



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

ILLINOIS HEALTH CONNECT CLIENT NEWSLETTER

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FEVER FACTS

Sometimes it is hard to decide what to do when you think or know your child has a fever. Here are some tips to help with the decision.

If you think your child has a fever, you need to take the child's temperature. It is best to use a digital thermometer.

A rectal temperature of more than 100.4 degrees is a fever. If you use an oral thermometer, 99 degrees or more is a fever. A lower temperature is not a fever. Temperatures vary throughout the day. Temperatures are highest at night and lowest in the morning.

The most accurate reading comes from a rectal thermometer. For children older than three months, oral thermometers are OK. Never leave your child alone with the thermometer. Do not use a mercury thermometer. Mercury is toxic.

A fever gets the body's defense system going. It is often a good sign. But a fever will make your child uncomfortable.



The age and condition of your child are important. Your primary care provider (PCP) will want to know what is causing the fever. Call your PCP and discuss your child's condition.

If you don't know who your child's PCP is, call Illinois Health Connect at 1-877-912-1999 (TTY: 1-866-565-8577) from 8 a.m. to 7 p.m. This call is free. Or go online at www.illinoishealthconnect.com and click on the "Who's My PCP?" link.

Your PCP will tell you if you need to go to the emergency room.

- **Three months or younger with a temperature of 100.4 degrees or higher.** This fever is dangerous. You should call your PCP even if the child does not appear sick. Children this young get sick quickly.
- **Three to six months old with temperature of 101 degrees or higher.** This fever is dangerous. Call your PCP even if the child does not appear sick.
- **Six months or older with a temperature of 102 to 102.9 degrees.** You should monitor your child. Look for other symptoms of sickness. Call your PCP if fever lasts more than two days.
- **Six months or older with a temperature of 103 degrees or higher.** This fever is dangerous. Call your PCP, even if the child does not appear sick.

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www.illinoishealthconnect.com

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Watch for other symptoms of sicknesses. Those symptoms are the cause of the fever. Take note if your child displays the following symptoms along with fever. Make sure you describe these symptoms when you speak to PCP.

- constant vomiting or diarrhea
- dry mouth
- earache or pulling at ears
- high pitched crying
- loss of appetite
- irritability
- pale appearance
- seizures
- skin rash
- sore or swollen joints
- stiff neck
- stomach pain
- swelling in the soft spot of an infant's head
- breathing problems
- whimpering

Some over the counter medicines can help reduce fever. Ask your PCP about what is safe for your child.

There are things you can do to make your child more comfortable. Rest and fluids are important for recovery. Fluids prevent dehydration and help your child's body cool itself. Water is best. Don't force your child to eat as long as he or she is taking fluids. If possible, keep the room between 70 and 74 degrees. Dress your child in light clothes. If your child has chills, provide another blanket. Remove the extra blanket when the chills stop.



“ Fluids prevent dehydration and help your child's body cool itself. ”

YOUR MEDICAL CARD

The Illinois Department of Healthcare and Family Services (HFS) will start issuing durable medical cards to HFS clients in early 2012.

This will affect all HFS clients who have a medical card.

When HFS starts issuing the durable medical cards, you will no longer be sent a paper card each month. Instead, you will receive a plastic card like most private insurance companies. Even if you lose eligibility and gain it back again, you will keep the same card. If you have more than one person in your household who receives a medical card, each person will receive his or her own card.

Stay tuned! You will receive more information over the next few months.

Only go to the emergency room if your child is seriously ill. If you are unable to reach your PCP after hours or on weekends, you can call the Illinois Nurse Helpline at 1-877-912-1999 (TTY: 1-866-565-8577) from 8 p.m. to 7 a.m. The call is free. The nurse will answer your medical questions and give you information to help you decide if you need to go to the Emergency Room or call 9-1-1 (if available in your area).

In an emergency, you can use any hospital or other emergency provider. If you need a list of emergency providers in your area, call Illinois Health Connect at 877-912-1999 (TTY: 1-866-565-8577) from 8 a.m. to 7 p.m. The call is free.

