

SOONERCARE

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 Home, Sweet Home!



Make sure you have selected a primary care provider (PCP). Your PCP is vital to your medical home. If you have not selected a PCP, please visit the OHCA website, www.okhca.org, or call the SoonerCare Helpline at 1-800-987-7767.

This newsletter is just for SoonerCare members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Your SoonerCare Companion will arrive in your mailbox about every four months from the Oklahoma Health Care Authority. If you have questions about SoonerCare, please call the SoonerCare Helpline at 1-800-987-7767.

Spring 2011

Oklahoma Health
Care Authority
2401 NW 23rd St.
Suite 1-A
Oklahoma City, OK
73107
www.okhca.org



COMPANION

Imagine
working
toward the
perfect



SoonerCare Choice program from your perspective!

The Oklahoma Health Care Authority appreciates ideas and thoughts from families who receive services through SoonerCare Choice. Some of our greatest enhancements have come from members calling or e-mailing their ideas to staff members. The Oklahoma Health Care Authority Board Retreat also gives members an opportunity for input. Task forces to receive input from physicians and other providers serving SoonerCare Choice members have offered excellent ideas and information to the OHCA from their point of view.

OHCA is always looking for good ways to gather more information and ideas from members and their families to enhance the SoonerCare Choice program. In January, the OHCA, in collaboration with the Oklahoma Family Network, initiated a Member Advisory Task Force to improve the SoonerCare

Choice program. Members of the task force from all areas of the state work hand-in-hand with OHCA staff members to provide information on issues that are important to SoonerCare.

At this time, the Oklahoma Family Network is accepting applications for additional member positions. If you feel you have time each month that you would like to spend partnering with OHCA staff and other families on SoonerCare Choice, please contact Joni Bruce at Oklahoma Family Network at joni-bruce@oklahomafamilynetwork.org or by calling 405-271-5072. Applications are being received from those who live across the state of Oklahoma. Individuals chosen to become members receive a small stipend for their time. We look forward to the wonderful input and to relationships we will continue to build with our members.

Dental Care for your baby from AAPD

FAQ taken from the American Academy of Pediatric Dentistry (AAPD)

When should my child first see a dentist?

“First visit by first birthday” sums it up. Your child should visit a pediatric dentist when the first tooth comes in, usually between 6 and 12 months of age. This visit will establish a dental home for your child. Early examination and preventive care will protect your child’s smile now and in the future.

Why so early? What dental problems could a baby have?

The most important reason is to begin a thorough prevention program. Dental problems can begin early. A big concern is Early Childhood Caries (formerly known as baby bottle tooth decay or nursing caries). Once a child’s diet includes anything besides breast milk, erupted teeth are at risk for decay. The earlier a dental visit occurs, the better the chance of preventing dental problems. Children with healthy teeth chew food easily and smile with confidence. Start your child now on a lifetime of good dental habits.

How can I prevent tooth decay from nursing or using a bottle?

At-will breast-feeding should be avoided after the first primary (baby) teeth begin to erupt and other sources of nutrition have been introduced. Children should not fall asleep with a bottle containing anything other than water. Drinking juice from a bottle should be avoided. Fruit juice should only be offered in a cup with meals or at snack time.

When should bottle-feeding be stopped?

Children should be weaned from the bottle between 12 and 14 months of age.

Should I worry about thumb and finger sucking?

Thumb sucking is perfectly normal for infants; many stop by age 2. Prolonged thumb sucking can create crooked teeth or bite problems. If the habit continues beyond age 3, a professional evaluation is recommended. Your pediatric dentist will be glad to suggest ways to address a prolonged thumb sucking habit.

When should I start cleaning my baby’s teeth?

The sooner the better! Start at birth, clean your child’s gums with a soft infant toothbrush or cloth and water. As soon as the teeth begin to appear, start brushing twice daily using fluoridated toothpaste and a soft, age appropriate sized toothbrush. Use a “smear” of toothpaste to brush the teeth of a child less than 2 years old. For the 2-5 year old, dispense a “pea-size” amount of toothpaste and perform or assist your child’s toothbrushing. Remember that young children do not have the ability to brush their teeth effectively.

