's health



Missouri CareSM
HEALTH PLAN

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www.missouricare.com

Eat healthy for less money

Feeding your family healthy meals doesn't have to cost a lot. All it takes is a little

planning. Here's how to stock your kitchen while keeping costs down:

Plan ahead. Plan your meals before you shop. Make a list of what you need and stick to it. Some tips:

- Shop when you have time to read labels and compare prices.

- Look for sales and coupons for foods on your list.

- Choose store brands.

They are usually cheaper than brand-name foods and taste just as good.

Go for grains. Plan your meals around grains, such as oatmeal and brown rice, and whole-grain cereal, bread and pasta. These foods are good for you and tend to cost less than other foods. Many bakeries offer bargains on day-old bread.

Buy seasonal produce. Fruits and vegetables taste best and usually cost less when you buy them in season. Look for fresh tomatoes, peaches and melons in the summer. Enjoy apples, oranges and squash in the fall and winter.

Keep in mind that canned and frozen fruits and veggies are good choices too.

Buy beans instead of meat.

Beans cost less and provide protein and many other nutrients. They are also lower in fat than meat.

Shop in the bulk foods section.

Bulk foods often cost less than packaged foods. And you can buy just the amount you need.

Shop with a meal plan in mind to help save money.

Use nonfat dry milk. It's the least expensive way to buy milk. Mix it several hours ahead and refrigerate so it can get cold before drinking.

Source: U.S. Department of Agriculture



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Need a sports physical? Get a well-child checkup instead

Will your child play sports this school year? If so, he or she may need a sports physical to play on a school-sponsored sports team.

However, a sports physical does not give you or your child's health care provider (HCP) a complete picture of your child's health. To make sure your child is healthy, he or she needs a full well-child checkup.

Your child's well-child checkup

and sports physical can be done at the same time. The HCP can fill out the sports physical form during the well-child checkup. This is a covered benefit for Missouri Care members, so there is no charge to you. When you call to schedule your sports physical, ask for a well-child checkup also.



What is a well-child checkup?

Missouri Care wants to help your children grow up healthy and strong. That is why there is a well-child program for members under 21 years of age.

During a well-child checkup, the HCP:

- Does a complete physical exam.
- Checks your child's development and nutrition.
- Checks your child's vision, hearing and teeth.
- Gives shots (immunizations) as needed.

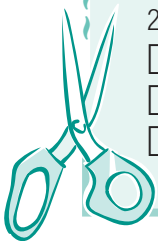
- Orders lab work (e.g., blood lead test) as needed.
- Gives you health information about your child.
- Finds health problems before they become serious.
- Gets to know your child so when your child is sick, the HCP can take better care of him or her.

It is important for children to go to their HCP for regular checkups, even when they are not sick. Keep your child healthy by scheduling a well-child checkup with your child's HCP today.

Well-child checkup schedule

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Newborn | <input type="checkbox"/> 4 years |
| <input type="checkbox"/> By 1 month | <input type="checkbox"/> 5 years |
| <input type="checkbox"/> 2 to 3 months | <input type="checkbox"/> 6 years |
| <input type="checkbox"/> 4 to 5 months | <input type="checkbox"/> 7 years |
| <input type="checkbox"/> 6 to 8 months | <input type="checkbox"/> 8 years |
| <input type="checkbox"/> 9 to 11 months | <input type="checkbox"/> 9 years |
| <input type="checkbox"/> 12 to 14 months | <input type="checkbox"/> 10 years |
| <input type="checkbox"/> 15 to 17 months | <input type="checkbox"/> 11 years |
| <input type="checkbox"/> 18 to 23 months | <input type="checkbox"/> 12 years |
| <input type="checkbox"/> 24 months | <input type="checkbox"/> 13 years |
| <input type="checkbox"/> 30 months | <input type="checkbox"/> 14 years |
| <input type="checkbox"/> 3 years | <input type="checkbox"/> 15 years |
| | <input type="checkbox"/> 16 years |
| | <input type="checkbox"/> 17 years |
| | <input type="checkbox"/> 18 years |
| | <input type="checkbox"/> 19 years |
| | <input type="checkbox"/> 20 years |

Clip & Save



Transportation benefit

Need a ride for health care appointments? Missouri Care may be able to help with transportation or reimbursement for mileage.

Please call our transportation

line at **800-695-5791** at least three days before health care appointments to schedule a ride or one day before for gas reimbursement.

To check if you are eligible for transportation at no cost to you, please call Member Services at **800-322-6027**.



