

Transforming the health of the communities
we serve, one person at a time.



WHOLE you



SPECIAL EDITION: EPSDT 2025

Welcome to the 2025 **Early Periodic Screening Diagnostic and Treatment (EPSDT)** newsletter.

This newsletter is intended for **adolescents and parents with children under the age of 21**.

At SilverSummit Healthplan, we understand how important your health care is to you and your family. We hope that you find the information included in this newsletter to be helpful. It can assist you in helping to know your benefits and resources available to you.

Thank you for being a member of SilverSummit Healthplan.

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EPSDT Member Benefits Summary

EPSDT is a comprehensive child health program for member's age; from birth–21 years. The EPSDT visit is the same as a Well Child Visit. It includes both medical and dental services.

It stands for:

E	Early	To find issues soon;
P	Periodic	To make sure children see a PCP regularly;
S	Screening	To check for any problems;
D	Diagnostic	To test for children's health; and
T	Treatment	To care for any needs

HEALTH AND DEVELOPMENT CHECKUPS

- Includes checking growth, development, physical health, nutrition, and behavior health.

NUTRITION CHECK

- Done by your main doctor.
- Helps improve health with good nutrition.

BEHAVIOR HEALTH CHECK

- Covered for EPSDT members.
- Includes checks for depression after childbirth, teen suicide, and substance use.

DEVELOPMENT CHECK

- Done at each Comprehensive visit.
- Includes general and Autism-specific checks.

PHYSICAL EXAM

- Full physical exams without clothes.

VACCINATIONS

- Covers all recommended child and teen vaccines.
- Providers should be registered with Immunization Information System (ISS) through Nevada WebIZ

LAB TESTS

- Includes tests for anemia, sickle cell trait, and lead in blood.

HEALTH EDUCATION

- Includes learning to manage chronic diseases.

ORAL HEALTH CHECK

- Includes fluoride application and checking for oral health issues.

VISION CHECK

- Covers eye exams, photo screening, and glasses.

HEARING CHECK

- Includes newborn hearing tests and necessary audiology services.

TB SCREENING

- Includes skin tests for children at risk of tuberculosis (TB).

For more details, please refer to the specific policies mentioned or contact your healthcare provider.

For more information about EPSDT covered services please Contact Member Services with questions at 1-844-366-2880, TTY: 1-844-804-6086, Relay 711 or visit silversummithealthplan.com/members/medicaid/benefits-services/benefits-overview.html, to discover the free benefits you get as a member.

EPSDT Quick Reference Guide

Use the chart below to talk to your doctor about the services at each milestone of yours or your child life.

Children's Preventive Guidelines	Birth	2 weeks	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	24 months	30 months	3 years	4 years	5 years	6 years	7-21 years
History	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Height or length/weight	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Head circumference	•	•	•	•	•	•	•	•	•	•	•	•					Yearly
Body mass index (percentile if < 16 years old)											•	•	•	•	•	•	Yearly
Blood pressure	*	*	*	*	*	*	*	*	*	*	*	*	•	•	•	•	Yearly
Nutrition assessment/counseling	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Physical activity assessment/counseling													•	•	•	•	Yearly
Vision exam	*	*	*	*	*	*	*	*	*	*	*	*	•	•	•	•	Yearly
Hearing exam	•	*	*	*	*	*	*	*	*	*	*	*	*	•	•	•	Yearly
Developmental assessment	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Autism screening										•	•	*					
Psychological/Behavioral assessment	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Alcohol/drug use assessment																	Yearly
Physical exam (unclothed)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Oral/Dental assessment	*	*	*	*	*	•	•	•	*	•	•	•	•	*	*	*	Yearly
Dental referral												•				•	Refer
Immunization assessment	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Hematocrit or hemoglobin					*			•		*	*	*	*	*	*	*	Yearly
Lead screening						*	*	•		*	•		*	*	*	*	
Urinalysis																•	16 years
Tuberculin test if at risk			*			*		*		*	*		*	*			*
Dyslipidemia screening											*			*			*18-21
Sexually transmitted infection (STI) screening																	*11-21
Cervical dysplasia screening																	*11-21
Anticipatory guidance	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly
Counseling/Referral for identified problems	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Yearly

Blood Lead Testing

Imagine lead is like a sneaky, invisible enemy that can get into the body.

Lead poisoning happens when too much lead gets into the blood. This can happen if you breathe in lead dust, eat things with lead in them, or touch something with lead and then put your hands in your mouth.

Lead is bad for your health. It can hurt the brain and make it hard to learn and pay attention in school or work. It can also damage other important parts of your body, like your heart and kidneys. Even a little bit of lead is dangerous because it can cause problems that last a long time.

To check for lead poisoning, doctors do a blood test. They take a tiny bit of blood from yours or your child's finger, heel, or arm and measure how much lead is in it. If the lead level is high, doctors will help you get rid of the lead and make sure you stay healthy.

It's important to avoid lead by keeping yourself and your child away from old paint, certain toys, and other things that might have lead in them. Always wash yours and your child's hands before eating and after playing outside to keep lead away. All kids on Medicaid need to get blood lead tests before 12 months and/or 24 months old. If a child between 2 and 6 years old hasn't had a lead test before, they need to get one too. Just answering questions about lead risk isn't enough; actual blood tests are required.

Keeping kids safe from lead is important. A blood test can help find out if there's lead in their body, and doctors can help fix the problem early. Remember to stay away from things that might have lead, like old paint or certain toys, and always wash hands before eating. If your child hasn't had a lead test yet, talk to your doctor and get one scheduled. It's a small step that can make a big difference in keeping your child healthy and strong!

