



HEALTH PLANS HELPING TO KEEP YOUR FAMILY HEALTHY

No matter which health plan or health insurance you are enrolled in, they want your family to stay healthy! Most health plans, whether you have SCHA (South Country Health Alliance) or other health insurance, all have similar language and offer a variety of services to help you and your family receive the best health care possible. The following are some tips for understanding health plans:

Member ID card: Always show your member ID card when you get care or have a prescription filled.

Primary Health Care Clinic: Your primary health care clinic is the first place to go. Your clinic will get to know you, learn your health history and keep a record of all your health files. The name of your clinic is listed on your member ID card.

Dental Care: Call the member services telephone number on the back of your card if you need help finding a dentist that will take your specific insurance.

Interpreter Services: If you need Interpreter services please call your health plan's customer service department. Often this phone number is located on the back of your ID card.

Transportation Needs: Do you need transportation to a medical or dental appointment?
Call the member services telephone number on the back of your card or you can call Hiawatha Land Transit at 1-866-623-7505.

With all of the many health plan changes it is recommended for each participant to review your health plan benefits. **Make sure you are accessing the routine health and dental check-ups that your health plan does cover.**

Most health plans will mail out member newsletters periodically with updates to their plan or incentives. Watch for these and read through them for the changes that benefit your family!

For more specific health plan information you can call your health plan member services telephone number (noted on your member ID card) or try this website:

mnscha.org: link to member resources on home page. The entire website is also available in Spanish.

What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to the dentist

Child and Teen Checkups meet the health requirements for Head Start, WIC, school, sports or child care. Be sure to bring any forms you need filled out with you.

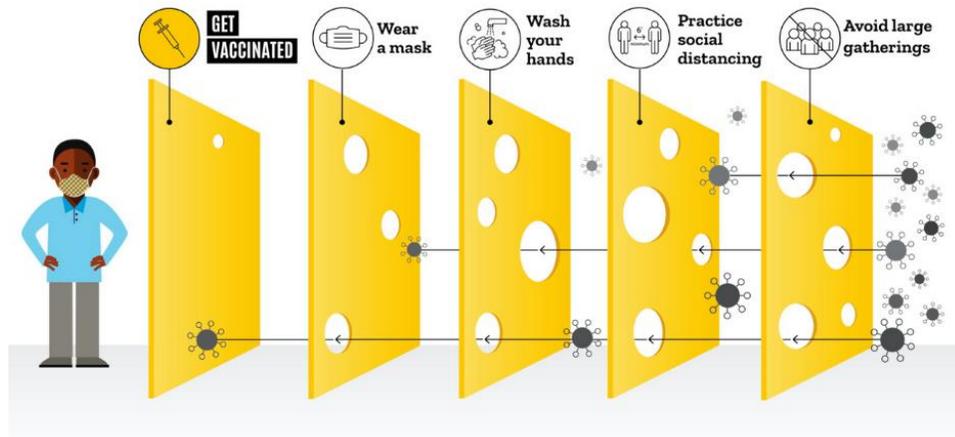
Regular checkups help keep children healthy and health problems can be found and treated early.

Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the **Mayo Health System** in Red Wing, Zumbrota, Cannon Falls and Lake City; **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls and Lake City and **Northfield Hospital & Clinics** in Kenyon.

If you have needs with transportation, interpreters, or making a C&TC appointment, contact Carol at Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

THE SWISS CHEESE APPROACH TO PREVENTING COVID-19



Mental Health Resources:

Hiawatha Valley Mental Health Center: 2835 S Service Dr Ste 103, Red Wing, 651- 327-2270

Nystrom & Associates, Ltd: 124 Tyler Rd S, Red Wing, MN 55066, 651-977-5001, www.nystromcounseling.com

Mayo Clinic Health System: 701 Hewitt Blvd, Red Wing, 651-267-5000

Goodhue County Health & Human Services: 426 West Ave, Red Wing, 651-385-3200

Best websites for accurate COVID-19 information:

•www.mn.gov/covid19

•www.health.state.mn.us

•www.cdc.gov/coronavirus

•www.who.int/health-topics/coronavirus

When to seek help

If a child is struggling for more than two weeks, it might be time to get help. Here are a few symptoms to watch for:

- * An infant or young child clings to parents, has sleep problems, doesn't eat as much, or a preschooler starts thumb sucking or bed wetting.
- * An older child or adolescent acts fearful, anxious, or withdrawn, argues more or seems to be more aggressive. They also might complain more about stomachaches or headaches.
- * A teen or young adult gets into trouble, can't focus, hides
- * problems because they are afraid, feels bad about the problems, or feels like they are a burden to their family.