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Information in YOUR FAMILY'S HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Important Missouri Care Phone Numbers

- | | |
|-----------------------------|--------------|
| Member Services | 800-322-6027 |
| MTM Transportation | 800-695-5791 |
| Informed Health Line | 800-556-1555 |
| (24-hour nurse advice line) | |
| Behavioral Health | 800-889-4073 |

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Strategies for helping your child transition to school

By **Cla Stearns, PhD**

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Children draw comfort from routine and can become anxious and upset when that routine is interrupted. One of the major life transitions they (and their parents) will experience is the beginning of school attendance.

There are some techniques and guidelines you can use to reduce your child's anxiety and to ease the transition. Keep in mind that children tend to reflect the emotions and attitudes of the adults around them. Your own attitude and willingness to communicate with your child is most important. Stay positive, and work out some strategies to head off problems before they occur.

Here are a few strategies you might consider:

- If your child has special needs, such as a developmental disability, food allergies, medical conditions or medications, make sure to let

the school know before the child starts school.

- Talk positively with your child about school. Be excited and optimistic about what he or she is about to experience. Focus on what your child will gain rather than on what he or she will lose in this transition.

- Help your child understand what to expect at school. Go through the schedule step-by-step: from the time he or she wakes up to the time your child will meet up with you again.

- If you have the chance, tour the school and meet the teacher. Make sure to show your child the playground!

- Begin getting your child on the new sleep-wake cycle a week or two ahead of time.

- Tell your child about your own school experiences. Have other family members talk to him or her about their kindergarten and school days. Remember to stay positive!

- Make sure your child knows where to go after school. As a

person who missed the bus after my first day of kindergarten, I know firsthand how important this is! If your child will be riding a bus, take him or her to the bus stop or walk your child home or to daycare or the caregiver's home. Talk to your child about what to do if something goes wrong.

- Have your child draw and color some pictures of what he or she expects school to be like.

- Go over some general problem-solving strategies. Help your child understand what to do if he or she gets lost or doesn't know what to do.

- Set up some special celebrations for completing the first day and week of school.

- Talk to your child about the behavior expected of students, and set up a reward system for desired behaviors.

- Encourage your child to talk to other children. Let your child know that you expect him or her to be able to tell you the name of one or two children your child thinks he or she can be friends with.

- On the first day, give your child breakfast, a kiss and hug and send him or her off.

After the first day:

- Make sure you have your child tell you about his or her day. Be excited about the good things, and talk about how to deal with the problems he or she experienced.

- Have your child draw some pictures of what happened that day. Have your child show you where he or she sits and draw some pictures of his or her friends and teacher.

- Celebrate your child's success

—Continued on page 4

Taking care of your child's teeth



The arrival of your child's first tooth is an event to remember. It's also the time for a dental visit for your baby.

Taking care of your child's teeth at an early age can help prevent

future dental problems.

Beginning at birth, you should clean your child's gums with a soft, damp cloth at least once a day.

Switch to a toothbrush when your child has more than one

tooth. Most young children can't brush their own teeth. So you'll have to do it for your child until he or she can handle a toothbrush.

To help your child have healthy teeth, you should also:

- Start using fluoride toothpaste when your child is about 2 years old.
- Take your child to the dentist when the first tooth comes in. After that, see the dentist at least twice a year.
- Floss your child's teeth at least once a day after any two teeth touch.
- Avoid giving your child foods and drinks that have a lot of sugar in them.

Source: U.S. Department of Health and Human Services

Helping your child transition

—Continued from page 3

with a special snack or meal or some special activity.

The good news is that children tend to be adaptable and resilient. They usually make a successful adjustment to the new routine within a few days.

If your child seems to be having a particular problem with this transition, it might be helpful to talk to the school counselor or maybe even a mental health professional. Missouri Care's Behavioral Health department can help you find therapists in your area, if that need arises.

Preparing for your Pap test

It takes only a few moments of your time. But a Pap test can save a woman's life.

Here's why:

A Pap test can find early signs of cancer in the cervix, the lower part of the womb. Cancer of the cervix is common in women. But when it's caught early, the chance of curing this cancer is very high.

Even better, a Pap test can find abnormal cells in the cervix before they turn into cancer. Treatment can help keep cancer from ever developing.

To protect your health, you need regular Pap tests if you are:

- 21 or older.

- Under 21 but started having sex three or more years ago.

Ask your health care provider (HCP) how often you should be tested.

Your role

Some things can cause wrong results from a Pap test.

To be sure your next Pap test is accurate:

- Have the test when you don't have your period.
- Try to be tested 10 to 20 days after the first day of your last period.

Remember, with regular Pap tests, cervical cancer can often be prevented.

Source: National Women's Health Information Center