Any advice on teething?

From 6 months to age 3, your child may have tender gums when teeth erupt. Many children like a clean teething ring, cool spoon or cold washcloth. Some parents swear by a chilled ring; others simply rub the baby’s gums with a clean finger.



The Commonwealth Fund recently came out with a State Child Health Scorecard in which Oklahoma ranks 43rd in the percentage of children with oral health problems. The Oklahoma Health Care Authority is looking at ways to improve that ranking. According to the American Academy of Pediatrics, better access to oral health services can reduce tooth decay and lead to a better quality of life for children, as well as reduce financial and societal costs.

Here are a few healthy dental habits:

- 🍏 Healthy diet- A balanced diet of essential proteins, carbohydrates, minerals and vitamins keeps the mouth healthier. Reduction of sweets, and eating more fruits and vegetables help prevent tooth decay.
- 🍏 Dental hygiene- SoonerCare contracted dentists can teach the proper tooth brushing and flossing by actual demonstration once every 12 months.
- 🍏 Dental check-ups- We encourage and pay for routine preventive and diagnostic dental services such as oral examinations, fluoride applications, sealants and x-rays.
- 🍏 Dental emergencies- We cover emergency examinations and emergency extractions for the relief of pain or treatment of acute infection.

Please call our toll-free line

(1-800-522-0310) to:

- 🍏 ask questions about eligible services,
- 🍏 find a qualified dental care provider enrolled in SoonerCare,
- 🍏 arrange transportation or reimbursement for gas money to see a dentist.

What You Should Know About Your Asthma

Asthma is a long-term lung disease that can't be cured, so good control of your symptoms is very important. You should work with your doctor to make an asthma action plan. Follow your asthma action plan and take your medicines as they have been prescribed.

Asthma Control

Your asthma may not be well controlled if:

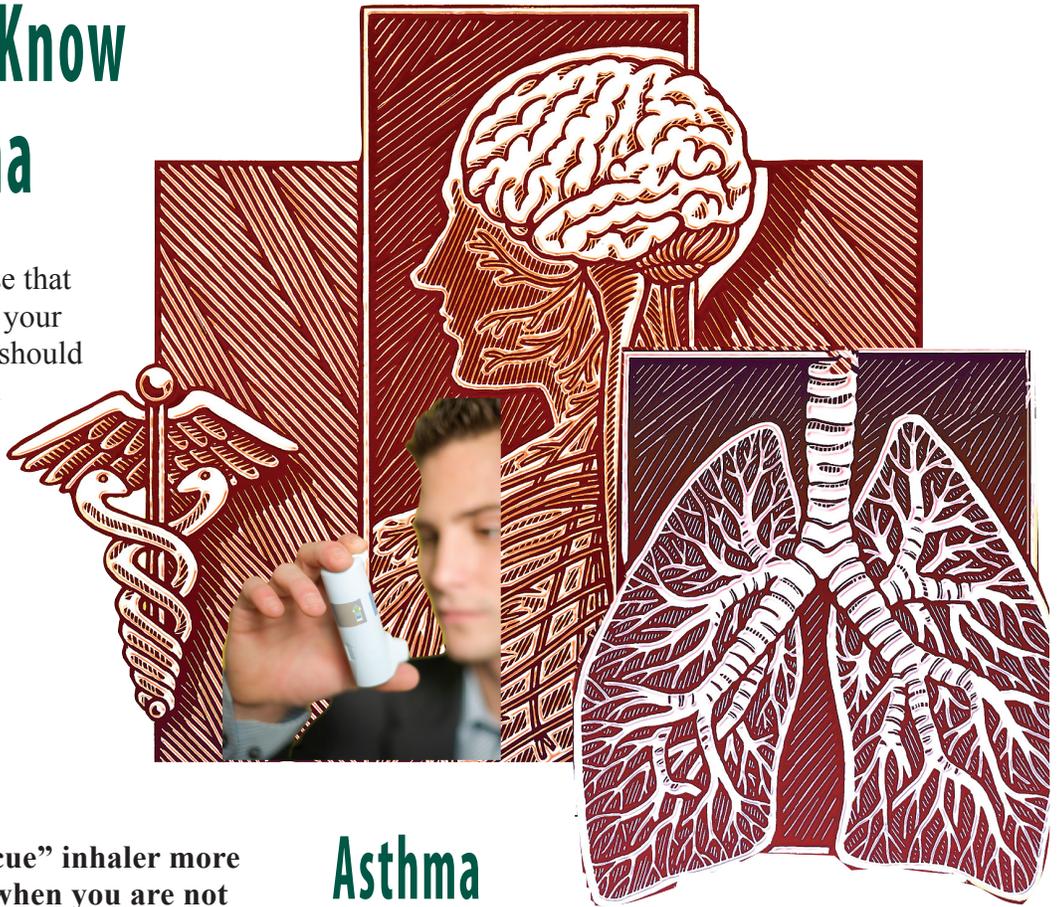
- 🍏 You are using your “rescue” inhaler more than two times a week (when you are not exercising)
- 🍏 Your symptoms are waking you up at night more than two times a month
- 🍏 You miss work or school due to your symptoms