The CDC says that a blood lead level of 3.5 µg/dL or higher means the child has more lead than most kids.

Here are some guidelines for blood lead levels:

0–4 µg/dL: Very little lead in the blood.

5–14 µg/dL: High lead level, needs action



Source: www.cdc.gov/lead-prevention/testing/index.html

Does Your Child Have Asthma Symptoms?

It can be hard to tell if your child has asthma, especially if they are under 5 years old. A doctor can help by asking about coughing, breathing problems, and family history. They might do a breathing test called spirometry to check how well the lungs work.

Asthma can cause wheezing, shortness of breath, tight chest, and coughing, especially at night or early in the morning. Asthma is common in children. If you are worried about your child's breathing, talk to your doctor.

HOW TO CONTROL ASTHMA

- **Take Medicine:** Follow your doctor's instructions.
- **Avoid Triggers:** Stay away from things that cause asthma attacks.
- **Types of Medicine:** Some are inhaled, and others are pills.
- **Relievers and Controllers:** Relievers help during an attack, and controllers help prevent attacks.
- **Frequent Use:** If you need your reliever medicine a lot, see your doctor.
- **Controller Medicines:** These help you have fewer and milder attacks.

COMMON ASTHMA TRIGGERS

- **Allergens:** Dust mites, pet dander, pollen, and mold.
- **Airborne Irritants:** Smoke from cigarettes, air pollution, strong fumes, and chemicals.
- **Respiratory Infections:** Colds, flu, and other infections.
- **Exercise:** Physical activity, especially in cold and dry air.
- **Weather:** Changes in weather, especially cold air.
- **Strong Emotions:** Stress, laughter, or crying.
- **Medications:** Some medicines, like aspirin or beta-blockers.

DURING AN ASTHMA ATTACK

- **Symptoms:** You might cough, feel tightness in your chest, wheeze, and have trouble breathing. This happens because the airways in your lungs swell and get smaller, making it hard for air to move in and out. Mucus can also clog these airways.

WHAT TO DO

1. **Stay Calm:** Try to stay as calm as possible. Panicking can make it harder to breathe.
2. **Use Your Inhaler:** Take your quick-relief (rescue) inhaler as prescribed. Usually, this is an albuterol inhaler. Follow the instructions on how many puffs to take.
3. **Sit Up Straight:** Sit up straight to help open your airways. Avoid lying down.
4. **Loosen Tight Clothing:** Loosen any tight clothing around your neck and chest.
5. **Monitor Your Symptoms:** Keep track of your symptoms. If they don't improve after using your inhaler, you may need to seek medical help.
6. **Seek Emergency Help:** If your symptoms are severe, or if you don't feel better after using your inhaler, call 911 or go to the nearest emergency room.



Does Your Child Have Asthma Symptoms? continued

ASTHMA ACTION PLAN

It's a good idea to have an asthma action plan created with your doctor. This plan will give you specific instructions on what to do during an asthma attack and when to seek emergency care.

An Asthma Action Plan Includes:

1. **Daily Management:** Lists the medicines you need to take every day to keep your asthma under control.
2. **Recognizing Symptoms:** Helps you identify early signs that your asthma is getting worse.
3. **Action Steps:** Outlines what to do when you notice your symptoms are getting worse.
4. **Emergency Instructions:** Tells you what to do in case of a severe asthma attack.
5. **Avoiding Triggers:** Tips on how to avoid things that can trigger your asthma.

Having an asthma action plan can help you stay in control of your asthma and reduce the risk of severe attacks. It is a good idea to review and update your plan regularly with your doctor.

Take control of your child's asthma instead of letting it control you. For more information about Chronic Care Management, you can call us at **1-844-366-2880**, TTY: 1-844-804-6086, Relay 711.

You can ask to speak with a Chronic Care Management. We will help you find the right resources for your needs.



For more information, you can visit the CDC's asthma action plan:

<https://www.cdc.gov/asthma/action-plan/documents/asthma-action-plan-508.pdf>

<https://www.cdc.gov/asthma/control/index.html>

Sources: American Academy of Allergy, Asthma, and Immunology and American Lung Association

Confidential Behavioral Health Crisis Services: A Lifeline in Times of Need

Sometimes, people can feel sad or stressed and don't know what to do. Confidential behavioral health crisis services are very important because they help people right away during these tough times.

These services offer a safe place for people to talk about their feelings and get the help they need. Crisis hotlines are available all the time, every day of the year. Anyone can use these crisis lines, and you don't need insurance to get help.

WHY IT'S IMPORTANT TO GET HELP

Getting help during a mental health crisis is important for several reasons.

Immediate Support: Crisis services give help right away, which can calm things down and keep people safe. Trained professionals can offer ways to cope and emotional support to help people feel better.

Access to Resources: These services connect people with resources, like mental health professionals, support groups, and community services. This ensures that people get the care they need.

Confidentiality: Confidentiality means that people can seek help without fear of being judged. Their privacy will be respected.

Prevention of Long-Term Issues: Getting help early can prevent mental health problems from getting worse. By addressing crises quickly, people can begin feeling better sooner.

Empowerment and Recovery: Crisis intervention helps people by giving them the tools and support they need to manage their mental health. This builds strength and helps them recover.

CRISIS HOTLINES

Nevada Statewide Crisis Hotline:

Phone: 1-800-273-8255. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Crisis Support Services of Nevada

Phone: 1-775-784-8090. Crisis Support Services of Nevada is a 24/7 number where skilled counselors can assist you.

