



## HEALTH PLANS HELPING TO KEEP YOUR FAMILY HEALTHY

No matter which health plan or health insurance you are enrolled in, they want your family to stay healthy! Most health plans, whether you have South Country Health Alliance (SCHA), Blue Advantage Families and Children or other health insurance, all have similar language and offer a variety of services to help you and your family receive the best health care possible. The following are some tips for understanding health plans:

**Member ID card:** Always show your member ID card when you get care or have a prescription filled.

**Primary Health Care Clinic:** Your primary health care clinic is the first place to go. Your clinic will get to know you, learn your health history and keep a record of all your health files. The name of your clinic is listed on your member ID card.

**Dental Care:** Call the member services telephone number on the back of your card if you need help finding a dentist that will take your specific insurance.

**Interpreter Services:** If you need Interpreter services please call your health plan's customer service department. Often this phone number is located on the back of your ID card.

**Transportation Needs:** Do you need transportation to a medical or dental appointment? Call the member services telephone number on the back of your card or you can call Hiawatha Land Transit at 1-866-623-7505.

With all of the many health plan changes it is recommended for each participant to review your health plan benefits. **Make sure you are accessing the routine health and dental check-ups that your health plan does cover.**

Most health plans will mail out member newsletters periodically with updates to their plan or incentives. Watch for these and read through them for the changes that benefit your family!

For more specific health plan information you can call your health plan member services telephone number (noted on your member ID card) or try these websites. Both websites are available in Spanish:

[Families and Children \(PMAP\) – South Country Health Alliance \(mnscha.org\)](https://www.mnscha.org)

[Minnesota Medical Assistance](#) | [Blue Advantage](#) | [BlueCrossMN](#)

### What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

### C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to the dentist

Child and Teen Checkups meet the health requirements for Head Start, WIC, school, sports or child care. Be sure to bring any forms you need filled out with you.

**Regular checkups help keep children healthy and health problems can be found and treated early.**

### Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the **Mayo Health System** in Red Wing, Zumbrota, Cannon Falls and Lake City; **Olmsted Medical Center** in Pine Island, Cannon Falls and Lake City and **Northfield Hospital & Clinics** in Kenyon.

If you have needs with transportation, interpreters, or making a C&TC appointment, contact Carol at Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

# Be Ready! Winter Weather

**Weatherproof your home to protect against the cold.**

Install a smoke detector and carbon monoxide detector in your home.

Have your chimney or flue inspected every year.

Make sure the batteries are working!

Insulate walls and attic.

Caulk and weather-strip doors and windows.

*Check out more tips on winter weather indoor safety.*

Never leave lit candles or other flames unattended.

Bring your pets indoors as temperatures drop!

**Prepare yourself for exposure to winter weather.**

Dress warmly and limit exposure to the cold to prevent frostbite.

Avoid getting wet to prevent hypothermia.

**If power lines are down, call your local utility and emergency services**

If power lines fall on your car, warn people not to touch the car or power lines.

**Make sure your car is ready for winter travel.**

Make a winter emergency kit to keep in your car.

Check antifreeze level and have radiator system serviced.

Replace worn tires and check tire air pressure.

Keep gas tank full to avoid ice in tank and fuel lines.