

HEALTH *Partners* TALK



Published for members of Health Partners



Every Parent Should Do This...

(Early and Periodic Screening, Diagnosis and Treatment)

Keep your child healthy and help prevent problems with EPSDT services! EPSDT services also help find problems that could be serious. The sooner you know your child has a health problem, the easier it is to treat. These services are available for children under age 21. By following the immunization (shot) schedule, you and your doctors can help keep your child healthy from birth to the young adult years.

■ **Shots protect your child from deadly illnesses.** Some parents worry that shots hurt children. We want you to know that the illnesses hurt children much more

than the shots do!

■ **Physical exams show if your child is growing well and if he or she is healthy.** Slow growth can be from a poor diet or can mean a serious problem. Your child should see the doctor every year for a complete physical exam.

■ **Dental exams show if your child's teeth are healthy.** Regular dental exams can help prevent decay. Starting at age 3, children should see a dentist every year for an exam.

■ **Lead tests show if your child's body has too much lead.** High lead levels can cause brain damage if not treated quickly. Children

should be tested for lead when they are 1 and 2 years old. If they have not been tested before, they should be tested when they are 3 and 4 years old.

■ **Hearing tests show if your child has a hearing problem.** Hearing problems can affect talking and learning. Children's hearing should be checked each year at 3 years old or older. Teenagers should be checked when they are 12, 15 or 18 years old, or more often if needed.

■ **Eye tests show if your child can see well.** Eye problems can affect learning and safety. Glasses are included with EPSDT if needed. Children's eyes should be checked by a doctor each year if they are 3 years old or older. Teenagers should be checked when they are 12, 15 or 18 years old, or more often if needed.

Expanded services are available for members with special needs. You or your doctor can call Health Partners Special Needs Unit at (215) 991-4370 to ask for these services.

Remember, if your child is entering sixth grade, he or she will need shots for measles and varicella (chicken pox).

If you have any questions about EPSDT services, ask your doctor or call Health Partners Member Relations at (215) 849-9600 or 1-800-553-0784.



Don't forget to schedule your mammogram

Screenings help detect the early signs of breast cancer. Be good to yourself—schedule your yearly mammogram *now*.

This screening is covered under your Health Partners benefits.

Women should have a mammogram every one or two years starting at age 40 and every year starting at age 50. If you have any questions, call your PCP or OB/GYN for more details.



Take care of yourself and your baby!

After you have your baby, it is important to take good care of both of you.

The care you get after your baby is born is called postpartum care. You need to take the following steps after you have your baby:

1. Doctor visits do not stop once you've had your baby. To keep both you and your baby healthy, you'll need to schedule two important visits after you have your baby:

- The first visit is for the baby, two to four weeks after birth.
- The second visit is for you, three to eight weeks after you

have your baby.

2. Eat well and drink lots of water. It's important to eat foods that are good for you, like fruits, vegetables, low-fat meats and dairy.

3. Rest and sleep.

4. Don't be alarmed by mood swings. Your emotions might change often. It is normal for you to experience changing emotions during your recovery. These feelings may come and go for about two weeks after you have your baby. If your mood swings do not go away after two weeks, talk to your doctor about your concerns or call one of the numbers listed below.

Need help after your baby is born?

If your mood swings do not go away after two weeks, talk to your doctor about your concerns.

Or call Community Behavioral Health at **(215) 413-3100** or **1-888-545-2600** if you live in Philadelphia.

If you live in Bucks County, call Magellan Behavioral Health Services, **1-877-769-9784**.

If you live in Chester County, call Magellan Behavioral Health Services, **1-877-769-9780**.

If you live in Delaware County, call Magellan Behavioral Health Services, **1-888-207-2911**.

If you live in Montgomery County, call Magellan Behavioral Health Services, **1-877-769-9782**.

If you are a Senior Partners member, call Entry Point at Belmont, **1-888-785-0600**.

If you have any questions about family planning, be sure to talk to your doctor.

If you have any problems keeping you from scheduling or making your doctor's appointment, please call the Health Partners Special Needs Unit for scheduling or transportation assistance, at **(215) 991-4370**.