National 24-Hour Crisis Hotlines:

988 Suicide & Crisis Lifeline: 988 (call or text)

National Substance Use and Disorder Issues Referral and Treatment Hotline

1-800-662-HELP (4357)

Ayuda En Español (Spanish National Suicide Prevention Lifeline)

Cuando usted llama al número **1-888-628-9454**, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.

Don't Wait, Vaccinate!

Vaccination is one of the best ways to keep kids and teens safe from serious diseases. By getting vaccinated, we can stop the spread of illnesses that can cause big health problems.

WHY VACCINATE?

Vaccines protect against diseases like measles, mumps, rubella, polio, and whooping cough. These diseases can be very harmful to children. Thanks to vaccines, these diseases are not as common today, but they can come back if people stop getting vaccinated. Vaccines help the body's immune system recognize and fight off these diseases, giving long-lasting protection.

IMMUNIZATION SCHEDULES

The Centers for Disease Control and Prevention (CDC) has a schedule for when kids and teens should get their vaccines. This schedule helps protect them when they are most at risk.

Here are some key vaccines and when they are usually given:

Birth to 6 years: Vaccines for hepatitis B, rotavirus, diphtheria, tetanus, pertussis (DTaP), Haemophilus influenzae type b (Hib), pneumococcal, polio, influenza, measles, mumps, rubella (MMR), varicella (chickenpox), and hepatitis A.

7 to 18 years: Vaccines for human papillomavirus (HPV), meningococcal disease, tetanus, diphtheria, and pertussis (Tdap), and annual influenza vaccines.

It's important to follow the recommended schedule to make sure kids are protected at the right times. If a child misses a vaccine, catch-up vaccinations can help them get back on track.

WHEN TO GET VACCINES

Most vaccines are given at these ages:

- | | |
|--------------------------|-------------------------|
| ■ Pregnancy | ■ 2 to 3 years |
| ■ Newborns | ■ 4 to 6 years |
| ■ 1 to 2 months | ■ 7 to 10 years |
| ■ 4 months | ■ 11 to 12 years |
| ■ 6 months | ■ 13 to 18 years |
| ■ 7 to 11 months | ■ 19 to 21 years |
| ■ 12 to 23 months | |

If you have questions about vaccines for your child or why they should get them, ask your child's doctor.

For more information visit:
www.cdc.gov/vaccines/index.html



Source: Centers for Disease Control and Prevention

Fight the Flu

Let's talk about the flu, also known as influenza.

The flu is a contagious illness caused by viruses that infect your nose, throat, and sometimes your lungs. People over the age of 65 and children under 5 are at a higher risk of complications from the flu and those who have chronic medical conditions are also at a higher risk of complications of the flu. It can make you feel sick, but there are ways to protect yourself, like getting a flu shot.

WHAT IS THE FLU?

The flu is a virus that spreads easily from person to person. You can catch the flu if someone with the flu coughs, sneezes, or talks near you. You can also get it by touching something with the flu virus on it and then touching your face.

SYMPTOMS OF THE FLU

When you have the flu, you might feel some or all of these symptoms:

- **Fever:** You might feel really hot and sweaty.
- **Cough:** You could have a dry or wet cough.
- **Sore Throat:** Your throat might hurt a lot.
- **Runny or Stuffy Nose:** You might need a lot of tissues!
- **Muscle or Body Aches:** Your muscles might feel sore.
- **Headaches:** You might have a bad headache.
- **Feeling Very Tired:** You might feel super tired and want to sleep a lot.
- **Chills:** You might feel cold and shivery even if you have a fever.

WHY GETTING A FLU SHOT IS IMPORTANT

The flu shot is a vaccine that helps protect you from getting the flu. Here are some reasons why getting a flu shot is important:

1. **Protect Yourself:** The flu shot helps your body build defenses against the flu virus. Even if you do get the flu, the shot can make your symptoms milder and help you get better faster.
2. **Protect Others:** When you get a flu shot, you help protect people around you, like your family and friends. This is especially important for people who can't get the flu shot, like babies and people with certain health problems.
3. **Prevent Serious Illness:** The flu can sometimes lead to serious health problems, like pneumonia. Getting a flu shot can help prevent these complications.
4. **Stay Healthy:** Missing school and activities because of the flu is no fun. The flu shot helps you stay healthy and keep doing the things you love.

OTHER WAYS TO PREVENT THE FLU

Besides getting a flu shot, here are some other ways to stay healthy:

- **Wash Your Hands:** Wash your hands often with soap and water.
- **Cover Your Coughs and Sneezes:** Use a tissue or your elbow to cover your mouth and nose.
- **Stay Away from Sick People:** Try to avoid close contact with people who are sick.
- **Stay Home if You're Sick:** If you have the flu, stay home to rest and avoid spreading it to others.

Remember, getting a flu shot is a simple and important way to protect yourself and others from the flu. Stay healthy and take care of yourself!

Source: Center for Disease Control and Prevention

Healthy Smiles, Healthy Bodies

Getting regular dental check-ups is super important for keeping your teeth healthy, preventing cavities, and having a great smile. During an EPSDT visit, your doctor should perform an oral exam to check for any issues. If they find something that needs more attention, they will refer you to a dentist for further care. By going to the dentist often, you can find problems early, get your teeth cleaned, and learn how to take care of your teeth and gums the best way.



TIPS FOR A HEALTHY MOUTH

- Wipe gums twice a day for babies with no teeth.
- Brush teeth twice a day with fluoride toothpaste.
- Floss every day.
- Limit sugary foods and drinks like juice.
- Take your child to the dentist when their first tooth appears.
- Ask about a dental guard if your child plays sports.
- Ask your dentist about fluoride and sealants.
- Don't let babies sleep with a bottle in their mouth.

