

BEWELL

Tips and resources to support a healthy lifestyle | Spring 2019

CMS HEALTH PLAN

HERE FOR YOU AND YOUR CHILD

4 TIPS TO
PREVENT
DROWNING

ASTHMA &
ALLERGY
AWARENESS

WHY SHOULD MY
CHILD AND I BE
CONCERNED ABOUT
SKIN CANCER?



Children's
Medical Services
Health Plan
— Operated by WellCare —



pg.10 COLORING CORNER

IN THIS ISSUE

3 CMS HEALTH PLAN: HERE FOR YOU AND YOUR CHILD

6 4 TIPS TO PREVENT DROWNING

8 WHY SHOULD MY CHILD AND I BE CONCERNED ABOUT SKIN CANCER?





9 ASTHMA & ALLERGY AWARENESS

10 COLORING CORNER
HOW CARE MANAGEMENT CAN HELP YOU

11 CLICK OR CALL FOR THE LATEST DRUG COVERAGE UPDATES
COMMUNITY CONNECTIONS
ALWAYS TALK WITH YOUR CHILD'S DOCTOR

NUMBERS TO KNOW

We're just a phone call (or click) away!

-  Customer Service: **1-866-799-5321** (TTY 711)
(Monday–Friday, 8 a.m. to 7 p.m.)
-  Nurse Advice Line: **1-800-919-8807** (24 hours a day/7 days a week)
-  24-Hour Behavioral Health Crisis Line: **1-888-491-5252**
-  Visit: **<https://www.wellcare.com/en/Florida/Members/Medicaid-Plans/CMS>**

CMS HEALTH PLAN

Here for You and Your Child

We want to share some important information about your child's Children's Medical Services (CMS) Health Plan.

Florida Department of Health (DOH) has partnered with WellCare to offer the CMS Health Plan¹ as of February 1, 2019. This partnership will bring positive changes for your child's health insurance.



What does this mean for you?

Keep making appointments and meeting with your child's providers as usual. We will make every effort to keep your child with the same provider you have now. If you want to change your child's PCP, you may do so. Just call us toll-free.

Call 1-866-799-5321 (TTY 711)

Your child has the right to get services authorized, prior to February 1, 2019, through July 31, 2019, or later.

We have special Care Managers/Care Coordinators for kids. Your child's Care Manager/Care Coordinator will work with you to make sure your child gets the care he or she needs, when it is needed.

Continued on page 4

¹The Children's Medical Services Health Plan has partnered with WellCare of Florida, Inc. (WellCare) to provide managed care services to our members. WellCare is a licensed Florida health plan.



**Your child's Care Manager/
Care Coordinator will
contact you to talk about
the exciting changes and
how they can help you,
including:**

- Expanded benefits, like over-the-counter items, non-medical transportation and a grocery allowance
- Special programs that link you to community services like utility assistance, legal aid and more
- Specialized staff to help families of school-age children and those preparing for adulthood
- A 24-hour Nurse Line and 24-hour Behavioral Health Crisis Line to help you and your family whenever you need it



Check out our app.

We have a free mobile app called MyWellCare. It includes helpful resources. Download it from Google Play or the App Store.



How do you access services?

Your child has a new CMS Health Plan member ID card. It has your child's start date, ID number and primary care provider (PCP) details.

Please call us if something on the card is wrong. Use the new card each time your child uses his or her health care benefits. The ID card has important information that your child's doctors and pharmacy will need.



How can you learn more?

We have great resources to help you learn more about your child's plan.

Visit <https://www.wellcare.com/en/Florida/Members/Medicaid-Plans/CMS> to access the resources below



Member Handbook:

Inside the handbook you can learn more about the plan and benefits. You can also learn more about:

- Services we cover and how to get them
- Grievances and appeals process
- Member rights and responsibilities



Provider Directory:

You can also find a list of providers on our website. Just click on *Find a Provider/Pharmacy*.

4 TIPS TO PREVENT DROWNING



STEP 1:

Watch kids around water.

Whether it's a bathtub, pool or the ocean, make sure to keep an eye on kids when they're in or around water. Since drowning can be silent, you might not see it happen if you're distracted with a phone call or book.