One way to control your asthma is to avoid certain “triggers” that may make your symptoms worse.

Possible triggers include:

- 🍏 Tobacco or fireplace smoke
- 🍏 Mold
- 🍏 Dust mites
- 🍏 Colds or infections
- 🍏 Outdoor air pollution
- 🍏 Dramatic weather changes
- 🍏 Cockroaches and their droppings
- 🍏 Stressful situations
- 🍏 Pets

Physical activity is also a possible trigger, but you should still get exercise. Talk to your doctor or pharmacist about proper use of your medicines so you can remain active. Learn what other triggers may make your symptoms worse so that you can try to avoid them.



Asthma Treatment

The types of medicines used to treat your asthma depend on your symptoms. Asthma can be treated with two types of medicines: quick-relief medicines and long-term control medicines. Not all of these medications are taken the same way, so ask your doctor or pharmacist to show you how to take them correctly.

Quick-relief or “rescue” medicines are made to be taken when you are having asthma symptoms and can help you breathe better quickly. They include: ProAir®, Proventil®, Xopenex®, and Ventolin®. If you are having an asthma attack, long-term medicines do not give you rapid relief - only quick-relief “rescue” medicines will help.

Long-term control medicines help reduce how often you experience asthma symptoms. These medicines must be taken regularly in order for them to work. It's very important that these are taken every day as prescribed, even when you are not having asthma symptoms. Long-term medicines include: AeroBid®, Asmanex®, Flovent®, Pulmicort®, QVAR®, Alvesco®, Advair®, Symbicort®, Dulera®, and Singulair®.

Family planning services available

Are you 19 years of age or older looking for coverage for family planning needs? SoonerPlan offers coverage for service such as:

- Vasectomies for men age 21 and older
- Tubal ligations for women age 21 and older
- Office visits and physical exams related to family planning
- Pregnancy tests for women
- Birth control information and supplies
- Laboratory tests related to family planning services, including pap smears and screening for sexually transmitted infections

Services under this benefit plan are limited to family planning services and are available at low or no cost to SoonerCare members. To apply you can visit your local health department or Oklahoma Department of Human Services (OKDHS) office. You can also download a SoonerPlan application by visiting the Oklahoma Health Care Authority's website www.okhca.org. You may also apply online at www.mysoonercare.org.