FLUORIDE – EXTRA PROTECTION FOR TEETH

Fluoride makes teeth stronger and protects them from cavities. It can be applied every three months for kids aged 6 months to 5 years. A doctor or dentist can apply fluoride varnish. Dentists can also apply it every six months for kids aged 12 months to 21 years. Talk to your dentist about other sources of fluoride.

SEALANTS – EXTRA PROTECTION FOR BACK TEETH

Dental sealants are thin coatings painted on the back teeth (molars) to prevent cavities for many years.

We are committed to helping you keep your teeth for life. We look forward to helping you smile!

Sources: Centers for Disease Control and Prevention, Arizona Department of Health Services, American Academy of Pediatrics

Keeping Kids Safe

As parents, we all want to keep our kids safe and healthy. It's important to know about different risks and how to prevent them. Here are some key areas to focus on:

GROWTH AND LEARNING

Children grow and change quickly. Understanding their stages of growth can help support them. For example, young children need lots of playtime to develop their motor skills, while older kids need help with homework and social skills.

INJURY PREVENTION

Accidents can happen, but many can be prevented. Make sure your home is safe by using safety gates, keeping medicines out of reach, and teaching kids about road safety. Always use car seats and seat belts.

SUICIDE PREVENTION

Talk to your kids about their feelings and listen to them. If you notice signs of sadness or stress, seek help from a doctor or counselor. Encourage open communication and let them know it's okay to ask for help.

BULLYING

Bullying can happen at school, online, or even at home. Teach your kids to be kind to others. Help them to speak up if they see or experience bullying. Schools often have programs to prevent bullying, so get involved and support these efforts.

VIOLENCE

Teach your kids how to fix arguments in a fair way. Help them talk about their problems and solve them without fighting. Be a good role model by handling problems calmly and respectfully.

DRUG AND ALCOHOL USE

Talk to your kids about the dangers of drugs and alcohol. Explain how they can harm their bodies and minds. Encourage them to make healthy choices and stay away from substances that can negatively impact them.

SOCIAL MEDIA

Social media can be fun, but it can also be risky. Teach your kids about online safety, like not sharing private details and being careful about who they talk to. Set rules for screen time and watch what they do online.

SEXUAL BEHAVIOR

As kids grow older, they need to learn about healthy connections, choices and safe boundaries with others. Talk to them about consent, respect, and why making safe choices matter. Give information that fits their age and answer their questions honestly.

By focusing on these areas, you can help your kids stay safe and healthy. Remember, open communication and being involved in their lives are key to preventing risks and keeping them safe.

Know Where to Go for Care

Taking care of yourself and your family means knowing where to go when someone is hurt or sick. Here's a guide to help you choose the right place for different health issues.

PRIMARY CARE PROVIDER (PCP)

A PCP is your main doctor for non-emergency care. Visit your PCP for shots, yearly checkups, or help with colds and the flu. They can also manage ongoing health issues. You should be able to see your PCP within 21 days for routine care and 2 days for urgent doctor visits. Use our [Find a Provider](#) tool to search for healthcare providers in your plan.

24/7 NURSE ADVICE LINE

Health workers can answer health questions and help set up doctor visits. You can call the SilverSummit Healthplan Nurse Advice Line any time. This service is free and they can answer health questions. They answer calls 24 hours a day, every day. Call 1-844-366-2880, TTY: 1-844-804-6086, Relay 711 with your health question. Have your ID card with you when you call. The nurse will ask for your member ID number.

IN-NETWORK URGENT CARE CENTER

If your PCP's office is closed, you or your child can visit an urgent care center to get help with noncritical health issues. This includes symptoms like Vomiting or diarrhea without dehydration, ear infections, high fevers, and minor sprains or strains.

- Mild to moderate asthma symptoms
- Urinary tract infections (UTIs)
- Minor cuts that may need stitches
- Skin rashes or mild allergic reactions
- Mild fever or flu-like symptoms

EMERGENCY ROOM (ER)

The ER is for life-threatening issues. Consider all options before choosing the ER, as many health problems can be treated elsewhere.

- Bad headache or throwing up, especially following a head injury.
- Bleeding does not stop.
- Inability to stand up or unsteady walking.
- Trouble breathing or breathing that isn't normal.
- Skin or lips that look blue, purple, or gray.
- Feeling like you want to hurt yourself or others.
- Pain that's getting worse or won't go away.
- Gun or knife wounds.
- Chest pains or heart attack symptoms.
- Fever accompanied by change in behavior (especially with a bad, sudden headache and mental changes, neck/back stiffness).
- Any significant change from normal behavior:
 - » Feeling confused.
 - » Hard to wake up
 - » Excessive sleepiness.
 - » Uncontrolled shaking or jerking.
 - » Lethargy.
 - » Call 911 for Ambulatory Needs
- Call 911 for Ambulatory Needs

To find a PCP that is right for you or your child, call SilverSummit's Member Services Number]Monday-Friday from 8AM to 5PM (Local NV time) Member Services: 1-844-366-2880 (TTY: 1-844-804-6086, Relay 711). Or visit [silversummihealthplan.com/find a provider](https://silversummihealthplan.com/find-a-provider).

To learn more about emergencies, visit:

[When Your Child needs Emergency Medical Services](#) and

[10 Things for Parents to Know Before Heading to the ER.](#)

The Importance of Limiting Screen Time

Kids love screens, right? Whether it's playing video games, watching TV, or chatting with friends online, screens are a big part of our lives. However, did you know that spending too much time on screens can be bad for kids? Let's talk about why it's important to limit screen time and how you can do it.

