

WELL BABY.



HEALTH
CHOICE

UTAH

HEALTH CHOICE UTAH

6056 Fashion Square Dr Suite 3940, Murray, UT 84107

healthchoiceutah.com

Member Services **1-877-358-8797**

Pharmacy Customer Service **(855) 864-1404**

OTHER LANGUAGES

Free language assistance services are available to you.

For help, call **1-877-358-8797**

Spanish (Español)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-358-8797**

CONGRATS!

Congratulations on your new baby! Your care team at Health Choice Utah is sending wishes of health and happiness your way.

Navigating life with a newborn can be a challenge. That's why we are here to provide support, guidance, and peace of mind during this exciting new chapter of your family's life.

Inside this packet, you'll find lots of great health and wellness information for you and your little one:

- ▶ How to Find a Pediatrician
- ▶ Well Child Visits
- ▶ Developmental Milestones
- ▶ Parenting Tips for Healthy Child Development
- ▶ Car Seat Program
- ▶ Extra Benefits (Smartphone, WIC, Transportation)
- ▶ Web Links and Additional Resources

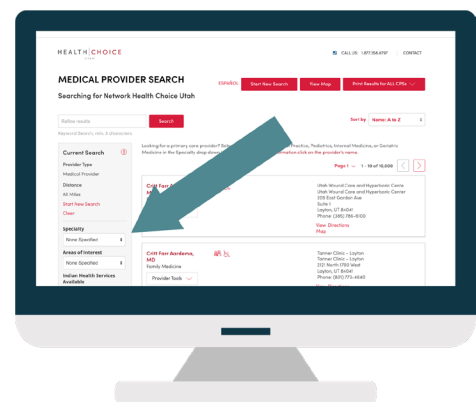
Thank you for trusting us with your family's health. And congrats again to you and your growing family.

HOW TO FIND A PEDIATRICIAN

Pediatricians are doctors who specialize in the medical care of babies, kids, and teens. They are trained to monitor their growth and development and treat them when they are sick. You will see your pediatrician often for well child visits.

To find a pediatrician in your Health Choice Utah network, follow these steps:

1. Visit HealthChoiceUtah.com
2. Click “Find a Doctor” at the top of the web page
3. In the “Search by Provider Network” box, select your network
4. Enter your zip code and how far you are willing to travel in the location box
5. Make sure “Medical Provider” is selected in the specialty box
6. Click the “Search Providers” button
7. On the search screen, find the “Specialty” box in the gray section on the left and select “Pediatrics”
8. Scroll to the bottom and click the red “Search” button to apply your specialty filter
9. Click on the provider’s name to learn more about their hours, location, languages spoken, and more



TIP: You can also search for Urgent Care providers using the same steps. Just select “Urgent Care Medicine” in the specialty drop-down box. Many providers offer virtual visits too!

If you need help finding an in-network doctor, please call our Member Services team at **1-877-358-8797**.

WELL CHILD VISITS

Regular well visits are an important part of your child's health. Even if your child is healthy, well visits are a good time to make sure your child is developing properly and staying up to date on their immunizations. Your doctor may also talk to you about their sleep, diet, safety, and more.

Use the Well Child Visit Record Card in the front of this packet to track when your child needs their check-ups.

Well child visit record card



Your baby needs 11 well child checks by the time they turn 3 years old. This will help keep your child's immunizations up-to-date, make sure your child meets important milestones, and complete developmental screenings. Wellness checkups are FREE with Medicaid, CHIP, and most insurance plans.

Child's name: _____

Date of birth: _____

Doctor's name: _____

Doctor's phone number: _____

Well child visits are **FREE** with Medicaid and CHIP.

Your baby needs 11 well child visits by the time they turn three. For more information about what happens at each check-up, scan the QR code >>>.

