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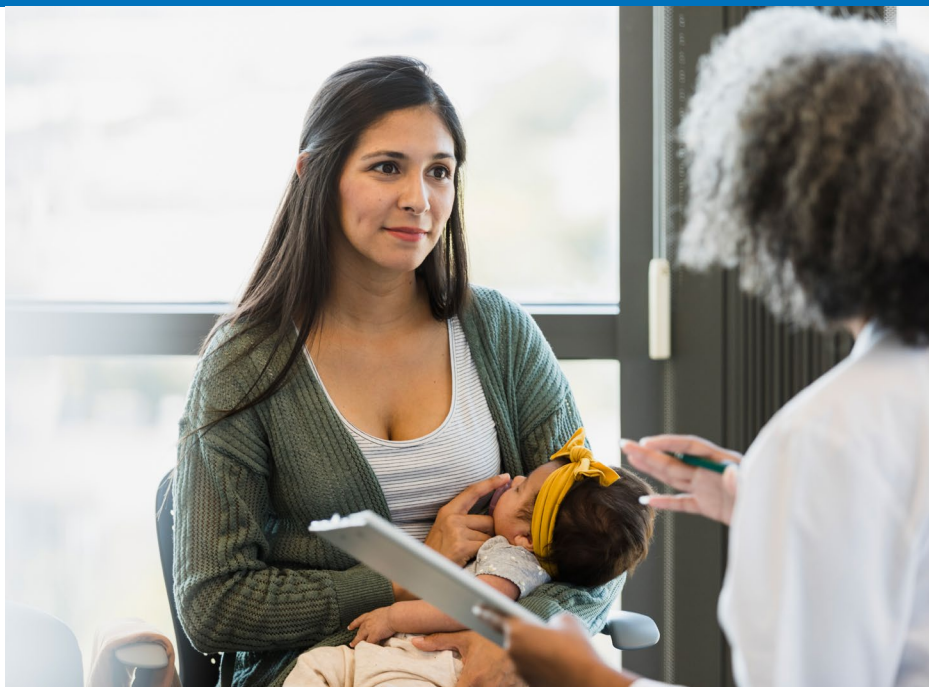
At Banner – University Family Care/ACC (B – UFC/ACC), we want you to stay strong and healthy during your pregnancy. It is the first step to delivering a healthy baby. With early and regular prenatal care, eating well and regular exercise, you can reduce the risk of pregnancy complications. Below are steps you can take to improve your and your baby's health.

- See your provider as early as possible if you think you are pregnant.
- Take a prenatal vitamin. Folic acid is necessary for your baby's growth and development.
- Getting early and regular prenatal care is very important to a healthy pregnancy.
- Enroll in Women, Infants and Children (WIC).
- Sign up for childbirth classes. We can help you find childbirth classes.

If you need help choosing a pregnancy care provider, call our Customer Care Center. We can also help you schedule appointments and set up no-cost rides to your health care appointments.

OB nurses are available to help you before, during and after your pregnancy. Our OB care managers can share important information about your pregnancy and your health plan benefits. They can coordinate with your provider and connect you to community resources. To connect with an OB care manager, call our Customer Care Center at 800-582-8686, TTY 711. Ask to be referred to the Maternal Child Health department.

Growing Together: The Parenting Connection



Supporting You Beyond Birth

The American College of Obstetricians and Gynecologists recommends you see your provider for an initial postpartum visit within three weeks of your delivery date. Your visit should be sooner if you had a cesarean section (**C-section**). Your provider will recommend additional visits, depending on your individual needs. You should finish with a full comprehensive visit no later than 12 weeks after your delivery.

At your postpartum visit, your provider will:

- Check on your mood and emotional well-being.
- Ask you about how infant care and feeding are going.
- Talk to you about family planning options and the importance of safely spacing your next pregnancy.
- Follow up on your sleep and fatigue.
- Check your physical recovery after birth.
- Make referrals to manage any ongoing conditions.
- Answer any questions you may have about your recovery.

WIC Arizona

Women, Infants and Children (WIC) is the Arizona supplemental nutrition program for women, infants and young children. WIC is a no-cost program that can help you get healthy foods for your family. WIC focuses on good nutrition during pregnancy, while breastfeeding, after delivery and during early childhood.

Who is WIC for?

- Infants and children – up to 5 years of age
- Pregnant women – sign up as soon as you find out you are pregnant
- Women whose pregnancy ended less than six months ago
- Breastfeeding women – until the infant's first birthday

For more information, call your local WIC clinic at 800-252-5942 for an appointment.