WHY LIMIT SCREEN TIME?

1. **Better Sleep:** Too much screen time, especially before bed, can make it hard to fall asleep. The blue light from screens tricks your brain into thinking it's still daytime. Less screen time means better sleep!
2. **Healthy Eyes:** Staring at screens for too long can strain kids' eyes and cause headaches. Taking breaks helps keep your eyes healthy.
3. **More Physical Activity:** Encourage your kids to get out and play outside, ride your bike, or join a sport. Being active is great for your body and mind.
4. **Better Relationships:** Finding a healthy balance with both screen time and family /friends in real life. This helps build stronger relationships.

HERE ARE THE RECOMMENDED SCREEN TIME GUIDELINES FOR CHILDREN.

5. **Children under 2 years old:** Avoid all screen time, except for video chatting with family and friends
6. **Children ages 2 to 5 years:** Limit screen time to no more than 1 hour per day of high-quality, educational content
7. **Children ages 6 and older:** Set personal screen time limits that ensure screens do not interfere with sleep, physical activity, or other healthy behaviors

Focusing on the quality of screen time, is important. Encourage activities that promote learning, creativity, and social interaction. Balancing screen time with other activities like playing outside, reading, and spending time with family is key to staying healthy and happy!

TIPS TO REDUCE SCREEN TIME:

8. **Set a Schedule:** Plan your kids screen time and stick to it. Use a timer if you need to.
 9. **Find Other Fun Activities:** Discover new hobbies like drawing, playing musical instruments, or playing sports.
 10. **Create Screen-Free Zones:** Keep screens out of your kid's bedroom and family mealtime areas.
 11. **Be a Role Model:** Encourage your family to limit their screen time too. It's easier when everyone is on board!
- Remember, screens are fun and useful, but it's important to teach your kids how to use them wisely.

Preventing Childhood Obesity

As parents, it is important to help your child grow up healthy. Here is what you need to know:

HEALTHY WEIGHT GAIN

Children grow at different rates. Doctors use growth charts to track their height and weight to ensure they are growing properly.

WHAT IS CHILDHOOD OBESITY?

Childhood obesity means having too much body fat, which is measured using the Body Mass Index (BMI). Having too much body mass can cause health problems like diabetes, heart disease, and asthma.

SIGNS OF CHILDHOOD OBESITY

- BMI at or above the 95th percentile for their age and sex.
- Weight gain that does not match their height growth.
- Difficulty being active or getting tired easily.

PREVENTION TIPS

Healthy Eating:

- Provide a balanced diet with fruits, vegetables, whole grains, and lean proteins.
- Limit sugary drinks; encourage water or milk instead.
- Serve appropriate portion sizes.

Regular Physical Activity:

- Ensure kids get at least 60 minutes of exercise daily.
- Encourage fun activities like biking, swimming, or playing sports.

Limit Screen Time:

- Limit personal screen time.
- Promote active play instead of watching TV or playing video games.

HEALTHY HABITS:

- Eat meals together as a family to encourage healthy eating.
- Ensure your child gets enough sleep, as lack of sleep can lead to weight gain.

REGULAR CHECKUPS:

- Take your child for regular checkups to monitor their growth.
- Doctors use growth charts to track progress.

By following these tips, you can help your child maintain a healthy weight and prevent obesity. Creating a supportive environment that encourages healthy habits for the whole family is key.

TO LEARN MORE ABOUT YOUR CHILD'S GROWTH OR OBESITY PLEASE VISIT ANY OF THE FOLLOWING SITES BELOW.

1: CDC - Growth Charts :

www.cdc.gov/growthcharts/

2: CDC - Childhood Obesity Facts:

www.cdc.gov/obesity/childhood-obesity-facts/childhood-obesity-facts.html

3: CDC - Evidence-Based Guidelines for Child

Obesity: www.cdc.gov/obesity/child-obesity-strategies/evidence-based-guidelines.html

Resources to Help with Social Determinates of Health

Social Determinants of Health (SDOH) are things that can affect how healthy we are. They include the conditions in which people live, work, learn, and grow. These factors can impact overall health and well-being. SilverSummitt Healthplan Nevada works with communities to provide high-quality healthcare. We partner with community organizations to offer up-to-date information on programs, services, and resources to help our members stay healthy.

We believe these “health-related social needs” are just as important as regular checkups. Everyone deserves to live their best life possible.

EXAMPLES OF SDOH

- Safe Housing and Neighborhoods
- Access to Nutritious Foods
- Education and Job Opportunities
- Healthcare Access and Quality
- Transportation
- Social and Community Support
- Environmental Quality
- Economic Stability

Our mission is to take care of you in the best way possible. Not just when you’re sick, but also to keep you feeling happy and healthy always. This means looking after both your body and mind. Our friendly Member Connections team is always ready to help you. You can count on us because your health and happiness are our top priorities.