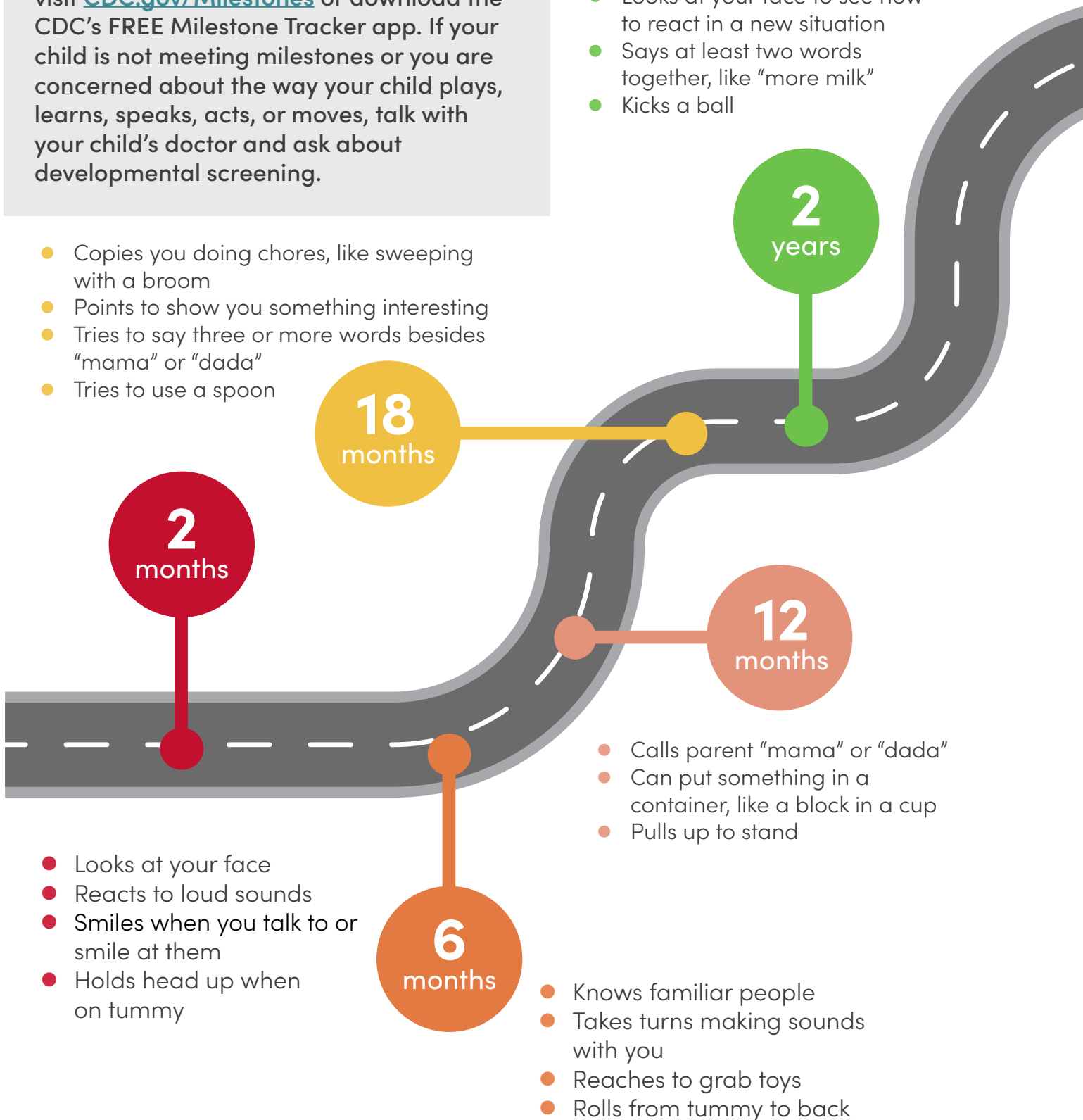


DEVELOPMENTAL MILESTONES

These are just a few of the many important milestones to look for. For complete lists, visit [CDC.gov/Milestones](https://www.cdc.gov/Milestones) or download the CDC's FREE Milestone Tracker app. If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor and ask about developmental screening.

- Tries to use switches, knobs, or buttons on a toy
- Looks at your face to see how to react in a new situation
- Says at least two words together, like "more milk"
- Kicks a ball

- Copies you doing chores, like sweeping with a broom
- Points to show you something interesting
- Tries to say three or more words besides "mama" or "dada"
- Tries to use a spoon



- Looks at your face
- Reacts to loud sounds
- Smiles when you talk to or smile at them
- Holds head up when on tummy

- Calls parent "mama" or "dada"
- Can put something in a container, like a block in a cup
- Pulls up to stand

- Knows familiar people
- Takes turns making sounds with you
- Reaches to grab toys
- Rolls from tummy to back

- Says about 50 words
- Uses things to play pretend
- Shows you what they can do by saying, "look at me!"
- Jumps off the ground with both feet

30
months

- Draws a circle when you show them how
- Notices other children and joins to play
- Talks with you
- Uses a fork

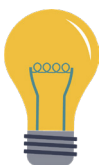
3
years

- Follows rules or takes turns when playing games with other children
- Uses or recognizes simple rhymes
- Writes some letters of their name
- Hops on one foot

5
years

4
years

- Answers simple questions like, "what is a coat for?"
- Names a few colors of items
- Unbuttons some buttons
- Likes to be a helper



TIP: For more information about your child's development and what to do if you have a concern, visit [CDC.gov/Act Early](https://www.cdc.gov/actearly) or call 1-800-232-4636 to get help finding resources in your area.