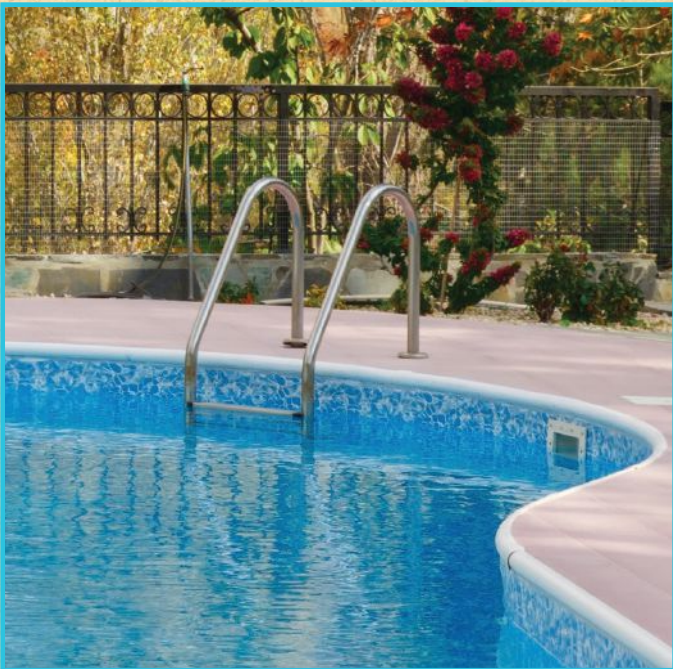
STEP 2:

Wear life jackets.

All kids should wear a life jacket when you're at the lake or at the beach. Kids who aren't strong swimmers should also wear a life jacket at the pool.

Did you know that drowning is the second leading cause of death in kids ages 1–4? The good news is that it's preventable.

KEEP THESE TIPS IN MIND:



STEP 3:

Install a fence.

If you have a pool, make sure it's fenced off so kids stay out when they're not supposed to be swimming.



STEP 4:

Learn how to swim.

Both you and your kids should know some basic moves like how to float and tread water.

If there's an emergency, perform CPR and CALL 911.



Why Should My Child and I Be Concerned About **SKIN CANCER?**

The earlier skin cancers are found, the easier many of them are to treat. But just like other cancers, the best protection is prevention.

Men are more likely to get some types of skin cancer than women. If you see a spot on your child's skin that looks funny, don't wait. Get to your child's doctor and have it checked!

Remember, if a spot turns out to be cancer, it can generally be removed and tested to see if any follow-up is needed.

Help protect yourself and your family members from skin cancer. Follow these tips:



BE SUN-SMART.

Stay out of the sun between 10 a.m. and 4 p.m.



COVER YOUR SKIN.

Protect your child's skin with clothes and a broad-brim hat. Remember to use sunscreen with at least SPF 30 and reapply it often.



WEAR SUNGLASSES.

UV-blocking or wraparound sunglasses work best if your child has them.

SOURCES: American Cancer Society, "Skin Cancer Prevention and Early Detection," retrieved from: <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection.html>; Centers for Disease Control and Prevention (CDC), "Skin Care Awareness," retrieved from: <https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm>; Centers for Disease Control and Prevention (CDC), "Sun Safety," retrieved from: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



Asthma & Allergy AWARENESS

Did you know more than 26 million people in the U.S. have asthma? CMS Health Plan wants to work with you to help you take control of your child's asthma.

ASTHMA CONTROL TIPS:

KNOW YOUR CHILD'S TRIGGERS

- Certain things can make asthma symptoms worse, such as exercise, dust and pollen

KNOW YOUR CHILD'S INHALERS

- Use rescue inhalers, such as albuterol, only when your child is short of breath
- Use maintenance controller inhalers every day, even if your child is not having any symptoms