SilverSummit Healthplan is on your side and in your community. For more information:

Call Member Services:

1-844-366-2880, TTY: 1-844-804-6086, Relay 711

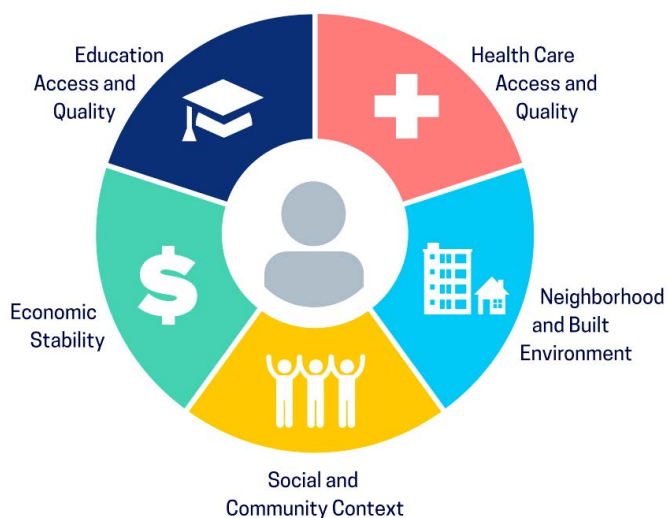
Email:

CommunitySolutions@SilverSummitHealthPlan.com

Visit SilverSummit’s Local Support page:

www.silversummithealthplan.com/local-support.html

Social Determinants of Health



Source: Centers for Disease Control www.pima.gov/2080/Social-Determinants-of-Health

Safe Sleep Practices in Infants

As parents, it is important to know how to keep your baby safe while they sleep. Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS) are serious concerns, but there are steps you can take to reduce the risk. Here are some safe sleep practices recommended by the CDC and the American Academy of Pediatrics (AAP):

SAFE SLEEP PRACTICES

Back to Sleep: Always place your baby on their back to sleep, for naps and at night. Babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.

Firm Sleep Surface: Use a firm, flat mattress in a safety-approved crib with a fitted sheet. Avoid soft surfaces like couches or armchairs.

Room Sharing: Keep your baby's sleep area in the same room where you sleep, ideally until your baby is at least 6 months old. This can reduce the risk of SUID and SIDS by as much as 50%.

No Soft Bedding: Remove blankets, pillows, bumper pads, and soft toys from your baby's sleep area to reduce the risk of suffocation.

Keep baby cool: Do not cover your baby's head or allow them to get too hot. Dress your baby in light clothing and keep the room at a comfortable temperature.

ADDITIONAL RECOMMENDATIONS

No Smoking: Avoid smoking around your baby. Smoking increases the risk of SUID and SIDS.

Breastfeeding: If possible, breastfeed your baby. It lowers the risk of SUID and SIDS.

Pacifier Use: Offer a pacifier at nap and bedtime. If breastfeeding, wait until it's well-established before introducing a pacifier.

Regular Checkups: Ensure your baby has regular checkups and vaccinations.

Following these practices can help protect your baby from SUID and SIDS. For more details, visit the CDC's website on safe sleep practices.



Sources: <https://www.cdc.gov/sudden-infant-death/sleep-safely/index.html>
<https://www.cdc.gov/reproductive-health/features/babies-sleep.html>

Signs of Depression

Depression can happen at any age. Everyone feels sad sometimes. But it usually fades after a few days. Depression is more serious. But almost everyone who has it can get better.

Who is at risk? Anyone can get depression. It is a common illness. You or your child may be depressed if there are 5 or more of these signs for 2 weeks or more:

EMOTIONAL CHANGES

- **Sadness:** Your child might seem sad or cry a lot for no clear reason.
- **Irritability:** They might get angry or frustrated easily, even over small things.
- **Hopelessness:** They may feel like nothing will ever get better.
- **Loss of Interest:** They might stop enjoying activities they used to love.
- **Low Self-Esteem:** They may feel worthless or guilty.

BEHAVIORAL CHANGES

- **Tiredness:** They might seem very tired and have low energy.
- **Sleep Problems:** They could have trouble sleeping or sleep too much.
- **Changes in Appetite:** They might eat a lot more or a lot less than usual.
- **Social Withdrawal:** They may avoid friends and family.
- **Poor School Performance:** They might have trouble concentrating and their grades could drop.

PHYSICAL SYMPTOMS

- **Aches and Pains:** They might complain of headaches or stomachaches without a clear cause.
- **Restlessness:** They could seem very fidgety or unable to sit still.

WHAT TO DO IF YOUR CHILD IS DEPRESSED

If you notice these signs in your child for more than two weeks, it's important to take action:

- **Talk to Your Child:** Ask them how they are feeling and listen to them without judging.
- **See a Doctor:** Make an appointment with your child's doctor to discuss your concerns. They can help determine if your child is depressed and suggest treatment options¹.
- **Get Professional Help:** A mental health specialist, like a counselor or therapist, can provide support and treatment for your child¹.
- **Encourage Healthy Habits:** Make sure your child gets enough sleep, eats healthy foods, and stays active. These habits can help improve their mood¹.
- **Stay Involved:** Keep an eye on your child's behavior and stay involved in their life. Let them know you are there for them and that they can talk to you anytime¹.

Remember, depression is treatable, and getting help early can make a big difference.

If you think you or your child might have depression, tell your child's doctor. Medication and counseling can help. Help for depression or other behavioral health concerns are available through Member Services: 1-844-366-2880 (TTY: 1-844-804-6086, Relay 711)
Hours of Operation: Monday-Friday 8 a.m. to 5 p.m. (NV Local time)

Teens Listen

You may wonder if talking to teens is worth the effort. It may seem like your words go in one ear and right out the other. Your kids are listening. Talking to them about important issues is one of the best ways to guide them as they journey into adulthood.