PARENTING TIPS FOR HEALTHY CHILD DEVELOPMENT

DEVELOPMENTAL MILESTONES

Things like walking, smiling, or waving for the first time are developmental milestones. Developmental milestones are like checkpoints for growing up. Most kids hit these checkpoints around the same age. They hit them while playing, learning, talking, and moving around.

During the first year of life, babies focus their eyes, reach for things, and explore. Cognitive development means their brain is getting smarter. They're learning how to remember things, talk, and solve problems.

Language development isn't just making noises or saying "mama" and "dada." It's also about listening, understanding, and knowing the names of people and things.

During this stage, babies also build bonds of love and trust with their parents and others. This is part of social and emotional development. The way parents cuddle, hold, and play with their babies helps them learn how to be with others too.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.



TIPS TO HELP YOUR BABY

- Talk to your baby. They will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help them learn to use language.
- Read to your baby. This will help them develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help their brain development.
- Praise your baby and give them lots of loving attention.
- Spend time cuddling and holding your baby. This will help them feel cared for and secure.

- Play with your baby when they are alert and relaxed. Watch your baby closely for signs of being tired or fussy so that they can take a break from playing.
- Distract your baby with toys and move them to safe areas when they start moving and touching things that they shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.

CHILD SAFETY FIRST

When a baby becomes part of your family, it is time to make sure that your home is a safe place. Look around your home for things that could be dangerous to your baby. As a parent, it is your job to ensure that you create a safe home for your baby. It also is important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby.

TIPS TO KEEP YOUR BABY SAFE

- Do not shake your baby—ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage their brain or even cause their death.
- Make sure you always put your baby to sleep on their back to prevent sudden infant death syndrome (commonly known as SIDS).
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while they are riding in a car. This is recommended by the National Highway Traffic Safety Administration.
- Prevent your baby from choking by cutting their food into small bites. Also, don't let them play with small toys and other things that might be easy for them to swallow.
- Don't allow your baby to play with anything that might cover their face.
- Never carry hot liquids or foods near your baby or while holding them.
- Vaccines (shots) are important to protect your child's health and safety. Because children can get serious diseases, it is important that your child get the right shots at the right time. Talk with your child's doctor to make sure that your child is up-to-date on their vaccinations.



HEALTHY BODIES

TIPS TO HELP YOUR BABY

- Breast milk meets all your baby's needs for about the first 6 months of life. Between 6 and 12 months of age, your baby will learn about new tastes and textures with healthy solid food, but breast milk should still be an important source of nutrition.
- Feed your baby slowly and patiently, encourage your baby to try new tastes but without force, and watch closely to see if they're still hungry.

Breastfeeding is the natural way to feed your baby, but it can be challenging. If you need help, you can call the National Breastfeeding Helpline at 800-994-9662 or get help online by scanning the QR code. You can also call your local WIC Program to see if you qualify for breastfeeding support by health professionals or peer counselors.



- Keep your baby active. They might not be able to run and play like the “big kids” just yet, but there's lots they can do to keep their little arms and legs moving throughout the day. Getting down on the floor to move helps your baby become strong, learn, and explore.
- Try not to keep your baby in swings, strollers, bouncer seats, and exercise saucers for too long.
- Limit screen time to a minimum. For children younger than 2 years of age, the American Academy of Pediatrics (AAP) recommends that it's best if babies do not watch any screen media.

CAR SEAT PROGRAM



Health Choice Utah members can contact their local SafeKids Coalition to get help finding free or low-cost car seats. Contact information is available at SafeKids.org/Coalition/Safe-Kids-Utah

INSTALLING YOUR CAR SEAT

FIND THE BEST PLACE IN THE CAR

- The back seat is best. It's the safest place to ride for all children under age 13.
- Find the best position. Not all cars or SUVs allow for a car seat in every place that has a seat belt. Check your car's owner manual to see where you can safely put a car seat.
- Consider every passenger. Make sure that the car seat or booster seat for each child riding in the car is in the best possible place. Also, make sure other passengers in the car can ride safely too.

USE THE SEAT BELT OR LATCH

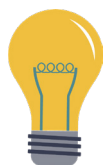
There are two ways to secure a car seat in a vehicle. Both are safe, but don't use both at the same time.

- **Seat Belt:** Place the seat belt through the car seat at the belt path. Look for arrows and directions on the car seat label to show you the correct belt path to use. Use the top tether on all forward-facing car seats.
- **LATCH:** That stands for lower anchors and tethers for children. Car seats have lower attachments that connect to the car's lower anchor bars. Use the top tether on all forward-facing car seats.

