



Healthier YOU!

Keeping Your Child Healthy

Health Partners Plans



Doing it right.

EPSDT

EPSDT stands for Early and Periodic Screening, Diagnosis and Treatment (EPSDT). It means keeping your child healthy. EPSDT services are for all members under age 21.

Using the EPSDT Program

Every Parent Should Do This...

EPSDT works when you, as a parent, make sure your child gets the right shots, tests and health care at the right time. Health Partners' EPSDT Program is here to help.

Why is EPSDT Important?

Keeping up with EPSDT is important because it helps your child stay healthy. It helps prevent problems. And, it helps find problems that could become serious. The sooner you know your child has a health problem, the easier it is to treat. Here are some of the EPSDT benefits that are very important:

- Shots protect your child from serious illnesses. Some parents worry that shots hurt children. We want you to know that the illnesses hurt children much more than the shots.
- Hearing tests show if your child has a hearing

problem. Hearing problems can affect talking and learning. Hearing aids are included with EPSDT, 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.
- Lead tests show if your child's body has too much lead. High lead levels can cause brain damage if not treated quickly. Lead tests and treatment, if needed, are included with EPSDT.
- 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 from a serious problem. Height and weight measurements are used to calculate your child's body mass index (BMI). BMI will help tell if your child is at risk for obesity. Obesity in children can lead to other serious health conditions.
- Dental exams show if your child's teeth are healthy. Regular dental exams can help prevent decay. Dental exams and treatment are included with EPSDT.
- Mental health counseling can help your child deal with a problem. The sooner your child talks about the problem, the easier it is to treat.
- Drug and alcohol services can help your child deal with a drug or alcohol problem.



EPSDT and Your Doctor

You and your doctor work together to keep your child healthy. Your doctor keeps track of all of your child's health information. At each doctor visit ask your doctor to check that EPSDT services are up-to-date. Ask about your child's BMI. See if your doctor has any concerns about obesity, and what you can do to help. If EPSDT services are not up-to-date, ask your doctor to do them right away.

As a parent, keeping your child healthy is one of the most important things you can do. Be sure to get your child EPSDT services, so he or she can stay healthy!

If you have any questions about EPSDT services, ask your doctor. Or call Health Partners Member Relations at 1-800-553-0784 or 215-849-9600 (TTY 1-877-454-8477 or 215-849-1579).



EPSDT for Members with Special Needs

Members who are under 21 and need extra help for their illnesses, disabilities or other special needs can get expanded EPSDT services. These services include many medical, behavioral health and social services they may not get otherwise. You or your doctor can call our Special Needs Unit at 1-866-500-4571 or 215-967-4690 (TTY 1-877-454-8477 or 215-849-1579) to ask for these extra services.

Tips for Parents/Caregivers on Helping to Prevent Childhood Illnesses

Your child needs vaccinations or “shots” to protect against dangerous diseases like measles and polio. Every year, children who do not get these shots become sick. Some die.

You can protect your child before he or she gets sick. Take your child to his or her Primary Care Provider (PCP) to get all the important shots in the right order. These shots should begin at birth. Many different kinds of shots are needed by the time your child is two years old. Some of these shots are given more than once.

Make an appointment for your child's next visit, and keep it. If your child misses some shots, you can still catch up. The quicker you do, the sooner your child is protected. Even if your child is seeing the doctor for a sick visit, he or she should get the right shots. Children who are sick can still get shots. These shots will not affect most illnesses.



Top Seven Reasons Parents Give for Not Taking Children for Their Shots

1) My child is healthy.

There's no reason to see the doctor.

Just because your child is healthy now does not mean he or she won't get ill. Shots can protect against all the diseases outlined in this brochure.

Some of these diseases can be a serious threat to your child or other family members, even to you!



2) My children won't get the measles. Nobody gets it anymore.

Every year, thousands of children in the U.S. get measles. Children who get measles may need to go to the hospital. Some may die.

3) Childhood diseases aren't serious.