Teens face a lot of pressure. They may be dealing with risky behaviors personally and with their peers, such as:

- Social media use and bullying
- Self-injury and other violence
- Drug and alcohol use
- Unprotected sexual intercourse or other risky sexual behavior

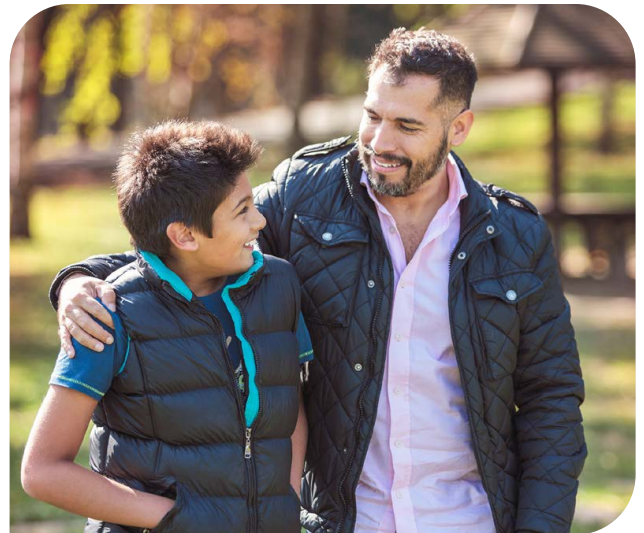
Be open to talking with your teen about these kinds of problems. Let them know that you are there to listen to what they have to say. Together, you can come up with ideas for making good choices. Be alert for signs your teen is having problems. You might notice:

- A sudden drop in grades
- Loss of interest in school and activities
- Unexplained bruises, cuts, or other injuries
- Sleeping much more than usual
- Sudden weight loss
- Extreme moodiness or anger
- Feelings of worthlessness or hopelessness

If you think your teen needs help, talk to them. You can be involved by:

- Showing interest in your teenager's activities and friends
- Talking openly, honestly, and respectfully with your teenager
- Setting clear limits and expectations
- Knowing what is going on at school and after school
- Teaching your teenager how to safely avoid violence

For more information and talking points to guide your conversation with your teen, visit the American Academy of Pediatrics ["Talking with Your Teen: Tips for Parents" guide](#).



Source: American Academy of Pediatrics, National Institutes of Health



NEVADA MEDICAID'S ANNUAL RENEWAL is the eligibility process you must go through to keep your SilverSummit Healthplan coverage.

COMPLETE YOUR ANNUAL RENEWAL

If Division of Welfare and Supportive Services (DWSS) needs more information to see if you still qualify for healthcare coverage, you will get a form in the mail. You will need to complete, sign, and submit this form by the deadline in your letter so you do not risk losing your healthcare coverage. Make sure to choose the SilverSummit Healthplan checkbox.

Here are all of the ways you can submit your annual renewal:



BY PHONE: Call Customer Service phone number **1-844-366-2880**.



Email: Community Solutions (CS) at NVSS_CareEngagement@SilverSummitHealthPlan.com for help!



ONLINE: CS can help you create an account to see when your renewal is due. Once available, make sure to complete and select the SilverSummit Healthplan checkbox. Then, submit your form online. You can also upload a copy of your completed and signed annual renewal form to DWSS. Contact NVSS_CareEngagement@SilverSummitHealthPlan.com for help!



BY MAIL: Return your completed and signed yellow form to the address shown on the letter.

SilverSummit Healthplan (SSHP) can NOW HELP MEMBERS with Medicaid Renewal form signatures!

HOW we can HELP YOU

SSHP CAN TAKE YOUR SIGNATURE OVER THE PHONE

- **SIGNATURE BY PHONE:** We record a “telephonic” signature and forward it to the Medicaid (OFFICE)
- **APPROVAL:** We can do this if you provide approval to do so

SSHP CAN COORDINATE A THREE-WAY CALL

- **THREE WAY CALL:** We can set up a call with YOU and Medicaid call center, so YOU can provide approval of your signature over the phone directly to the state

SSHP CAN HELP

- Members with completing certain parts of renewal forms the Medicaid renewal process
- Members NOT LOSE COVERAGE
- Members with completing certain parts of the reconsideration forms when Members have been terminated because of missing paperwork
- Members transition from Medicaid to the Marketplace when needed

SSHP CANNOT

- Assist Medicaid Members with selecting your Medicaid plan selection
- Sign Medicaid renewal forms on your behalf

Email Community Solutions at CommunitySolutions@SilverSummitHealthplan.com for more information.

As a reminder to our new Members, below are some of the key things you need to do once you become a SilverSummit Healthplan Member.



Sign Up For Your Secure Member Portal Account

Your online secure Member portal account gives you access to your information, such as claims, your doctors' office information, balances, and more.



Visit Your Provider

After you choose your doctor, set up an appointment for a check-up right away. This is your new medical home. Information about Member Transportation can be found online, at SilverSummitHealthplan.com or call Member Services at 1-844-366-2880 TTY 1-844-804-6086 Relay 711.



Complete Your Health Risk Screening

Complete the screening online at SilverSummitHealthplan.com or by calling Member Services at the number below. Complete it within 30 days to get an award.



Read Your Handbook

Your handbook tells you about your benefits and how to use the services and programs available. You can find the handbook online at SilverSummitHealthplan.com.



Choose Your Provider

Sign into your online secure member portal account to choose your doctor, or call us at the number listed below. You can also use our "[Find a Provider](#)" search.



If You Are Pregnant, Complete Your Notification of Pregnancy

This form is available through your online secure Member portal. Completing this form can help you start earning additional rewards.

Now a great time for your **Annual Wellness Visit**. This helps you and your Primary Care Provider (PCP) identify preventative steps to keep you healthy.

IN 30 MINUTES YOUR PCP CAN:

- check your blood pressure
- review your medical and family history
- review your medications

When you complete your Annual Wellness Visit, you can earn money on your [My Health Pays](#)® rewards card.

