



ILLINOIS  
**HEALTH  
 CONNECT**  
 Your Home For Healthcare™

ILLINOIS HEALTH CONNECT CLIENT NEWSLETTER

April 2010, volume 3, issue 1

**CHILDREN WITH ASTHMA**

Asthma is one of the most common childhood illnesses. Many children with asthma miss out on school and other activities they enjoy. As the weather gets warmer and your child plays more outside, it is important to learn about asthma and how it may affect your child. Knowing the triggers is helpful in preventing and controlling asthma attacks. With the right treatment, children with asthma can lead normal, happy lives. Your child's primary care provider (PCP) can help you with treatment and follow-up for asthma symptoms.

Asthma is an illness that affects the way air is moved into the lungs. During an asthma attack, your child's airway becomes swollen. When this



occurs, the airway gets narrower and may lead to wheezing, chest tightness, and shortness of breath. An asthma attack may make it hard for your child to breathe. One of the most important

treatments of asthma is to control swelling of the airways. This may be done by staying away from what bothers your child's airway. Knowing what bothers your child's airway can help your child's asthma symptoms.

Talk with your child's PCP about what signs and triggers to be aware of for asthma. Things such as indoor or outdoor dust and dust mites, pests, dogs, cats, molds, and secondhand cigarette smoke may trigger an attack. Cold air and particles in the air can also make your child worse. Your child may also catch a cold easier. It is important to talk with your child's PCP about what you should do if your child has an asthma attack. A care plan is available on the internet at <http://www.hfs.illinois.gov/dm/action.html>. Take this to the next appointment with your child's PCP so you can fill it out together.

Drugs may also be given by your child's medical provider. Talking with your child's PCP can help you understand how medicines can help decrease symptoms. It is important that your child goes to their medical appointments. When you take your child to the doctor, bring your child's care plan and all their medications and inhalers along.

If you need help making an appointment, are not sure where your doctor is located, or need help picking a new PCP, call Illinois Health Connect Monday through Friday 8:00 a.m. to 7:00 p.m. at 1-877-912-1999. If you use a TTY, call 1-866-565-8577. The call is free.

1375 E. Woodfield Rd.

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[www.illinoishealthconnect.com](http://www.illinoishealthconnect.com)

## WIC

WIC is a supplemental nutrition program for Women, Infants, and Children. WIC helps parents feed their family properly during critical periods of growth and development.

### WIC Provides Healthy Foods, such as:

- Whole grains (whole wheat bread and other options)
- Cereal
- Milk
- Eggs
- Cheese
- Juice
- Dried beans or peas
- Baby foods
- Peanut butter
- Fruits and vegetables
- Iron-fortified infant formula for babies who are not breastfed. WIC supports every mother's choice to breastfeed.

### Who Can Receive These Services?

- Women who are pregnant, breastfeeding or just had a baby, infants and children up to 5 years old (including foster children) who are:
  - Low to medium income
  - Found to be at nutrition risk through a free health screening

### What Other Services are Offered?

- Information about nutrition and health
- Information and help with breastfeeding
- Screening and referrals to other health and social services




“WIC is a supplemental nutrition program for Women, Infants and Children.”

### WHO IS MY PCP?

If you do not know who your primary care provider (PCP) is, go to the Illinois Health Connect website at [www.illinoishealthconnect.com](http://www.illinoishealthconnect.com) and click on the “Who is My PCP?” link. It’s that easy!


### REMEMBER:

- You must now go to your Illinois Health Connect PCP for healthcare
- If you want to see a different PCP you need a **referral** from your current PCP
- Other doctors that are not your PCP may refuse to treat you without a referral
- Your PCP will refer you to specialists and other providers when needed
- You can change your PCP for any reason once a month until you find a PCP you like

Illinois Health Connect wants you to be happy with your PCP. To pick a new PCP or to find out who your PCP is, go online or call Illinois Health Connect at 1-877-912-1999, Monday through Friday, 8:00 a.m. – 7:00 p.m. If you use a TTY, call 1-866-565-8577. The call is free! 

### How to Apply?

- Contact your local WIC office to make an appointment and find out what you need to bring with you. At your appointment, WIC staff will check to see if you and your family qualify.
- Use the “DHS Office Locator” at [www.dhs.state.il.us](http://www.dhs.state.il.us) to find your local WIC office.

To find out more about WIC or to find a WIC office in your area, call 1-800-843-6154 (TTY 1-800-447-6404) or visit the DHS website at [www.dhs.state.il.us](http://www.dhs.state.il.us) and click on *for Customers* - Food - Women, Infants and Children (WIC). 



## DENTAL CARE

Oral health is a very important part of your overall well-being. In Illinois Health Connect, your child's primary care provider (PCP) should provide an oral screening (check the mouth, teeth and gums) as part of their well child checkup. You still need to go to the dentist! Children need regular dental care starting at age 2, or sooner if needed, and should see the dentist at least every six months.

In Illinois Health Connect, you **DO NOT NEED A REFERRAL** from your PCP for dental services. The HFS dental program covers all medically necessary dental services for children from birth through age 20. To find a dentist call DentaQuest at 1-888-286-2447.