Source: familydoctor.org and healthychildren.org



WOMEN'S HEALTH – PREVENTION IS KEY

Mammograms are an important service for women. Women should get screenings every 2 years beginning at age 40. Getting a mammogram can lead to the early detection of breast cancer, which is the most common cancer for women.

Mammograms are a covered service with your HFS medical card.

A mammogram is a low-dose X-ray. This X-ray shows the inside of your breast. Mammograms can find cancer up to two years before lumps can be felt. Finding the cancer early is important. Early detection provides women with better treatment options and results.

An average mammogram appointment takes roughly 20 minutes. Your breast will be placed on a shelf between two smooth, plastic plates. The breast needs to be spread flat for the X-ray to work properly. You will feel pressure, which can be somewhat uncomfortable.

Two or more X-rays will be taken of each breast. The doctor who reads your mammogram will compare the X-rays to your previous mammograms.

If you need help with scheduling an appointment with your PCP, or have questions about getting a women's health check-up, call IHC at 1-877-912-1999 (TTY 1-866-565-8577). We are open 8 a.m.-7 p.m. Monday through Friday. The call is free.

Source: Familydoctor.org and cancerscreening.illinois.gov

FLU SHOTS

Flu season has arrived! It is important to get your flu shot. One of the best ways to protect yourself and stay healthy is with immunizations (shots). Shots help your body fight diseases and stay healthy. Make sure to talk with your PCP about getting a flu shot today! If you need help making an appointment with your PCP, call the IHC Helpline at 1-877-912-1999 (TTY: 1-866-565-8577) from 8 a.m. to 7 p.m. The call is free.

THANK YOU FOR YOUR FEEDBACK!

Illinois Health Connect would like to thank everyone who took part in this year's member survey. This is the third year we have called IHC members to find out what is working and what we can do better. We appreciate your feedback. We are happy to report that more than 92 percent of IHC members are satisfied with the IHC program and services this year! We use your feedback to help make our program better.

We enjoy learning from your experiences. Thank you again!

ILLINOIS TOBACCO QUIT LINE – “WHERE QUITTERS ALWAYS WIN!”

Do you want to stop using tobacco? The Illinois Tobacco Quit Line will help you. The phone number is 1-866-QUIT-YES. This call is free.

You can call Monday-Friday from 7 a.m. to 9 p.m. You can also leave voice messages after hours. Illinois Tobacco Quit Line representatives return messages the next business day. A counselor checks on your needs and helps develop a quitting program customized for you.

Make the choice today for better health!

IHC VIDEO

Illinois Health Connect now has a six-minute video in English and Spanish about what a PCP is, who needs to pick a PCP and how to get the best healthcare. It also shows how IHC can help you pick a PCP or find a specialist.

Visit our home page at www.illinoishealthconnect.com.

You can watch or download this great educational video for free! Or you can scan this code to watch the video on your smart phone.





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Pat Quinn, Governor
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ALL KIDS CHANGES

A new state law has changed who qualifies for the All Kids program. This law went into effect on July 1, 2011.

All Kids Assist, All Kids Share, All Kids Premium Level 1 and All Kids Premium Level 2 remain the same. Benefits for those children will not change. The income limit to qualify for All Kids was set at three times the federal poverty level. That works out to \$67,056 per year for a family of four.

New cases for All Kids Levels 3-8 are no longer being approved. Children in families already enrolled in All Kids Premium Levels 3-8 on July 1, 2011, can keep benefits through June 30, 2012, as long as they remain eligible and pay premiums on time.

Children can qualify for All Kids Assist, Share and Premium Level 1 even if they have had insurance within the past 12 months. To qualify for All Kids Premium Level 2, a child must meet one of the following conditions:

- The child must have been without insurance for 12 months.
- The child must have lost insurance when a parent's job ended.
- The insurance the parent had was COBRA.

For more information on changes to the All Kids program, go to the All Kids website at www.allkids.com. You can also call the All Kids Hotline at 1-866-ALL-KIDS (1-866-255-5437). If you use a TTY call 1-877-204-1012. The call is free. 