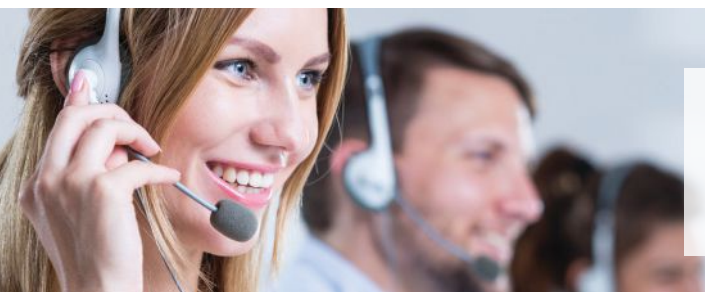
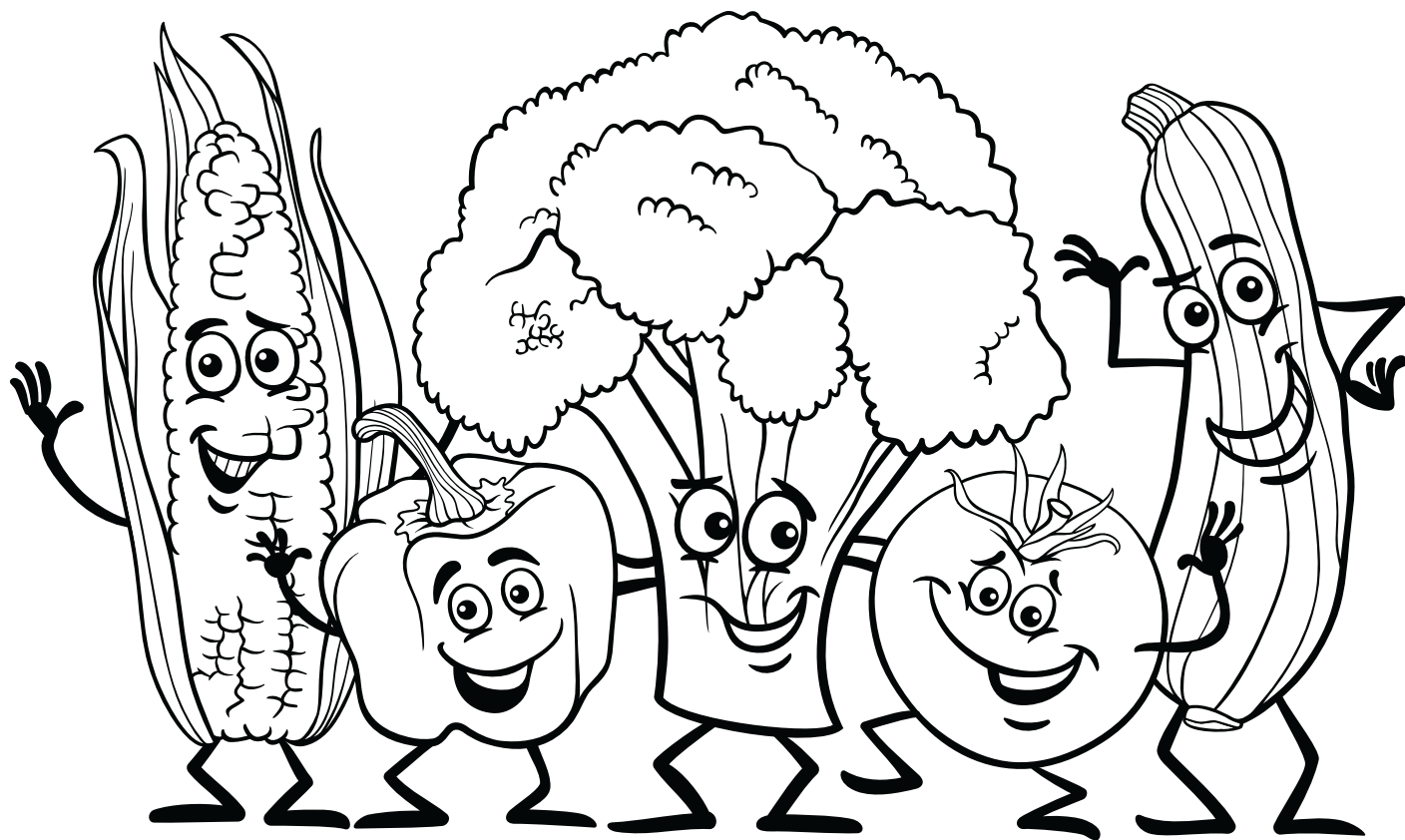
Questions?