Apply online

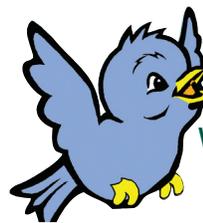
The way to apply for and renew SoonerCare benefits has changed for many of the members we serve. Since September 2010, you can go to www.mysoonercare.org and apply online. This application works for members who want to apply because they are pregnant or if you, the adult, have children under the age of 18 in the home, or you are applying for Soonerplan, our family planning program. If you are receiving disability benefits or have Medicare coverage please visit your local county OKDHS office, as there is different paperwork to fill out. The rules about how a person qualifies for SoonerCare have not changed. If you have questions about the online application, or you wish to fill out a paper application, please call the **SoonerCare Helpline at 1-800-987-7767**.



Switch your prescription before time runs out!

In the past, SoonerCare has paid for prescriptions from all doctors, even if they weren't SoonerCare providers. Due to a change in federal law, SoonerCare will stop paying for prescriptions written by "out-of-network" doctors who do not have a contract with SoonerCare.

If you or your family members get any prescriptions from a doctor who doesn't contract with SoonerCare, you'll need to switch to a doctor who is a SoonerCare provider. This change will be happening soon, so don't delay! Tell your primary care provider about all your prescriptions. Your primary care provider can write most prescriptions for you, and can refer you to a specialist if needed.



Follow us on
Facebook and Twitter:
www.okhca.org/facebook
and
www.okhca.org/twitter.

Don't forget to keep your address updated with SoonerCare! Call the Helpline at 1-800-987-7767 if you have moved so we can keep you updated on your benefits.

**Chew,
dip, chaw,
chewpoos,
chits,
chowers,
packing
a lip or a
wad.**



ConfirmBioSciences© 2009

Harms of smokeless tobacco

Many people believe that smokeless tobacco such as snuff and chewing tobacco is safer than smoking cigarettes; however, smokeless tobacco has many negative effects on health. Snuff and chewing tobacco can put you at risk for:

- Cancer of the mouth
- Dental caries, gingivitis and plaque
- Decay of exposed tooth roots and detachment of gums from teeth
- White patches or red sores in the mouth that can turn to cancer
- High blood pressure and cardiovascular disease

Smokeless tobacco contains more nicotine than cigarettes. Nicotine is a highly addictive drug that makes it hard to stop using tobacco once you start. SoonerCare can help you quit. If you are a current SoonerCare member you may be qualified to receive smoking cessation aides such as:

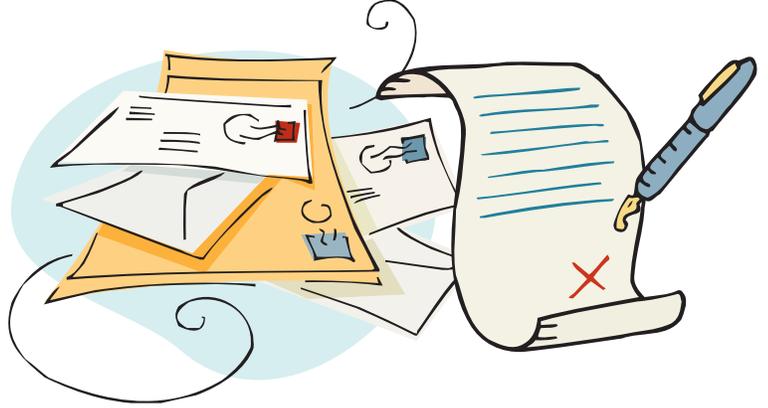
- Nicotine patches
- Nicotine gum
- Nicotine lozenges
- Inhalers
- Nasal spray
- Zyban
- Chantix

**Call the SoonerCare Helpline
(800)987-7767**

**to ask about this benefit to help you
stop using tobacco today!**

You've got all the answers!

Have you received a letter from the Oklahoma Health Care Authority asking for more information? In order for us to complete your application, sometimes we will send you a letter asking for specific information. If we don't receive the information we have requested, your case will close and you or your family may not qualify for SoonerCare.



