

Q: What is the best thing to put into a slice of apple pie?

A: **Your teeth!**



Taking care of your teeth is no joke! As a Medicaid member, you may be eligible for certain dental coverage. As stated by the Utah Department of Health, dental care is a covered service for children; members who are Early and Periodic Screening, Diagnostic and Treatment (EPSDT) eligible; pregnant; visually impaired or disabled; and age 65 or older.

**Benefits Include:**

- > Check-ups, x-rays, and cleanings every six months
- > Tooth-colored fillings for front teeth
- > Silver fillings for back teeth
- > Root canal for some teeth
- > Removal of the soft inner part of the tooth (pulp) for infected baby teeth
- > Pulling teeth

- > Dentures and partial dentures
- > Space maintainers for children with missing teeth
- > Some orthodontic care for children
- > Some specialty care for surgical centers when you need general anesthesia
- > Emergency exams for acute onset of pain
- > Crowns (porcelain and porcelain-to-metal crowns for some populations)

**IMPORTANT INFORMATION:**

- > Always take your Medicaid member card and dental plan card (if you have one) to each appointment.
- > Use a dentist who accepts Medicaid or is on your dental plan network.
- > Keep your appointment or cancel at least 24 hours in advance.



Some dental services need a prior authorization. Your dentist will need to get permission before you can be treated. If you have questions or need more information, please call a Utah State Health Program Rep (HPR) at **866-608-9422**. Or, call your dental plan provider: MCNA Dental: **844-904-6262** or Premier Access: **877-541-5415**.

#### **DENTAL CARE FOR TARGETED ADULT MEDICAID (TAM) MEMBERS**

Targeted Adult Medicaid program members may receive dental care from the University of Utah

School of Dentistry Network or its contracted dental providers. For appointments or information, call the University of Utah Dental Medicaid Call Center at **801-587-7174**.

#### **WHAT IF I DON'T MEET THE ELIGIBILITY REQUIREMENTS?**

The Utah Oral Health Coalition also partners with dentists who offer low-cost dental services. Please call the Utah Oral Health Coalition support at **801-273-2995** if you need help with this program.

### **HAVE MORE QUESTIONS ABOUT DENTAL ELIGIBILITY OR BENEFITS?**

Call a Utah State Health Program Representative (HPR) for member benefit information at **866-608-9422** or visit **[medicaid.utah.gov/medicaid-dental-benefits/](https://medicaid.utah.gov/medicaid-dental-benefits/)**.

Or, call your dental plan provider:

MCNA Dental: **844-904-6262**

Premier Access: **877-541-5415**

# Remembering the Foundations of Health

You have probably heard a lot about preventing COVID-19. It's also important to remember that you need to take care of your body. Make sure you eat a healthy diet, get regular exercise, and get enough sleep.

## HERE ARE SOME GUIDELINES FOR HEALTHY EATING, PHYSICAL ACTIVITY, AND SLEEP:

1. Follow a healthy eating pattern over time.
2. Focus on variety. Try to eat foods that are high in nutrients and lower in calories.
3. Limit calories from added sugar and saturated fats. Try to reduce your sodium intake as well.
4. Shift to healthier food and beverage choices.
5. Help create a healthy eating pattern for all.

A healthy eating pattern includes:

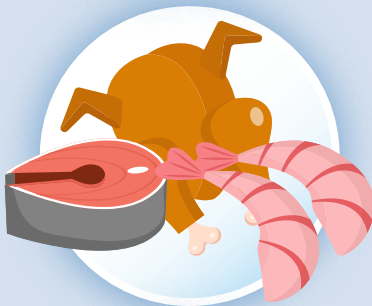
FRUITS



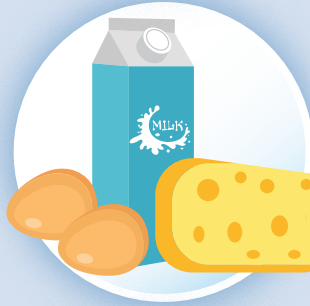
VEGETABLES



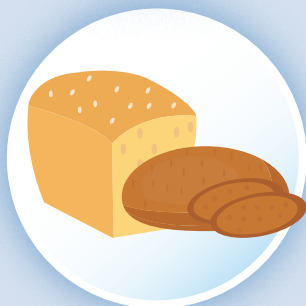
PROTEIN



DAIRY



GRAINS



HEALTHY OILS AND FATS



A healthy eating pattern limits:

SATURATED AND TRANS FATS



ADDED SUGARS



SODIUM



Source: [health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/es-1/](https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/infographic/es-1/)





# How Much Sleep Do I Need?

HOW MUCH SLEEP YOU NEED CHANGES AS YOU AGE.

AGE GROUP		RECOMMENDED HOURS OF SLEEP PER DAY
Newborn	0-3 months	14-17 hours (National Sleep Foundation) No recommendation (American Academy of Sleep Medicine)
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Preschool	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

The amount of sleep you get each day is important, but so is the quality of your sleep. Good sleep quality is key to your health and well-being. Signs of poor sleep quality include:

- > Still feeling tired after getting enough sleep
- > Frequently waking up at night
- > Feeling symptoms of sleep disorders like snoring or gasping for air

Improving sleep quality may be helped by better sleep habits or being diagnosed and treated for any sleep disorder you may have.

Source: [cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)

# Physical Activity Recommendations for Different Age Groups

## ACTIVE PEOPLE, HEALTHY NATION. CREATING AN ACTIVE AMERICA, TOGETHER.

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity.

