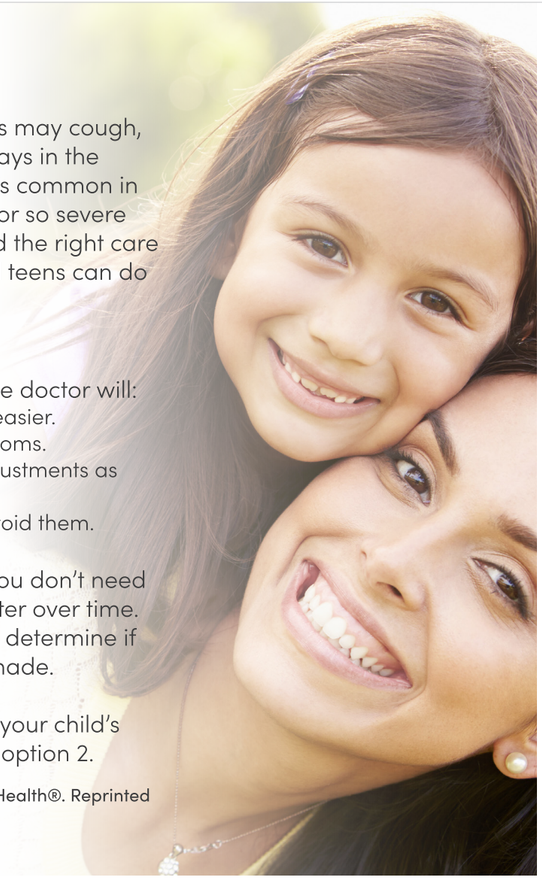
Kids & Asthma



Asthma is a condition that causes breathing problems. Kids may cough, wheeze, or be short of breath. This happens because airways in the lungs get swollen, smaller, and filled with mucus. Asthma is common in kids and teens, and tends to run in families. It can be mild or so severe that it gets in the way of daily activities. With medicine and the right care plan, asthma symptoms can be managed so that kids and teens can do just about anything they want to do.

How do I help my child manage asthma?

It is important for your child to see the doctor regularly. The doctor will:

- Work with you to develop a plan to help your child breathe easier.
- Teach you what medicine your child needs to prevent symptoms.
- Monitor your child's response to the medicine and make adjustments as needed.
- Help you identify your child's asthma triggers and how to avoid them.

Once your child's asthma is under control, you may think you don't need to see the doctor. Asthma symptoms can get worse or better over time. Your child should see the doctor at least every 6 months to determine if any changes to the asthma plan or medicines should be made.

If you need help finding a regular doctor to help you keep your child's asthma under control, please contact us at 801-587-6480, option 2.

Source "What is asthma?" (excerpt) © 1995- . The Nemours Foundation/KidsHealth®. Reprinted with permission. http://kidshealth.org/en/parents/asthma-basics.html

NONDISCRIMINATION POLICY

You have the right to get medical care and be treated with dignity and respect no matter what your race, color, sex, religion, national origin, disability or age. Healthy U does not prohibit or restrict providers from acting within their lawful scope of practice or discriminate against health care professionals who serve high-risk populations who specialize in the treatment of costly conditions. Healthy U's nondiscrimination policy complies with Title VI of the Civil Rights Act of 1973, the Age Discrimination Act of 1990 and the University of Utah Policy and Procedures 1999, Sections 2-6.

MEMBER HANDBOOK / URGENT SERVICES / APPEAL GRIEVANCE

Members can request a copy of the Healthy U Member's handbook by visiting the Healthy U website, uhealthplan.utah.edu or by contacting Customer Service at (801) 587-6480. Members can file an appeal or grievance by visiting uhelathplan.utah.edu. Need urgent care or emergency services? Contact Customer Service at (801) 587-6480 or visit uhealthplan.utah.edu to find an urgent care center or hospital near you.

NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT (NMHPA)

The Newborns' Act is the amount of time you and your newborn child are covered for a hospital stay following childbirth. For a vaginal delivery you can stay in the hospital for up to 48 hours. For a C-section you can stay in the hospital for up to 96 hours. However, your provider may decide after talking to you, to let you or your newborn child leave the hospital earlier. For more information on the Newborns' Act please visit:www.dol.gov/ebsa/newsroom/fsnmhafs.html

YOUR RESPONSIBILITIES

Always talk with your doctor about any health information in newsletters or on websites to make sure that it is best for you. Never use this information to make health decisions- do what your doctor says is best.

Keep in Check

A1C TEST FOR DIABETES

The A1C is a blood test that shows your average blood sugar levels over the last 3 months. It can be used to help pinpoint those who may be at risk for diabetes or prediabetes. Doctors can also see if treatment changes are needed to those who are at risk of getting diabetes. And those who already have type 1 or type 2 diabetes.

If you have high blood sugar, it is important to get an A1C test at least twice a year. This can help you avoid health problems related to diabetes.

Talk to your doctor about getting an A1C test. If you need help finding a doctor, call our Access Assistance at 801-587-2851.

HIV: It's No Joke

PREVENTION STRATEGIES

HIV is a disease that can develop into AIDS if not properly treated. AIDS can also be passed to others through sex, or through IV drug use by used needles. AIDS potentially kills over a million people a year. Below are some tips to lessen your chances of getting HIV:

- Use a condom every time you have sex.
- Limit your number of sexual partners. The more people you have sex with, the greater your risk for HIV.
- Don't inject drugs, but if you do, use a clean needle.
- Get tested for STDs at your local health clinic at least once a year.
- Talk to your partner about getting tested.

For more information, talk with your doctor.

CONTACT INFORMATION

Member Services/Claims/ Interpreter Services
801-587-6480 option 1, or
1-888-271-5870 option 1
8 a.m. to 6 p.m.

U Baby Care
801-587-6428 or
1-888-271-5870, option 2

Care Management
801-587-6480, option 2 or
1-888-271-5870, option 2

On the Internet
uhealthplan.utah.edu

Utah Relay Services
TTY/TDD 1-800-346-4128
En Espanol 1-888-346-3162

Report Suspected Fraud
801-587-6480, option 4 or
1-888-271-5870, option 4

Fax
801-587-6433

By Mail
Healthy U Medicaid
P.O. Box 45180
Salt Lake City, UT 84145-0180

NEED HELP FINDING A DOCTOR?

Call us at
1-888-271-5870
option 2

HEALTH PLANS
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HEALTHY U MEDICAID

Postnatal Health Tips

Having a baby can bring about a lot of changes to your life. It's important to give your body the things it needs to restore itself. Below are some tips to help you do so:

Get plenty of rest and avoid any heavy lifting.

Eat a balanced diet to help your body recover. Include foods such as meat, fish, oils, nuts, seeds, cereals, beans, vegetables, cheese and milk.

Keep your mood up by meeting a friend, going on a walk, drawing, praying or singing.

Don't be afraid to ask your family for help. If you are feeling down or just need help with daily tasks, your family and local physician are more than happy to help.

Enroll in our U Baby and Women's Health Program by visiting uhealthplan.utah.edu. We can answer any questions or concerns.

Contact the U Baby Care Program at:
801-587-6480, option 2

WE ARE STATEWIDE

Healthy U Medicaid is available to eligible individuals **all over Utah.**