Watch LATCH weight limits. Lower anchor bars have a weight limit of 65 pounds, which includes the weight of the car seat plus the weight of your child. Your car seat label will tell you when to stop using the lower anchors and switch to the seat belt plus tether. Continue to use the top tether until your child moves to the belt-positioning booster seat.

GET A SNUG FIT

- Do the Inch Test. A properly-installed car seat shouldn't move more than one inch front to back or side to side when pulled at the seat belt path. This rule applies for forward-facing car seats and rear-facing car seats and when the seat is secured with either the seat belt or LATCH. The top tether makes your forward-facing car seat extra snug. Use it every time!



TIP: Experts can help you install your car seat. Safe Kids coalitions have car seat checkup events and inspection stations around the country. Find an event or inspection station at [SafeKids.org/Events](https://www.safekids.org/events)

EXTRA BENEFITS



FREE SMARTPHONE PROGRAM

With SafeLink Wireless, you may qualify for a **FREE** Smartphone, **FREE** Unlimited Talk & Text, and **FREE** Data every month. Visit [SafeLinkWireless.com](https://www.SafeLinkWireless.com) and enter your zip code in the “New Customer” box to get started.



TRANSPORTATION RESOURCES

You may qualify for reimbursement for non-emergency medical transportation. You may be asked to verify medical appointments.

UTA TRANSIT CARD

This card is good for the local bus, TRAX, and streetcar routes. You may be eligible for a transit card if you have Traditional Medicaid and live in an area served by UTA. This card can be used up to 30 times in a month for medical appointments with Medicaid providers.

To get a UTA Transit Card, go to your MyBenefits account at MyBenefits.Utah.gov and follow the UTA Transit Card request instructions. If you do not have a MyBenefits account, call a Health Program Representative at 1-844-238-3091. If you have questions about eligibility, call DWS at 1-866-435-7414.

MODIVCARE SERVICES

If you do not live in an area served by bus or para-transit services, or you need door-to-door service, you may be eligible for ModivCare services. Call **1-855-563-4403** and be prepared to tell ModivCare your doctor’s name and fax number to complete the required Mobility Evaluation. Please check beforehand that your doctor is willing to complete the form for you.

You must contact ModivCare at **1-855-563-4403** to schedule your ride at least 3 business days before your medical appointment. However, ModivCare may provide some urgent care services if you need to be seen within 24 hours. You must specify that the appointment is for urgent care.



WOMEN, INFANTS, AND CHILDREN (WIC)

WIC is a nutrition program that helps families with healthy eating. These services are provided to pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5. Services include:

- Nutrition counseling
- Healthy foods
- Prenatal and breastfeeding support
- Health assessment
- Referrals to other helpful programs



To check your eligibility, apply for WIC, or request an appointment, scan the QR code with your phone's camera app.



VIRTUAL CARE FROM YOUR DOCTOR

Get care online from your computer, smartphone, or tablet. Many in-network providers offer virtual care appointments for urgent needs and routine medical care.



MEMBER PORTAL

View your claims, benefits, and other plan information 24/7 with our member portal. Log in or create a **FREE** account at [MyHealthChoiceUtah.com](https://www.MyHealthChoiceUtah.com)



ACCESS ASSISTANCE

Need help finding an in-network doctor or scheduling an appointment? We can help. Call us at **1-877-358-8797**.



NURSE LINE

Talk with a nurse 24 hours a day, 7 days a week. Call us at **1-833-757-0706**.

WEB LINKS & RESOURCES

**U OF U BREASTFEEDING
AND LACTATION SERVICES**



**CHILDHOOD VACCINE
INFORMATION FOR PARENTS**



**POSTPARTUM DEPRESSION
SUPPORT - UTAH CHAPTER**



**U OF U MATERNAL
MENTAL HEALTH SERVICES**



**POISON CONTROL
1-800-222-1222**



**2-1-1 UTAH
LOCAL RESOURCE GUIDE**



NOTES



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CONTACT INFORMATION

MEMBER SERVICES, CLAIMS & INTERPRETER SERVICES

1-877-358-8797

Monday - Friday, 8 am - 6 pm MST

CARE MANAGEMENT

1-877-358-8797

ON THE INTERNET

HealthChoiceUtah.com

UTAH RELAY SERVICES

TTY/TDD **1-800-346-4128**

En Espanol **1-888-346-3162**

REPORT SUSPECTED FRAUD

1-888-206-6025

BY MAIL

Health Choice Utah

P.O. Box 45900

Salt Lake City, UT 84145

OTHER LANGUAGES

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Spanish (Español)

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