



# KidCare Konnection

A quarterly newsletter provided for  
Florida KidCare enrollees

P.O. Box 980  
Tallahassee, FL 32302-0980

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## ARE YOUR CHILDREN READY?



**With the cooler weather comes a bigger chance your son or daughter might come home sick.**

When the fall months come around, we send our children back to school and get used to their busy routines all over again.

We take them to class and to their sports practices and other activities, but do we take them to the doctor?

It's important to remember that the cooler weather doesn't just mean football season is here. Cool temperatures mean flu season is on its way, and children often come to school coughing and sneezing. **Make sure your children stay healthy by scheduling regular doctor's visits and vaccinations.** Florida KidCare wants to make sure your children have a successful start to their busy school year—and to the even busier holiday season!

Remember to pay your Florida KidCare premium each month!

Florida KidCare



## DID YOU KNOW?



**Dentists suggest children purchase a new toothbrush every three months.**

October is National Dental Hygiene Month. Don't wait until your child has a complaint about his or her teeth.

Call your dentist to make an appointment for your child today!

# HELPING YOUR KIDS BATTLE FLU SEASON



Flu season is right around the corner (it officially begins in November), and the last thing you need is for your kids to be sick. Here are some ideas for getting them through flu season:

- ⦿ **Schedule their flu shot.** Doctors offer the flu shot until January, but get your children theirs now to give the immune system time to strengthen.
- ⦿ **Watch those germs.** School is an easy place for germs to spread, so don't forget to tell your child to wash his or her hands. Remind them to not share food or drinks with friends.

- ⦿ **Drink plenty of fluids.** If your child does get the flu, keep them drinking! Once they get tired of water, offer them Gatorade or their favorite popsicle.

**ONE NUMBER, ALL LANGUAGES: 1-800-821-5437**

## SPOTLIGHT ON...

### *Healthy Eating Habits*

According to the National Health and Nutrition Examination, 17% of children and adolescents are overweight. Help your children stay healthy by practicing these eating habits:

- ⦿ Make sandwiches with whole grain bread.
- ⦿ Have healthy snacks like fruit, cheese and crackers ready after school.
- ⦿ Avoid caffeine and sugary drinks.
- ⦿ Eat at home when you can so kids can eat more slowly and have smaller portions.

## GET IN THE HOLIDAY SPIRIT

In just a month or so, the kids will be home from school for a couple of weeks. It might be hard to keep them from getting lost in the holiday shuffle. Why not try these activities to keep them busy?



- ⦿ **Rent holiday DVDs.** Have your children pick out their favorite holiday movies and watch them as a family.
- ⦿ **Bake together.** Find a simple cookie recipe, collect the ingredients and recruit your kids' help! Have them decorate the cookies and deliver them to neighbors.
- ⦿ **Enjoy the outdoors.** Take advantage of Florida's mild winter weather and have the family play outside together. Take a walk, play some basketball; get your blood pumping!



One of the easiest ways to help your children stay well this school year is to make sure they wash their hands! Teach your kids to use warm water and to scrub along to their favorite song. By the time they're done singing, germs will be long gone!

# TAKING CARE OF TEETH

This month is National Dental Hygiene Month. Did you know that more than 51 million school hours are lost each year in the United States due to dental-related issues? Get your children to take care of their teeth by practicing some of these healthy habits:



- Brush all surfaces of the teeth (not just the top!) and the tongue at least twice a day.
- Avoid sugary sweets that cause plaque build-up.
- Make sure your child sees the dentist at least twice a year.
- Use toothpaste and mouthwash with fluoride, which helps teeth enamel become stronger.

About **\$700 billion** is spent each year on preventable adolescent health problems. --From the National Institute for Health Care Management forum

## CHANGE IS GOOD

**It sometimes just takes a while to adjust.**

As you know, Florida Healthy Kids began using a new computer system on May 1. The change has been good, but it's also been a little rough for some families.

The move to the new system didn't change family accounts, call center telephone numbers or the website address. Some families, though, have been facing delays and problems with the new system. Please be patient as we continue to make the change. Use the tips to the right to get the help you may need during this transition.

Remember, in the end, the new system will be better for us, and, more importantly, for you.

### TIPS FOR MANAGING YOUR ACCOUNT

- 1. Pay your premiums on time.** Remember, payments are due at the beginning of the month for next month's coverage.
- 2. Send in renewal information promptly.** When renewing, send documents on time and write your family account number on each page.
- 3. Call Customer Service.** If you're having trouble with your Florida KidCare account, call customer service. The best times to call and speak to a representative are before 8 a.m. and after 6 p.m.
- 4. Update your account information.** Have you moved? Call customer service or go online to update your account easily.

## Fl♥rida KidCare

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### Contact Us

**Florida KidCare information line:**

1-888-540-5437

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1-800-821-5437

[www.floridakidcare.org](http://www.floridakidcare.org)

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## ACT-OUT FOR HEALTH

Your children could win \$5000 by entering Florida KidCare's Act-Out For Health contest. If your child is between the ages of 12 and 18, tell them to check out the contest website at [www.actout4health.org](http://www.actout4health.org).

Students can submit a 30-second commercial or a print advertisement about Florida KidCare. The contest deadline is December 5. Winning ads may even be used to promote Florida KidCare next year!

## National Health Observances



- ⦿ **October: National Dental Hygiene Month.** Children need to see their dentist at least once a year. Schedule their appointment today to prevent cavities!
- ⦿ **October 20-24: National Health Education Week.** Do your children know how important good health habits are? Talk to your kids about taking good care of their bodies. Encourage them to eat right and get plenty of rest!
- ⦿ **December 7-13: National Handwashing Awareness Week.** Washing their hands helps children to stay healthy, even during flu season. Turn to page three for helpful handwashing tips.