Talk to your child's doctor or pharmacist if you are not sure how to use your child's inhalers or if your child has any side effects.

SOURCE: Asthma and Allergy Foundation of America, "Preventing Asthma Episodes and Controlling Your Asthma," retrieved from: <http://www.aafa.org/asthma-prevention/>

COLORING CORNER

Get out your crayons or markers, and have fun!



HOW CARE MANAGEMENT CAN HELP YOU

Care Management helps members with health care or social needs. It pairs you and your child with a care manager. The care manager is a Registered Nurse (RN) or Licensed Clinical Social Worker (LCSW) or another licensed health professional who can help you and your child with issues such as:

- Complex medical needs
- Solid organ and tissue transplants
- Children with special health care needs
- Lead poisoning



WE'RE HERE TO HELP YOU AND YOUR CHILD!

Contact us to learn more about our program. This no-cost program gives you access to licensed health professional Monday–Friday from 8 a.m. to 7 p.m.

Community Connections

Services Beyond Health Care

Want to live a better, healthier life? Our Community Connections program connects you to a wide range of services that help you and your child do just that.


WellCare Community Connections is Here for You

Everyone deserves to live the best life possible. Yet a lot of things can affect your and your child's ability to do that. A phone call to our Community Connections Help Line can match you and your child with services. Plus it's here for both members and non-members. Our Peer Coaches will listen to your challenges. They can refer you to more than 1.2 million resources – all over the country or right in your local area.

Call to get the help you and your child needs.
1-866-775-2192 (TTY 711)

Program services vary depending on your and your child's needs, but may include:

- Financial assistance (utilities, rent)
- Medication assistance
- Housing services
- Transportation
- Food assistance
- Affordable childcare
- Job/education assistance
- Family supplies – diapers, formula, cribs and more



Click or Call for the Latest Drug Coverage Updates

Want to find the latest about the drugs we cover for your child's health plan? Stop by our website, <https://www.wellcare.com/en/Florida/Members/Medicaid-Plans/CMS/Pharmacy-Services>. You'll find our Preferred Drug List (PDL). You can learn about drugs added or removed from your child's health plan. You'll also find changes to any drug requirements or coverage limits. You can also call us for updates to your child's health plan.

Always Talk with Your Child's Doctor

Always talk with your child's doctor(s) about the care that is right for your child. This material does not replace your child's doctor's advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by Children's Medical Services (CMS) Health Plan. Also, CMS Health Plan does not guarantee any health results. You should review your child's health plan or call Customer Service to find out if a service is covered. **In an emergency, call 911 or go to the nearest emergency room, even if it is not in CMS Health Plan's network.**



P.O. Box 31370
Tampa, FL 33631-3370

BEWELL

Health and wellness or prevention information

Children's Medical Services Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If English is not your first language, we can translate for you. We can also give you info in other formats at no cost to you. That includes materials in other languages, Braille, audio, large print and provide American Sign Language interpreter services. Call us toll-free at **1-866-799-5321** (TTY **711**) Monday–Friday, 8 a.m. to 7 p.m.

ATENCIÓN: Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle información en otros formatos sin costo para usted, que incluye materiales en otros idiomas, braille, audio, letra de imprenta grande y servicios de interpretación de lenguaje de señas americano. Llámenos sin cargo al **1-866-799-5321** (TTY **711**) de lunes a viernes de 8 a. m. a 7 p. m.

ATANSYON: Si lang matènèl ou se Kreyòl, nou ka fè tradiksyon an pou ou. Nou kapab ba w enfòmasyon yo tou sou lòt fòm ki pa koute ou. Sa gen ladan l literati ki ekri nan lòt lang, sou fòm Bray, fòm odyo, gwo karaktè epitou nou ofri sèvis entèprèt Langaj Siy Ameriken. Annik rele nou nan nimewo pou apèl gratis la. Ou ka kontakte nou nan nimewo **1-866-799-5321**. Pou TTY, rele **711**. Lendi-Vandredi, depi 8 a.m. jiska 7 p.m.