Some of the information we may ask for is proof of pregnancy, which will show when you are due to have your baby. We may ask for proof of U.S. citizenship and for most people that means your birth certificate. We may also ask for proof of income, which means we need copies of your pay check stub, or the piece of paper that shows how much income you receive. We may also ask for a copy of your Social Security card. We request that you send copies of these documents and don't send originals. Documents you send in will not be returned.

The mailing address for these documents is: Oklahoma Health Care Authority, P.O. Box 548804, Oklahoma City, OK 73154. If you have questions about any letters you have received, please call the SoonerCare Helpline at:

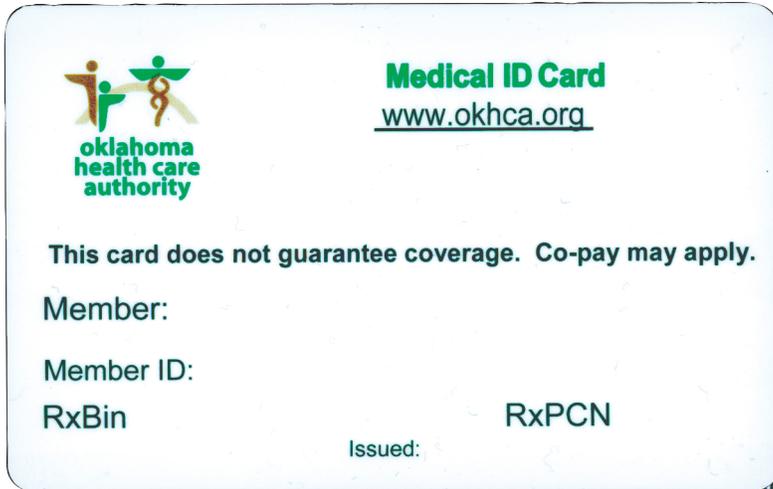
1-800-987-7767.

**Need formula
or diapers?**

**Ask your
caseworker
for a
referral to**

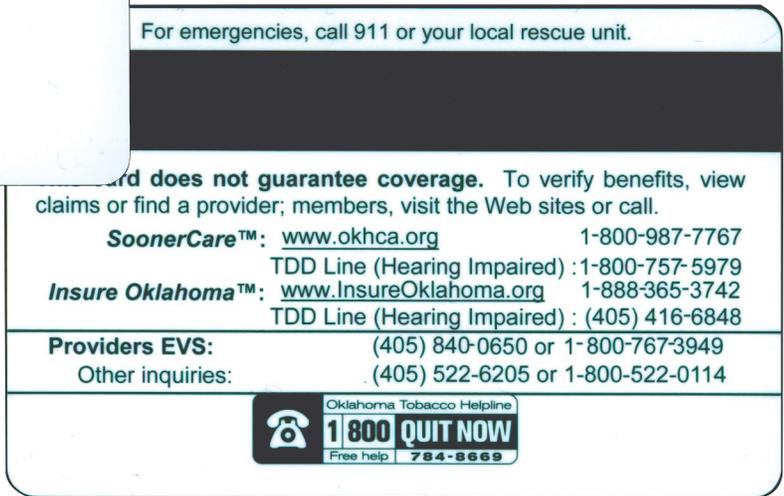
Infant Crisis Services, Inc.
No baby should go hungry (405) 528-3663

A NEW LOOK SOONERCARE ID CARD



If you need a replacement SoonerCare ID card, what you get in the mail may look different from what you are used to using.

As of Jan. 1, new SoonerCare members and members needing replacement IDs will receive this new card. The older issued cards are still valid. ID cards will only be replaced if you have misplaced or lost your ID card.



If you have any questions or to request a replacement card, please call the

SoonerCare Helpline at 1-800-987-7767, Option 2



Your PIN is your key

Once you have applied for SoonerCare benefits online and you or someone in your family has qualified, you will receive a letter that has your PIN (Personal Identification

Number). This number gives you access to your information without having to start over when applying for services.

