



KIDCARE KONNECTION

A quarterly newsletter provided for Florida KidCare enrollees

Spring 2013

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**KIDS
OUGHTA BE
COVERED!**



IT'S ALLERGY TIME AGAIN!

This year, Florida has experienced a mild winter. With warmer temperatures on the way, spring allergy season has already started. Many of the trees that cause severe allergies have already begun producing pollen and many children are already experiencing discomfort.

It is important for parents to recognize the symptoms of allergies because they can cause more serious problems such as asthma or sinus infection if left untreated. Common symptoms include a runny nose with clear drainage (green or yellow discharge is a symptom of a more serious infection,) itchy eyes and nose, sore throat and a cough. Nasal congestion can create dark circles under the eyes commonly known as "allergic shiners." Also, be on the lookout for the "allergic salute," a tendency to rub the nose with an upward motion, common among children suffering from an itchy nose.

Treating allergies can be difficult but with the right medication your child should find some relief. It also helps to limit your child's exposure to allergens. Keep windows and doors closed both at home and in your car whenever possible. In addition, have your child wash their hands and face immediately after coming inside.

For more information on allergy symptoms and treatment, visit:
<http://www.mayoclinic.com/health/hay-fever/DS00174>

FLORIDA KIDCARE UNVEILS FREE MOBILE APP

Florida KidCare has launched a free mobile app for current and potential enrollees, making it easier than ever for Florida families to access low-cost or no-cost, high-quality health insurance. The app, called "FL KidCare," is available for Android and Apple phones. The app includes the following features:

- Assistance Center locations with map and direction features
- Online application
- Resources
- Direct access to customer service and payment portals
- Events calendar



For more information, please visit www.healthykids.org

OPERATION UNPLUG: SPRING IS THE PERFECT TIME TO ENCOURAGE YOUR CHILDREN TO PLAY OUTSIDE

It can be hard to get children to turn off the television, put down the video game controllers and go outside. But spring is in air and the ideal temperatures make a great reason to encourage your children to spend some time in the sun. Here are some tips to help get them started:

Walk instead of driving - If you are planning on going somewhere close to home like a park or the library, get the family together and walk there.

Tree and shrub identification - Collect some leaves from trees and shrubs from your backyard or around the neighborhood and have the children find where they came from. Supply them with a book describing the trees and plants in your region to further their education.

Purchase some inexpensive outdoor play accessories - Items such as sidewalk chalk, jump ropes or hula hoops are cheap and can provide hours of entertainment.

Make a homemade bird feeder - Coat a bagel in peanut butter, roll it on birdseed



and hang it from a tree. Teach your kids about the various birds it attracts.

Lack of outdoor playtime is one of the reasons why childhood obesity is widespread in this nation. Encouraging your children to play outside is important to promoting lifelong wellness.

For more information, visit <http://getoutdoorsflorida.com/>

HAS YOUR FAMILY INCOME CHANGED?

In the past, families had to tell Florida KidCare when they had a change in their household income. Beginning April 1, 2013, families can now wait until their yearly renewal to tell us about the change.

If you think your new income will lower your monthly premium or make a child Medicaid eligible, please contact us for a review.

DID YOU KNOW?

Please remember to pay your premium by the 1st of the month to ensure there is no interruption in your coverage. Florida KidCare offers multiple ways to pay your monthly premium:

- **Online Payment** - Payments may be made using your checking account, savings account, MasterCard, Visa or Discover card. You will need the 10 digit family account number and the zip code of the Healthy Kids or KidCare account that you are paying for in order to proceed. All premium payments must be made before 3pm (Eastern Time) Pay your premium online at <https://www.healthykids.org/pay/online/>
- **Pay by Telephone** - Call (toll-free) 1-800-821-5437. You will be connected to InTuition's automated phone payment system, managed for Healthy Kids and KidCare. Payments can be made using your checking, savings, debit card or credit card account.
- **Pay by Text** - To sign up to make your Florida KidCare payments by text, visit <https://mypayments.bill2pay.com/login/login.aspx?client=kidcare>.

- **Pay by Mail** - Mail check or money order with your payment coupon to:
Florida KidCare
PO Box 31105, Tampa, FL 33631-3105.
Remember to write your family account number on your check or money order.
- **Pay with Cash** - Cash payments can be made at Fidelity Express locations using your KidCare coupon or 10-digit family account number. For more information, visit <https://www.healthykids.org/pay/cash/>



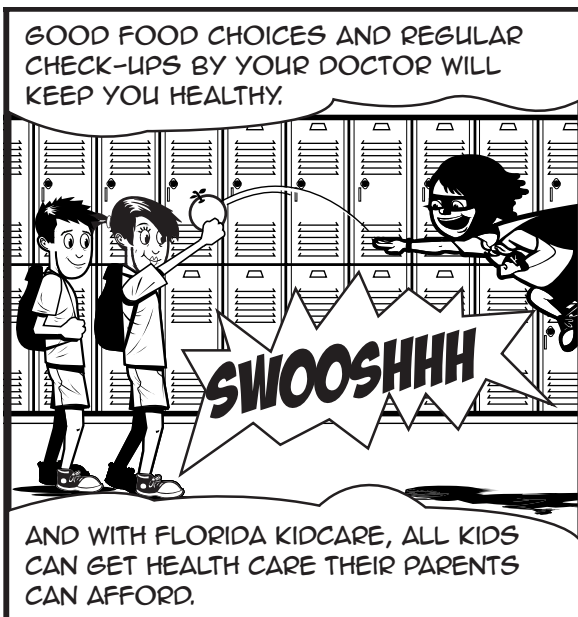
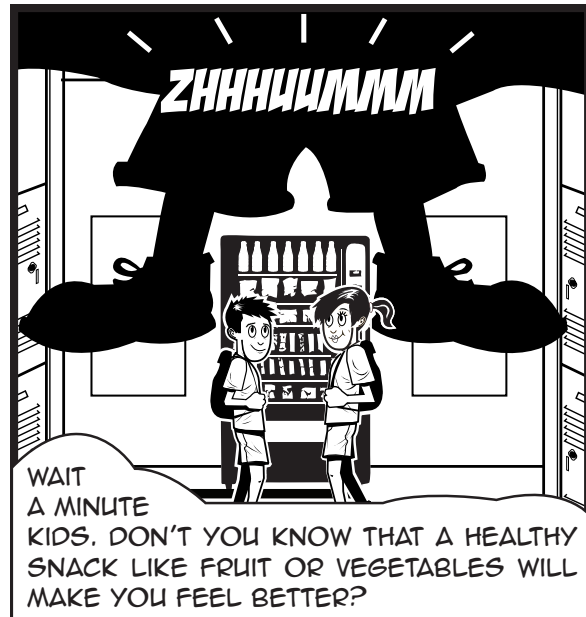
TECHNOLOGY UPGRADE!

We're always looking for new ways to better serve our families - that's why Florida KidCare will be going through a technology upgrade this fall. To make sure your coverage is not interrupted as we upgrade our systems, please be sure to pay your premiums and submit all renewal documents on time.

Questions about renewal? Visit <https://www.healthykids.org/renew/general/>



ADVENTURES OF KIDCARE



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KIDCARE KONNECTION

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