If you need help finding a network provider or need assistance with transportation, **please contact us using the phone numbers listed at the bottom of this page.**



Medicaid Member Survey

Your voice matters! Help us make your Healthcare better by sharing your experience. Annually, some members get the Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. This survey gives members the chance to tell us about their experience with doctors or health care programs. We want to hear from you as it helps us make your experience better.



Check out your Member Handbook

Your handbook tells you about your benefits and how to use the services and programs available.

You can find the handbook online at SilverSummitHealthplan.com.

To request a printed copy of our Member Handbook at no cost, call Member Services at 1-844-366-2880, TTY: 1-844-804-6086, Relay 711.

The printed copy will be mailed to your mailing address. Your request will generate an email letting the you know your request has been received. The paper copy of the Member Handbook will arrive within five business days.



Contact SilverSummit

- Call us at **1-844-366-2880 (TTY/TDD 1-844-804-6086)** from 8am to 5pm Monday to Friday.
- Email us at NVSS_CareMangement@SilverSummitHealthplan.com
- If you want to send a secure message, log into your member portal and use the secure messaging system.
- If you need help with benefits or resources, email us at: communitysolutions@silversummithealthplan.com.
- Send us a message on Twitter or Facebook.



facebook.com/SilverSummitHealthplan



twitter.com/SilverSummitHP

SilverSummit Healthplan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

SilverSummit Healthplan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

If you, or someone you're helping, has questions about SilverSummit Healthplan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

SilverSummit Healthplan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, origen nacional, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género).

SilverSummit Healthplan no excluye a las personas ni las trata de manera diferente debido a raza, color, origen nacional, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género).

Si usted, o alguien a quien está ayudando, tiene preguntas sobre SilverSummit Healthplan, tiene derecho a recibir ayuda e información en su idioma sin costo. Para hablar con un intérprete, llame al 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

Marketplace Plan: **1-866-263-8134** (TTY/TDD **1-855-868-4945**)

Medicaid Plan: **1-844-366-2880** (TTY/TDD **1-844-804-6086**)

English: Language assistance services, auxiliary aids and services, and other alternative formats are available to you free of charge. To obtain this, please call the number above.

Spanish (Español): Tiene servicios de asistencia de idiomas, servicios y dispositivos auxiliares, y otros formatos alternativos, sin costo, disponibles para usted. Para obtener estos servicios, llame al número que se proporciona arriba.

Tagalog (Tagalog): Available para sa inyo nang libre ang mga serbisyo ng tulong sa wika, mga auxiliary na tulong at serbisyo, at iba pang alternatibong format. Para makuha ito, pakitawagan ang numero sa itaas.

Chinese (中文): 您可以免費使用語言協助服務、輔助設施與服務，以及其他替代格式。若要取得這些服務，請撥打上述號碼。

Korean (한국어): 언어 보조 서비스, 보조 지원과 서비스 및 기타 대체 형식은 무료로 제공됩니다. 이를 확보하려면 위의 번호로 전화해 주십시오.

Vietnamese (Tiếng Việt): Các dịch vụ hỗ trợ ngôn ngữ, thiết bị và dịch vụ phụ trợ và các định dạng thay thế khác luôn được cung cấp miễn phí cho quý vị. Để nhận dịch vụ này, vui lòng gọi số điện thoại ở trên.

Thai (ไทย): เรามีบริการช่วยเหลือด้านภาษา ความช่วยเหลือและบริการเพิ่มเติม และรูปแบบทางเลือกอื่น ๆ ให้คุณใช้บริการได้ฟรี หากต้องการใช้บริการนี้ โปรดโทรติดต่อไปที่หมายเลขด้านบน

Japanese (日本語): 言語支援サービス、補助的支援およびサービス、その他の代替形式は、無料でご利用いただけます。これらを希望される場合は、上記番号までお電話をください。

Arabic (العربية): تتوفر لك خدمات المساعدة اللغوية، والأدوات والخدمات المساعدة، والتنسيقات البديلة الأخرى مجاناً. للحصول على هذه الخدمات، يُرجى الاتصال بالرقم الوارد أعلاه.

Russian (Русский): Вы можете бесплатно получить услуги языковой поддержки, сопутствующую помощь и услуги, а также материалы в других форматах. Чтобы воспользоваться этими услугами, позвоните по номеру выше.

French (Français): Des services d'assistance linguistique, des services et des aides complémentaires, une traduction orale et d'autres formats vous sont accessibles gratuitement. Pour en bénéficier, veuillez appeler le numéro indiqué ci-dessus.

Farsi (فارسی): خدمات پشتیبانی زبانی، ابزارها و خدمات کمکی و سایر قالب‌های جایگزین، به صورت رایگان در اختیار شما قرار دارند. لطفاً برای دریافت آن‌ها، با شماره بالا تماس بگیرید.

Samoan (Faa-Samoa): E mafai ona e maua aunoa ma se totogi, auaunaga fesoasoani i le gagana, fesoasoani faaopoopo ma auaunaga, ma isi faiga. Ina ia maua nei mea, faamolemole vala'au le numera o loo i luga.

German (Deutsch): Sprachassistentendienste, Hilfsmittel und -dienste und andere alternative Formate stehen Ihnen kostenlos zur Verfügung. Hierzu rufen Sie bitte die oben genannte Nummer an.

Ilocano (Ilocano): Sidadaan a libre para kenka dagiti serbisio a tulong iti lengguahe, dagiti pangsuporta a tulong ken serbisio, ken dadduma pay nga alternatibo a pormat. Tapno magun-od daytoy, makiddaw a tawagam ti numero iti ngato.