The diseases listed later in this brochure are all serious. Many of them can lead to death. Getting shots when they're due can prevent diseases.

4) I can't take time off from work.

Ask your doctor if there are appointments at times when you are not working. Many doctors have office hours in the evening or on weekends. (For help to change to a PCP with office hours that you prefer, call Member Relations anytime at 1-800-553-0784. TTY 1-877-454-8477.) Take time now to make sure your child gets all shots and tests.



5) I can't afford to go to the doctor.

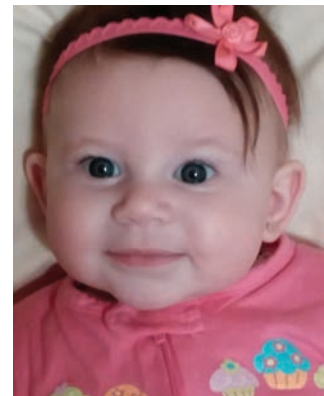
When your child is covered by Health Partners, all childhood shots and tests are covered at no cost. Just make an appointment to see your child's PCP.

6) I'll take them when they're ready to go to school.

Children need most of their shots by the age of two. Most pre-schools do not accept children who don't have all their shots. Don't wait; keep your child's shots up-to-date!

7) My doctor didn't tell me my child needed shots.

It's up to you to make sure your child is protected. Remember to discuss shots when you see your child's PCP. Keep a record of your child's shots in a safe place. Take it with you to every healthcare visit. If shots are needed at a later date, make an appointment and be sure to keep it.



Why Vaccinate?

Shots protect against 16 serious infections. The illnesses caused by these infections can bring disability or death. And they strike thousands of children each year. Outbreaks still occur because some children do not receive all of their shots. It is very important that your child receives shots for all of the serious infections listed below.

Serious Infections That Shots Can Prevent

Diphtheria:

Germs spread this serious disease. Diphtheria can block your air passages and make it impossible to breathe. It can also cause heart problems.

Haemophilus Influenzae (Hib Disease):

Haemophilus influenzae type b (Hib) germs cause meningitis. Hib can cause pneumonia. It can infect the bones, throat, and heart covering. This disease is most serious for children younger than age five, especially infants.

Hepatitis A:

Hepatitis A is an infection of the liver caused by a virus. It is caused by eating infected food or drinking infected water. Hepatitis A strikes faster than Hepatitis B, but it doesn't stay in the body afterwards. Its symptoms are also milder.

Hepatitis B:

Hepatitis B is also an infection of the liver caused by a virus. It spreads through contact with blood or other body fluids. This can happen through sexual contact or sharing personal items (such as a razor, toothbrush or needles used to inject drugs) with an infected person. Hepatitis B causes a flu-like illness. It may bring loss of appetite, nausea, vomiting, rash, joint pain, and jaundice (yellowing of the skin or eyes). A baby may be born with Hepatitis B if the mother is infected. Unlike Hepatitis A, the Hepatitis B virus stays in the liver of some people for the rest of their lives. It can result in severe liver disease or cancer.

Human Papilloma Virus (HPV):

Human papilloma virus is the name of a group of more than 30 viruses spread through sexual contact that can infect the genital areas of both sexes. Most HPV infections have no signs or symptoms. Given in a 3-dose series, the HPV vaccine protects against viruses that cause 70 percent of all cervical cancers and 90 percent of genital warts. It works best when given before exposure to HPV. The vaccine is now given to both girls and boys, usually starting at age 11 or 12, but it can be given as early as age 9. Talk to your doctor about this very important vaccine.

Influenza (flu):

The flu virus can spread easily from person to person, by shaking hands or by being near an infected person when they sneeze. Signs of the flu include a fever, chills, and body aches. It can lead to more serious ear infections or bronchitis.

Measles:

The measles virus is spread easily. Being in the same room with a person with measles is enough to catch it. Signs may include a rash, fever, cough, and watery eyes. Measles can also cause pneumonia, brain damage, seizures, or death.