Covered dental services for children in a dental office setting include:

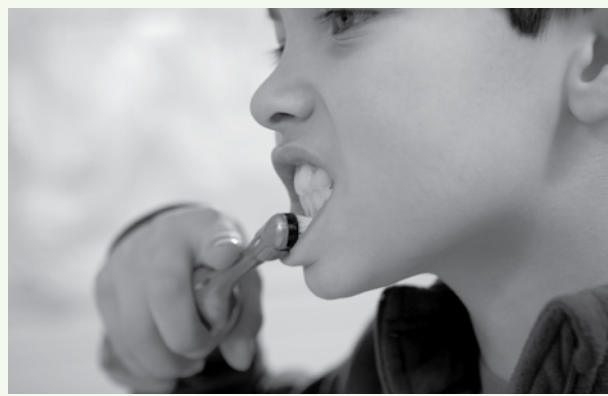
- Oral exams (every 6 months)
- Cleanings (every 6 months)
- Topical fluoride (3 times/year for ages 0-2; every 12 months for ages 3-20)
- Sealants
- Fillings
- Root canals
- Treatment of gum disease
- Tooth removal

Dental services covered for adults in Illinois Health Connect depend on the services you currently receive with your HFS or All Kids Medical Card. You can find out if your HFS or All Kids Medical Card covers dental services for you by calling DentaQuest at 1-888-286-2447. If you use a TTY, call 1-800-466-7566. The call is free.

## HEALTHY DENTAL TIPS

### For Infants and Children:

- Do **NOT** put your baby to sleep with a bottle – it will harm the baby's teeth.
- Before your baby's teeth come in, gently wipe the gums with a clean damp cloth after meals and at bedtime.




- Once teeth come in, clean them with a soft toothbrush after meals and at bedtime.
- Do not use toothpaste until the baby is over 1 year old.
- Do not use fluoride toothpaste until your child is able to spit out the toothpaste.
- Limit sugary snacks as they can cause cavities.
- Do **NOT** put your baby's pacifier in your mouth and then in the baby's mouth. Bad germs from your mouth can get into baby's mouth and cause tooth decay.

### For Adults:

- Brush your teeth with fluoride toothpaste using a soft toothbrush at least twice a day.
- Always brush before bedtime.
- Brush your tongue to remove bacteria and make your breath fresh.
- Brush for at least 3 minutes. Do not rush.
- Change your toothbrush every 3 or 4 months.
- Floss every day. Floss, then brush.
- Do not smoke or chew tobacco. These can cause cancer in your mouth.
- Metal piercings can chip or crack your teeth.

### Dental Appointment Tips:

- Visit the dentist with clean teeth.
- Bring your **current** HFS or All Kids card to every appointment.
- Arrive 15 minutes early for the first appointment and 5 minutes early for all other appointments.
- If you cannot keep your appointment call the dentist at least 1 day ahead of time.
- Bring only the family members who have an appointment to the office.

For more information on the HFS dental program, or to find a dentist, call DentaQuest at 1-888-286-2447 (TTY 1-800-466-7566) or visit <http://www.dentaquestgov.com>. 





State of Illinois

Department of Healthcare and Family Services  
Barry S. Maram, Director



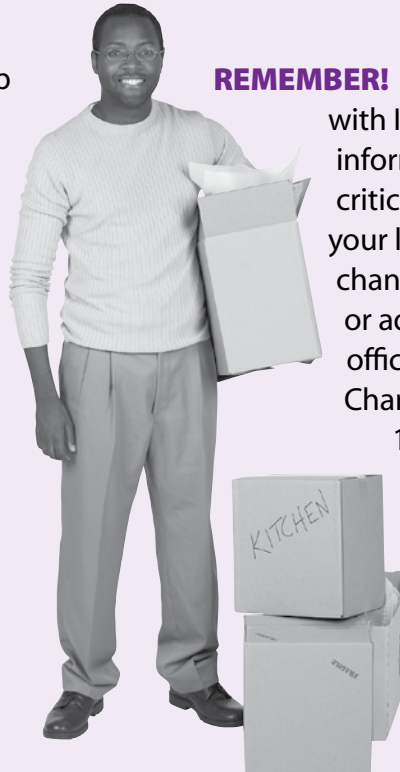
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### HAS YOUR PHONE NUMBER OR ADDRESS CHANGED?

Illinois Health Connect (IHC) can help you find a PCP, change your PCP, remind you of your child's Healthy Kids checkups and help you make appointments. IHC also sends out client newsletters and other important information on staying healthy. So it is important for IHC to have your correct contact information. If your phone number or address has changed, contact IHC at 1-877-912-1999 (TTY 1-866-565-8577). The call is free!



**REMEMBER!** Changing your information with IHC does NOT update the information with the state. It is critical to let your caseworker at your local DHS office know of any changes to your phone number or address. Stop by your local office or call the DHS Information Change Report Hotline at 1-800-720-4166 (TTY 1-800-447-6404). The call is free!