Find WIC on the web at www.azwic.gov or by searching "EzWIC" on Google Play or Apple Store.



Growing Together: The Parenting Connection



Nourish With Love, Feed With Confidence

There is help available to help you to be successful with breastfeeding

- The Arizona WIC (*Women, Infants, Children*) program has a 24-hour Breastfeeding Hotline that is available at no cost. They can connect you with a lactation consultant any time of the day. Call 800-833-4642 for more information.
- B – UFC/ACC can provide you with a breast pump before your delivery. Breast pumps are one of the many benefits available through your health plan. They are easy to order, and you have many options to choose from. We can help you find one that best fits your needs. Call our Customer Care Center at 800-582-8686, TTY 711 for more information on how to place your order.

Know When To Get Help

Be aware of the urgent warning signs and symptoms that can occur during pregnancy or in the year after birth. They may be a sign of a life-threatening condition. If you have new symptoms or feel like something is not right, talk to your health care provider.

Be sure to tell each of your providers if you are pregnant now or if you were pregnant within the last year.

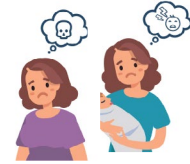
Get medical care immediately if you experience any of the signs or symptoms listed below.



Headache that won't go away or gets worse over time



Dizziness or fainting



Thoughts about hurting yourself or your baby



Changes in your vision



Fever



Trouble breathing



Chest pain or fast-beating heart



Severe belly pain that doesn't go away



Severe nausea and throwing up (not like morning sickness)



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking during pregnancy



Vaginal bleeding or fluid leaking after pregnancy



Swelling, redness, or pain of your leg



Extreme swelling of your hands or face



Overwhelming tiredness

For more information, check out the CDC Hear Her Campaign at: www.cdc.gov/hearher/index.html.

Growing Together: The Parenting Connection

Well-Child Visits, Bright Futures

Regular well-child visits are important for every child's health. Kids need regular well-child visits at all ages, from birth through their young adulthood.

Well-child visits may also be called EPSDT (*Early and Periodic Screening, Diagnostic and Treatment*) visits. There is no cost to you for these visits. Call your child's PCP now to make an appointment for their next well-child visit.

Well-child visits may include:

- A physical exam.
- Vaccines.
- Testing for and treatment of lead poisoning.
- Dental screening and fluoride varnish (*fluoride may be applied up to four times a year during EPSDT visits for members who are six months of age and older, until their fifth birthday*).
- Vision and hearing test.
- Review of diet and nutrition.
- Questions about your child's health and health history.
- Lab tests, such as urine and blood tests.
- Referrals to specialists.
- Developmental checks for speech, feeding and physical activity milestones, such as rolling over, crawling and walking.

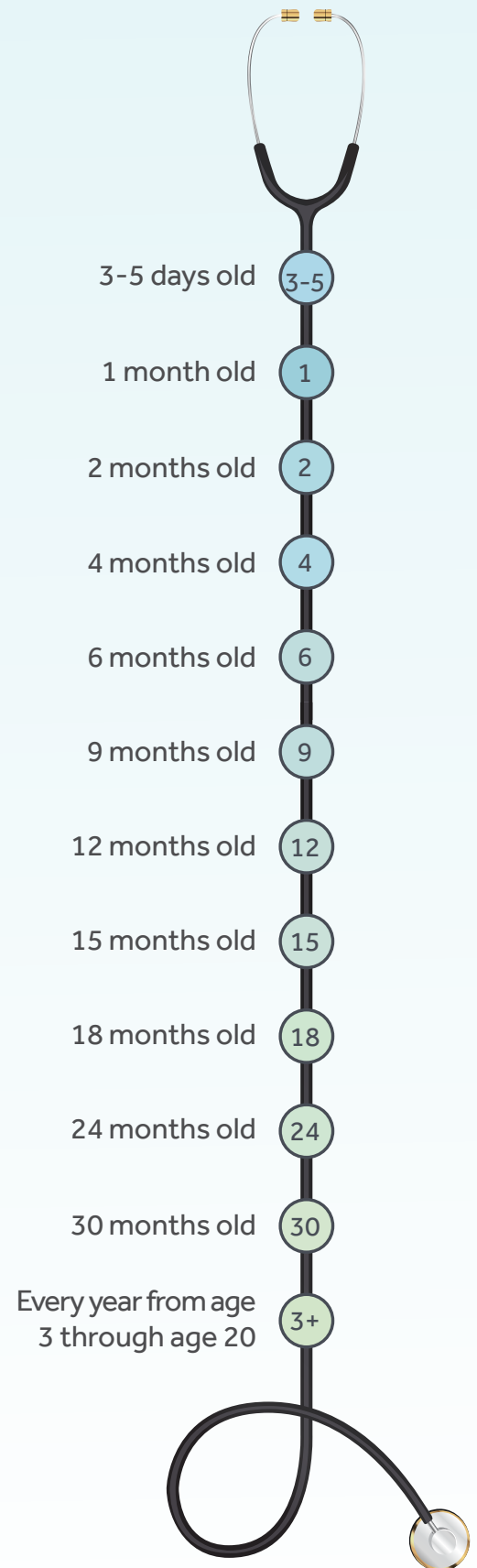
For children with delays in development, your provider can refer you for further testing as well as therapies and treatment to help improve skill development.

