

# Member Newsletter

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North Dakota Department of  
Human Services

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## Importance of Check-ups and Vaccinations

The COVID-19 pandemic has changed many things. One thing is still the same though – children need their Health Tracks/well-child check-ups, dental visits and vaccinations. Families are encouraged to seek needed routine care they may have delayed. Missing routine services may put kids at risk for health and dental issues.

The Centers for Disease Control and Prevention (CDC), the American Dental Association (ADA) and the American Academy of Pediatrics (AAP) recommend that parents continue scheduling their child's well-child visits, dental visits and stay up-to-date with vaccines. Regular checkups are an important way to keep track of your child's health and physical, emotional and social development. These visits are important for ALL children, including children with special health care needs who may also be under the care of specialists. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. Routine visits are a chance to talk with your child's health care providers about any questions and concerns related to your child's health.

Contact a Health Tracks coordinator to schedule your child's appointment today! Find contact information at [www.nd.gov/dhs/services/medicalserv/health-tracks/index.html](http://www.nd.gov/dhs/services/medicalserv/health-tracks/index.html).

## ND Medicaid Medical Advisory Committee

We want your ideas! The North Dakota Medicaid Medical Advisory Committee meets quarterly to discuss a wide range of topics that affect Medicaid members and providers.

These meetings are open to the public and anyone can attend. We would like more input from Medicaid members, to ensure we are making decisions that will positively impact you.

To receive information on meetings, sign up at [sos.nd.gov/](http://sos.nd.gov/) and follow these steps:

1. Select North Dakota Public Meeting Notices from left menu.
2. Under Public Entity, select Human Services, Department of.
3. Under Governing Body, select North Dakota Medicaid Medical Advisory Committee.
4. Select Subscribe to Email Notifications.

## Parents Lead Toolkit: Parenting During a Pandemic

The start of school and fall activities can be stressful under normal circumstances, let alone during a pandemic. To help engage parents and children in open communication and support them through this transition, the North Dakota Department of Human Services' Behavioral Health Division has created a new toolkit for parents called Parenting During a Pandemic.

The new Parents Lead resource touches on a variety of topics, including:

- How to support children going back to school, whether they are going in-

person a few days a week or participating in full-time distance learning

- Balancing teleworking with children at home
- Supporting a child when they are grieving the loss of activities
- Knowing when a child is ready to stay home alone
- Age-specific ideas on supporting children impacted by COVID-19
- And much more!

Find more Parents Lead resources at [www.parentslead.org/COVID-19](http://www.parentslead.org/COVID-19).

## What is Women, Infants, and Children (WIC)?

WIC is a program for pregnant women, breastfeeding women, infants and children younger than five. It offers healthy food for proper growth and development and helps families choose healthier ways of eating.

WIC is a federal nutrition program that provides:

- Nutrition information, counseling, and support
- Breastfeeding information and support
- Nutritious foods
- Health screenings
- Referrals to other services

To **qualify** for WIC, you must:

- be pregnant, breastfeeding, a new mother, or a parent, guardian, or caretaker of an infant or child younger than five years old,
- meet income guidelines, and,
- have a nutritional health risk.

WIC staff will look for risks by checking a person's height, weight and iron count, and asking health and diet questions.

At this time, many of the WIC services are offered remotely, so you don't need to come into a WIC office.

This fall, WIC is moving to electronic benefit transfer (EBT) card, so families will receive their food benefits using this card instead of paper checks.

To locate a WIC office, call 800-472-2286 or visit [www.health.nd.gov/prevention/wic](http://www.health.nd.gov/prevention/wic).

Your family's income before taxes must be below the income level, which is based on the poverty level. Income levels may change each year. Visit the WIC website or call a WIC office for current income levels.

**Note: If you receive Medicaid, TANF, or SNAP (food stamps) you are income eligible for WIC, even if your income is above the guidelines.**

## Have You Received Your Stimulus Check?

As part of the federal government's COVID-19 response efforts, financial help is available to most Americans – **up to \$1,200 for individuals, \$2,400 for married couples, and more for families with children.**

The IRS is working to speed delivery of these Economic Impact Payments or “stimulus checks” to individuals and families, including many recipients of Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP) and Medicaid.

If you did not file federal taxes in 2018 or 2019, sign up at [IRS.gov/EIP](https://www.irs.gov/eip) to get your check.

These stimulus funds do not count towards income that is used to determine Medicaid eligibility or other economic assistance programs such as Child Care, LIHEAP, SNAP or TANF.

This financial help can make a big difference for individuals and families with financial uncertainty because of the impacts of COVID-19.

## COVID-19 Resources

There are many resources available to help navigate COVID-19. The North Dakota Department of Human Services has resources on behavioral health, child care and other topics for individuals and families at [www.nd.gov/dhs/info/covid-19/index.html](https://www.nd.gov/dhs/info/covid-19/index.html).

You can also get up-to-date information on the ND Smart Restart guidelines, testing and care, protecting yourself and your loved ones and other resources at [www.ndresponse.gov/covid-19-resources](https://www.ndresponse.gov/covid-19-resources).

Make sure you download the free Care19 Alert mobile app to slow the spread of COVID-19 and help save lives in North Dakota. Find it in the Apple Store or Google Play. Learn more at [www.ndresponse.gov/covid-19-resources/care19](https://www.ndresponse.gov/covid-19-resources/care19).

## Happy Birthday Medicaid!

What helps children, parents, seniors, people with disabilities, and adults with limited income while at the same time, supporting healthcare workers? If you guessed Medicaid, kudos! You got it.

This year marks 55 years of the public health insurance program. On July 30, 1965, President Lyndon Johnson signed into law the Social Security Act Amendments, which established Medicare and Medicaid.

Medicaid, which is funded jointly by each state and the federal government, ensures that income-eligible children, seniors, individuals with disabilities, and those who are pregnant have access to affordable medical care. Through a provision of the Affordable Care Act (ACA) of 2010, it also became possible for states to extend Medicaid coverage to income-eligible adults who had previously been unable to access the program. North Dakota expanded its Medicaid coverage through this option.

Today, more than 70 million Americans receive their health insurance through Medicaid, approximately half of which are children. In North Dakota, Medicaid covers about 90,000 people (roughly 11 percent of the state's population).