When you want to change something on your application like your address or phone number, it's easy. You may go to www.mysooner.org, and click on the Manage Account icon. From there you would enter the ID number on your card and PIN. After a successful login, update any information needed and then save the information. Exit the application or update additional

information, if needed. Remember this only works if you are able to apply online for your SoonerCare services.

If you do need to make changes to your information and your application cannot be completed online, please see your OKDHS county office social worker.





Soozie says “**Spring Is For The Birds!**” Yea! The birds are coming back, looking for homes! It is a great time to walk and play outside and look for all the new birds that are building nests in your neighborhood! How many different kinds of birds have you seen? Look in a field guide or bird book to find out the names of the different kinds of birds you have spotted. Start a notebook and write down the name of each kind of bird you see all spring and summer. Make a sketch of the bird and color it. Learn where the birds live in winter and summer and what they eat. Watch the nest for baby birds, but don’t touch them.



- Make a **Baby Birdie Nursery Tree** for your home. You will need: 1. Colored plastic eggs 2. A cardboard egg carton 3. Colored paper or white paper and crayons 4. Scissors 5. Ribbon or yarn 6. A flowerpot or vase 7. Sticks and dirt or pebbles to hold the sticks up. 8. Glue 9. Feathers or fuzzy yarn.

Step 1- Cut apart the egg carton cups and punch or cut holes near the top of the four corners.

Step 2- Cut out the wings, beak, and eyes (or use google eyes) and glue to the egg.

Step 3- Cut out a colored paper blanket or diaper to put around the birdie.

Step 4- Glue a little feather fluff or fuzzy yarn to the head.

Step 5- Attach ribbons to the egg basket.

Step 6- Fill the vase or flowerpot with dirt or gravel or floral foam, “plant” the sticks.

Cut apart egg cup, add four holes.

Cut two wings.

Eyes - cut two of each circle.

Cut a strip of colored paper for the beak. Fold it in half lengthwise. Cut as shown in diagram 2 leaving 1/2" space in the center to fold for a flat surface to glue to the egg.

Beak-1. Fold

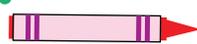
2. Open and Fold

Glue to egg

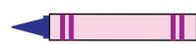


Soozie SoonerCare and Rascal's

Kids Corner



Activities



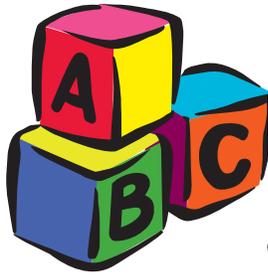
www.okhca.org/kids-corner

'Kids Corner' Offers Lots of Fun!

“Kids Corner” is a feature on OHCA’s website. Kids can find coloring pages and activity calendars that have good information. Kids Corner also has a lot of fun, creative ideas about healthy food choices, great exercises and learning activities for the whole family.

Be sure to check it out at www.okhca.org/kids-corner. Soozie SoonerCare and Rascal will be waiting with something new and exciting each month!

Oklahoma Health Care Authority
2401 NW 23rd St.
Suite 1-A
Oklahoma City, OK 73107
www.okhca.org



ABCs
of
SoonerCare

M is for Medical Home



OHCA Patient-Centered

Medical Home

Your Health, Your Choice, Your Medical Home

It is important that you always have a primary care provider or PCP. With SoonerCare's patient-centered medical home, the PCP becomes the co-team leader for your or your child's health care. The PCP and the family are responsible for working together to coordinate care, whether that requires a specialist or an after hours visit or consult.

The idea of a medical home addresses a partnership that focuses on the relationship of the patient and provider working together to achieve the best health outcomes.

For more information on the patient-centered medical home, visit

www.okhca.org/medical-home.

Si usted quiere leer este artículo en español, visite la pagina web del OHCA al <http://www.okhca.org/sooner-care-companion>.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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