Please call the Health Partners "Baby Partners" Program if you have any additional questions or concerns at **(215) 991-4281**.

Don't forget your shots!

Health Partners recommends that all members 50 years of age and older get a flu shot every year. Members over age 65 should also get the pneumococcal vaccine. (This shot helps prevent bacterial pneumonia.) If you or a

family member has chronic health problems such as asthma, heart failure or diabetes, please talk to your primary care provider (PCP) about getting these shots.

Other people who might need these shots are:

- People who live in a nursing home.
- People 2 years of age and older with heart problems, diabetes, blood disorders, kidney disease and AIDS who were treated in a hospital or clinic in the past year.
- Young adults and children 2 years of age and older taking aspirin every day.

Please see your PCP to receive a flu or pneumococcal vaccine this fall. You can get your shots starting in October, but the shots can be given through early winter.

Immunization Schedule



Recommended Childhood Immunization Schedule

Vaccines are listed under the routinely recommended ages. Shaded bars indicate range of acceptable ages for immunization. Any dose not given at the recommended age should be given as a "catch-up" immunization at any subsequent visit when indicated and feasible. Outlined bars indicate vaccines to be given if previously recommended doses were missed or given earlier than the recommended minimum age.

↓ Vaccines	Age in Months									Age in Years		
	Birth	1	2	4	6	12	15	18	24	4-6	11-12	14-16
Hepatitis B (Hep B)	Hep B		Hep B			Hep B					Hep B	
Diphtheria, Tetanus, Pertussis (DTaP)		DTaP	DTaP	DTaP			DTaP			DTaP	Tetanus, Diphtheria (Td)	
H. influenzae type b (HIB)		Hib	Hib	Hib	Hib							
Polio (IPV)		IPV	IPV	IPV						IPV		
Hepatitis A (Hep A)										Hep A		
Measles, Mumps, Rubella (MMR)					MMR					MMR	MMR	
Chickenpox (Var)					Var						Var	

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

Special Note: Your child will need to have a second measles shot before entering school (in any grade). If the Hepatitis B shots were not completed, your child will need another shot before starting the sixth grade. If your child has not had chickenpox, he/she will also need this shot before entering the sixth grade.



THINGS TO KNOW

About dog safety

Almost half of the children in the United States have been bitten by a dog.

The American Academy of Pediatrics encourages parents to teach their kids these rules about dogs:

■ Never approach a strange dog. Ask a dog's owner if it's OK before petting it.

■ Do not run past dogs.

Dogs like to chase things, and this can make them excited and aggressive.

■ Never stare a dog in the eye.

Dogs see this as a challenge and a sign of aggression.

■ Do not disturb a dog who is sleeping, eating or caring for puppies.

■ If a dog threatens you, remain calm and do not run.

Avoid eye contact and stay still until the dog leaves.

If you fall to the ground, curl into a ball and cover your head and neck with your hands.



Lead poisoning

Could your child be at risk?

Small children love to put things in their mouths.

And that's one reason why millions of kids in this country have lead poisoning. Many older houses and apartments have paint on the walls that was made with lead.

Children who live in these homes may eat small chips of peeling paint. They can also swallow or breathe in house dust with tiny specks of lead.

When lead builds up in a child's body, it can cause health problems. Lead can harm a child's brain, kidneys, nerves and blood cells.


Signs of lead poisoning

Your child may have lead poisoning if he or she:

- Is very sleepy or cranky.
- Has muscle or joint pain.
- Has stomachaches.
- Has headaches.
- Starts to do poorly in school.
- Has trouble paying attention.

Contact your doctor about lead testing if your child has these symptoms.

Source: American Medical Association

 Children can swallow or breathe in house dust with lead in it.



Children with even a little lead in their bodies can have trouble thinking and behaving well. High levels of lead can cause hearing loss, growth problems and even seizures.

High lead levels can also cause brain damage if not treated quickly.

What you can do

At your child's next checkup, ask the doctor if your child should be screened for lead poisoning. A simple test can show how much lead is in your child's blood.

Your child should be tested for lead when they are 1 and 2 years old. If they have not been tested before, they should be tested when they are 3 and 4 years old.



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