For teenagers and young adults, the provider may also talk about:

- Self-esteem and good mental health.
- Changes in their bodies.
- Making good choices and healthy behaviors.
- Prevention of sexually transmitted infections (STIs) and testing.
- Dangers of smoking, alcohol and other drugs.

We can help you with scheduling your child's next well-child visit. We can also help arrange transportation to the visit if needed. Please call our Customer Care Center at 800-582-8686, TTY 711 for assistance.

Ages for EPSDT/well-child visits



Growing Together: The Parenting Connection



Vaccines: The Best School Supply

Vaccinations are important because they help protect us and our communities. Before going back to school, children can stay protected by being up-to-date on their vaccines. Babies, children and teens all need different vaccines to protect them from disease. Without these vaccinations, your children are at more risk for diseases like measles, whooping cough and more. These diseases are easy to catch and can make children very sick.

If enough children don't get their vaccines, disease outbreaks can occur. Talk with your provider to find out which immunizations your child needs. The Center for Disease Control (CDC) has vaccine schedules to help explain recommendations for each age. You can view these schedules at www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html.

Our Customer Care Center can help you with scheduling or transportation to appointments. Please call 800-582-8686, TTY 711.

Helping Little Lungs Breathe Easy

Asthma is a common disease affecting children. Asthma causes wheezing, breathlessness, chest tightness and coughing at night or early in the morning.

An asthma attack may include coughing, chest tightness, wheezing and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets into and out of your lungs, and mucous that your body makes can clog up the airways.

You and your child can better control asthma by knowing the warning signs of an attack. You can learn what can cause an attack and how to avoid those triggers. And you can work with your provider to develop an Asthma Action Plan just for your child. If you have a concern about your child's breathing, please make sure to talk with your child's provider.

Here are some ways you can help your child breathe easier:

- Have an action plan for your child and stick to it.
- Talk to your child's provider to help you plan.
- Include what triggers an attack and what you can do to stop it.
- Teach your child to listen to their body and ask for help when needed.
- Know how and when your child should take their asthma medications.
- Communicate this plan with others like your child's school and caregivers.

Asthma triggers

Triggers can lead to difficulty breathing and lead to a flare-up. Common triggers include mold, pets, weather changes and even the common cold. Knowing your child's triggers can help you avoid them when possible. When you know the start of a flare-up, you can treat it faster.

Learn more

www.cdc.gov/asthma/about/index.html

www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/children-and-asthma

Growing Together: The Parenting Connection



A Lead-Safe Life Begins at Home

Lead is a dangerous toxic metal that is present in a variety of products around us. It absorbs easily and can harm our bodies when it gets into our system. High blood lead levels can cause serious health problems. Young children are still developing and are at more risk for lead poisoning. Lead can come home on our clothes from work or hobbies then expose our families. Pregnant women can even pass lead on to their unborn babies. Lead can cause developmental delays, learning problems or behavior problems, even at slightly raised levels. High lead levels can also cause hearing loss or damage to the brain, liver and kidneys.

Sources of lead

In Arizona, there are several common sources of lead. This includes:

- Homes built before 1978 (*old peeling, cracked or chipped paint*).
- Hobbies (*making ceramics or stained glass or reloading bullets*).
- Certain work areas (*construction sites, mechanical or welding, mining, shooting ranges*).
- Imported or homemade pottery.
- Dirt (*kids may accidentally swallow or bring soil containing lead into the home*).
- Certain home remedies, candy or spices (*Azarcon, Greta*).

Lead testing

The only way to detect lead poisoning is with a simple blood test. Children with raised lead levels may look and feel healthy. But they still need to be treated. Your provider can order this test.