### PRESCHOOL-AGED CHILDREN (3-5 YEARS)



Physical Activity **every day throughout the day**

**Active play** through a **variety** of enjoyable physical activities

### CHILDREN AND ADOLESCENTS (6-17 YEARS)



**60 mins (1 hour)** or more of moderate-to-vigorous intensity physical activity daily  
**A variety** of enjoyable physical activities

As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- > **Vigorous Activity** such as running or soccer
- > Activity that **strengthens muscles** such as climbing or push ups
- > Activity that **strengthens bones** such as gymnastics or jumping rope

### ADULTS (18-64 YEARS)\*



At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that **strengthen muscles**

\*Aim for the recommended activity level but be as active as one is able

### OLDER ADULTS (65 YEARS AND OLDER)\*



At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that strengthen muscles

Activities to **improve balance** such as standing on one foot

\*Aim for the recommended activity level but be as active as one is able

Source: [cdc.gov/physicalactivity/basics/age-chart.html](https://cdc.gov/physicalactivity/basics/age-chart.html)



## Simple Steps to Care for Yourself and Prevent the Spread of Germs

Colder temperatures have arrived, and temperature drops call for extra precautions. Here are important steps from the Centers for Disease Control (CDC) to care for yourself and help protect others in your home and community during the cold and flu season.

### WASH YOUR HANDS OFTEN

- > **Wash your hands often** with soap and water for at least 20 seconds, especially after you have sneezed, coughed, blown your nose, or been in a public place.
- > **Use a hand sanitizer** that contains at least 60% alcohol if soap and water are not available. Cover all surfaces of your hands and rub them together until they feel dry.
- > **Avoid touching** your eyes, nose, and mouth with unwashed hands.

### CLEAN AND DISINFECT

- > **Clean and disinfect** frequently touched surfaces daily with a household disinfectant.

### COVER COUGHS AND SNEEZES

- > **Cover your mouth and nose** with a tissue when you cough or sneeze—or use the inside of your elbow—and do not spit.
- > **Throw used tissues** in the trash.

### MONITOR YOUR HEALTH DAILY

- > **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms.
- > **Take your temperature** if symptoms develop.

### WHAT TO DO IF I AM SICK?

It might be hard to tell the difference between a cold, flu, or COVID-19 based on only symptoms,

and you may need testing to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some differences between the two. Here are some general guidelines from the CDC for what to do when feeling sick.

### STAY HOME EXCEPT TO GET MEDICAL CARE

- > **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- > **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines such as acetaminophen to help you feel better.
- > **Stay in touch with your doctor.** Call before you get medical care. Seek care if you have trouble breathing, have any other emergency warning signs, or if you think it is an emergency.
- > **Avoid public transportation,** ride-sharing, or taxis.

### SEPARATE YOURSELF FROM OTHER PEOPLE

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

### MONITOR YOUR SYMPTOMS

COVID-19 symptoms include:

- > Fever
- > Cough
- > Shortness of breath or difficulty breathing

- > Fatigue
- > Muscle or body aches
- > Headache
- > New loss of taste or smell
- > Sore throat
- > Congestion or runny nose
- > Nausea or vomiting
- > Diarrhea\*

Follow care instructions from your doctor and local health department.

### WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs for COVID-19. If you are showing any of these signs, seek emergency medical care immediately:

- > Trouble breathing
- > Persistent pain or pressure in the chest
- > New confusion
- > If you can't wake or stay awake
- > Bluish lips or face\*

\*This list does not include all possible symptoms. Please call your doctor for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for yourself or someone who has or might have COVID-19.

Source: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).

## Flu Shot

Getting a flu shot is more important than ever during 2020-2021. A flu shot this season can help reduce the burden on our healthcare systems and help save resources to care for COVID-19 patients.\*

**Flu shots are covered at no extra cost at any participating doctor's office or pharmacy.**

\*Source: [cdc.gov/flu/season/protect-your-health.html](https://www.cdc.gov/flu/season/protect-your-health.html)

### QUESTIONS?

Please call Member Services at **855-442-3234**.







P.O. Box 30192  
Salt Lake City, Utah 84130



The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your doctor if you have any questions or concerns. The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at **855-442-3234**. SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-538-5038** (TTY: 711).

繁體中文

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**1-800-538-5038** (TTY: 711)。

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Health and wellness or prevention information

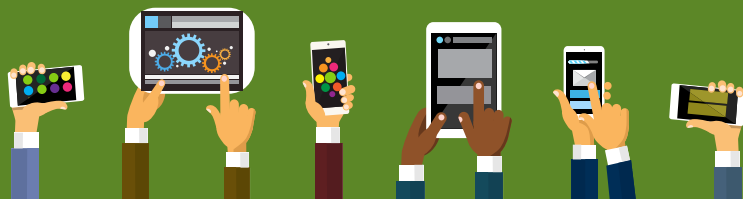
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# DON'T MISS A BEAT



If you would like a paper copy of this newsletter, please call Member Services at **800-538-5038**

Receive the annual Health Updates newsletter online at **[selecthealth.org/wellness-resources/newsletters](https://selecthealth.org/wellness-resources/newsletters)**

This newsletter is pretty important. It contains information on topics such as:

- > Our Utah Health Plan Performance Quality of Care Report
- > How to use your pharmacy benefits
- > Where to get the right care when you need it
- > Info about out-of-area coverage
- > How to connect with a Care Manager
- > When to call 911
- > Your rights and responsibilities
- > The appeals process