Meningitis:

Meningitis is an infection caused by harmful germs. It can be spread through sneezing, coughing and sharing food or drinks. The disease can cause brain damage, sight and hearing problems, liver and kidney failure, loss of fingers and toes and even death. Symptoms may include a painful headache, fever, tiredness, stiff or painful neck, or rash.

Mumps:

The mumps virus causes fever, headaches, and swollen glands under the jaw. Children who get mumps may develop mild meningitis (pain, irritation and swelling of the covering of the brain and spine). Mumps can lead to encephalitis (pain, irritation and swelling of the brain). Mumps can also result in permanent hearing loss and sterility (not being able to have children).

Pertussis (whooping cough):

Germs cause pertussis. It can bring violent coughing and choking. This can make it hard to breathe, drink or eat. The cough can last for weeks. Pertussis is most serious for babies. It can lead to pneumonia, seizures, brain damage, or death. About half of the babies who get pertussis have to go to the hospital.

Pneumonia:

Pneumonia is a lung disease that can be caused by a variety of viruses, germs, and sometimes fungi. The disease can sometimes affect the blood, middle ear, or nervous system. It is spread through breathing the germs into the lungs. It may begin with a severe shaking chill, usually followed by high fever, cough, shortness of breath, rapid breathing and chest pains. Other symptoms can include nausea, vomiting, headache, tiredness and muscle aches.

Polio:

A virus causes polio. The virus is spread by contact with feces (bowel movement) of an infected person. Symptoms can include sudden fever, sore throat, headache, muscle weakness, and pain. Polio can cripple your entire body and cause death.

Rotavirus:

Rotavirus most often infects infants and young children, and is one of the most common causes of diarrhea. It is a particular problem in child care centers. Children with a rotavirus infection usually have fever, nausea, and vomiting, which are often followed by abdominal cramps and frequent, watery diarrhea, causing dehydration. They may also have a cough and runny nose. Rotavirus infection is very contagious. Children can catch a rotavirus infection if they put their fingers in their mouths after touching something that has been contaminated by the stool of an infected person.

Rubella (German measles):

The rubella virus causes a mild sickness. Signs may include fever, swollen glands, and a rash that lasts about three days. If a pregnant woman gets rubella, she can lose her unborn baby. The baby can also be

born blind, deaf, mentally retarded, or with heart defects or other serious problems.

Tetanus:

Germs make a toxin (poison) that causes tetanus. Germs enter the body through a cut or wound. Tetanus causes serious, painful tightening of all muscles. It is sometimes called “lockjaw” because it can make a person unable to open his or her mouth. It can also prevent swallowing, breathing, or other body movement. People who get tetanus can die.

Varicella (chicken pox):

The varicella virus causes a rash, itching, tiredness, and fever. It can lead to pneumonia, brain infection, or death. Serious problems occur most often in very young children, adults, or people with damaged immune systems.

If you have a special need that keeps you from taking your child to the doctor for these shots, please call our Special Needs Unit at 1-866-500-4571 or 215-967-4690 (TTY 1-877-454-8477 or 215-849-1579).

When Do Children and Teens Need Vaccinations?

Children need shots from infancy through their teens. The Centers for Disease Control (CDC) puts out immunization schedules that tell you what shots are recommended and when your child should get them. To see these charts online, visit the “Healthier You” section of our website at www.HealthPartnersPlans.com. Or go to www.cdc.gov, click on “Healthy Living,” then “Vaccines and Immunizations,” then “Immunization Schedules.”





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Doing it right.

For help with this information, call our 24-hour helpline • Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas • Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi • Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу • 如果對這訊息有疑問，請致電我們的24小時幫助熱線 • ដើម្បីជាជំនួយ ទទួលបានព័ត៌មាននេះ សូមទំនាក់ទំនងទូរស័ព្ទដែលមានបំរើការ ២៤ម៉ោង តាមរយៈលេខ :

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