- All children should be tested at 12 and 24 months of age.
- Children 2 to 6 years old should also be tested if not tested before.
- Children should be tested any time if medically indicated.
- Refugee children should be tested.
 - » All refugee children through 16 years should be tested within 90 days of arrival.
 - » All refugee children birth through 6 years old should have a repeat test done three to six months after resettlement, regardless of the first results.

[Continue reading here](#)

Growing Together: The Parenting Connection

Continued from "A Lead-Safe Life Begins at Home"

Ways to prevent or reduce blood lead levels

- Wash your hands and your children's hands often, especially after being outside and before eating.
- Practice good housekeeping.
 - » Keep play areas and toys clean and clear of dust.
 - » Wet wipe, vacuum or mop rather than dry dusting or sweeping.
 - » Clean carpets and rugs using a vacuum with a HEPA filter.
- Leave shoes and boots outside or in the garage to avoid bringing in soil and dust.
- If work or hobbies involve lead, change clothes before entering your home and shower.
- Practice good nutrition (*diets high in iron, calcium and vitamin C can minimize lead absorption*).
- Do not use clay pottery to cook or store food.
- Do not use home remedies that could contain lead.
- Do not sand or scrape old paint when remodeling.

Lead exposure can be prevented and treated. Know the dangers and take the right steps to protect your family from lead exposure. For more information, please reach out to Arizona Department of Health at 602-364-3118. For more information on preventing lead exposure, call the Arizona Department of Health Services at 602-364-3118 or visit www.AZHealth.gov/Lead.

You can also call our Customer Care Center at 800-582-8686, TTY 711 and ask to speak to a pediatric nurse care manager.

The Head Start Advantage

Head Start programs support children's growth and development from ages birth to 5. These services support early learning, health and family well-being. Head Start programs deliver services in center-based, home-based or family child care centers.

- Head Start services are available at no cost to children ages birth to 5 who meet eligibility requirements.
- Head Start Preschool services work with families with children ages 3 to 5 years.
- Early Head Start services work with families with children ages birth to 3 years old. Many also serve families expecting a new baby.
- The Head Start mission is for eligible children and families to receive high-quality services in safe and healthy settings to prepare children for school.

How to enroll in Head Start and Early Head Start services:

- Talk with your child's provider about a Head Start referral.
- Visit the Head Start website at www.AZHeadStart.org.
- Call the Arizona Head Start Association at 602-338-0449.
- Review their flyer at State-wide **AZHA Recruitment Flyer PY 2023**. You can also call the CDC Hotline at 800-CDC-INFO.



Growing Together: The Parenting Connection

Your Community, Your Resources

Arizona Early Intervention Program (AzEIP) serves eligible infants and toddlers, birth to three years of age with developmental delays and disabilities, and their families. They assist in access to services to assist families and caregivers to support the child's development. AzEIP services help to improve children's growth and development.

Phone: 602-532-9960

Website: des.az.gov/azeip

Strong Families Arizona no-cost home visitation program provides families with help raising healthy, successful children. The program centers on pregnant individuals and children under 5 years old.

Website: www.strongfamiliesaz.com

Parents As Teachers is a no-cost program for all parents with children younger than 5 years old. Learn how to effectively and meaningfully interact with your child to help them develop intellectually and emotionally and to help you form a deeper relationship and bond with your child.

Phone: 602-688-5515

Website: www.childfamilyresources.org/pat/

Changent has specially trained nurses who regularly visit young, first-time moms-to-be, starting early in the pregnancy through the child's second birthday.

Phone: 602-266-5976

Website: www.changent.org/who-we-are/

Birth to Five Helpline offers help for parents with children under 5 years old. They provide help with fussiness, sleeping, feeding and more.

Phone: 877-705-5437 (KIDS)

Website: swhd.org

Raising Special Kids provides information, training, resources and support to families of children with special health care needs.

Phone: 800-237-3007

Phoenix: 602-242-4366

Southern AZ – Tucson: 520-441-4007

Southern AZ – Yuma: 928-444-8803

Website: www.raisingpecialkids.org

Maternal Mental Health Hotline offers supported from trained counselors, information and resources if you are experiencing a mental health challenge and are pregnant or new to motherhood.

Phone: 833-852-6262 (833-TLC-MAMA)

988 Suicide & Crisis Lifeline: Call or text 988 for immediate assistance if you or someone you know is experiencing a mental health emergency.



ATTENTION: If you speak English, language assistance services are available at no cost to you.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電。
B – UFC/ACC 800-582-8686, TTY 711.

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