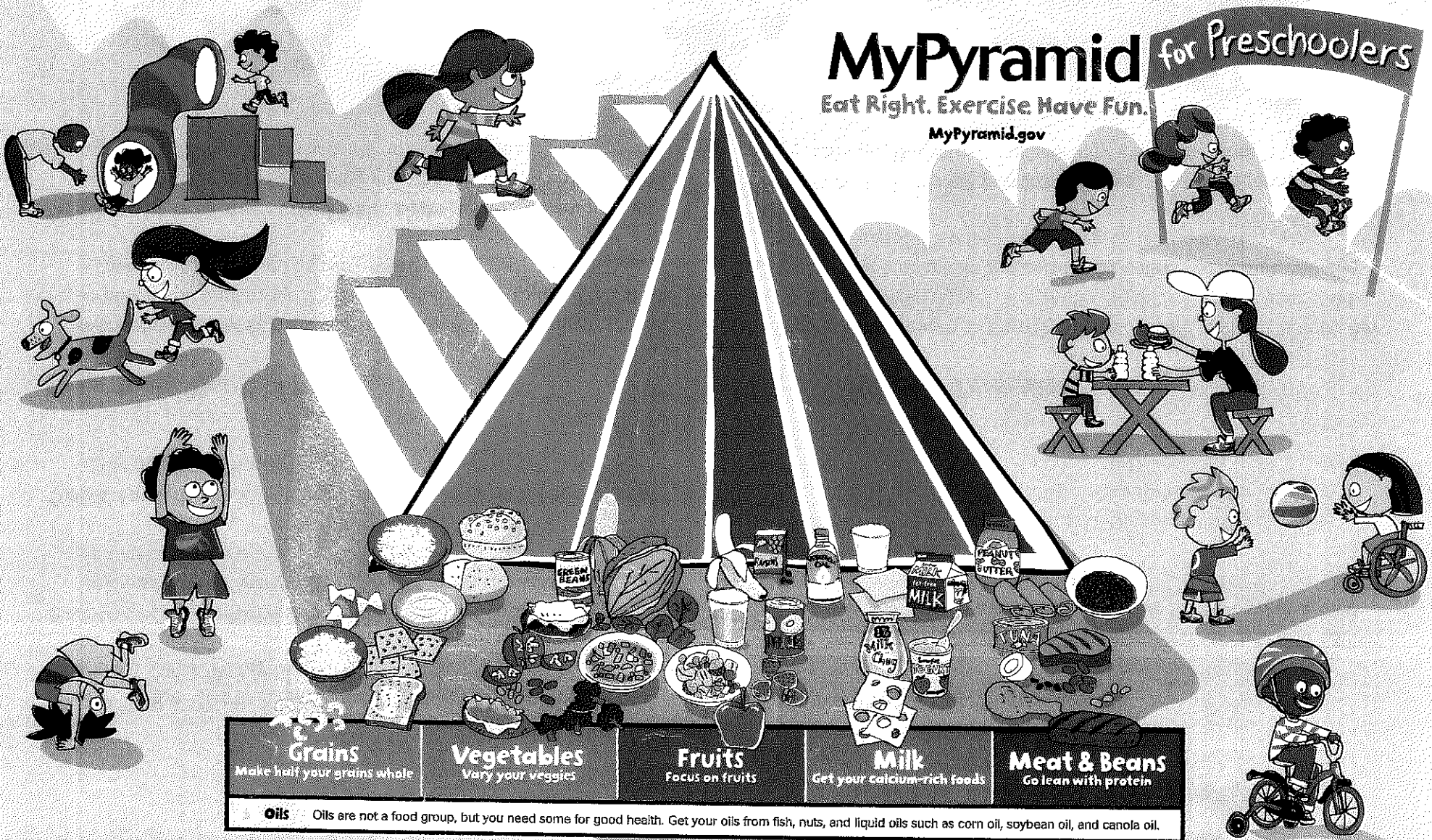


# MyPyramid for Preschoolers

Eat Right. Exercise. Have Fun.  
MyPyramid.gov



<p><b>Grains</b> Make half your grains whole</p>	<p><b>Vegetables</b> Vary your veggies</p>	<p><b>Fruits</b> Focus on fruits</p>	<p><b>Milk</b> Get your calcium-rich foods</p>	<p><b>Meat &amp; Beans</b> Go lean with protein</p>
--	--	--	--	---

**Oils** : Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun      ★ Fats and sugars — know your limits



# Pointers to Help your Preschooler

## Develop Healthy Habits



### They Take Their Lead From You. Make Healthy Choices and Your Kids Will Too.

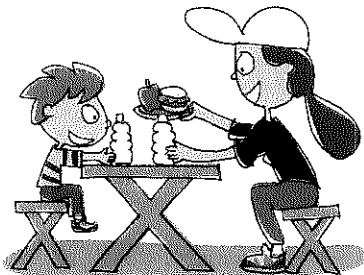
**Eat together whenever possible.** Let your kids see you enjoying fruits, vegetables, and whole grains at meals and snacks at home and on the go.

**Cook together.** Kids love helping in the kitchen. They'll learn skills they'll use for life.

### Help Them Try New Foods.

**Sometimes new foods take time.** Kids don't always take to new foods right away. Offer new foods many times. Give them a small taste at first and be patient with them.

**Offer only one new food at a time.** Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.



For more great pointers on these  
and other subjects go to:  
[mypyramid.gov/preschoolers/](http://mypyramid.gov/preschoolers/)

### Picky Eating is Temporary.

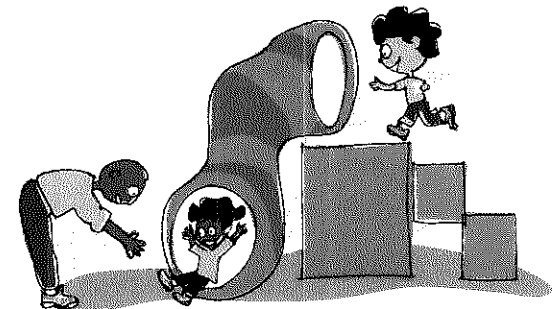
**Patience works better than pressure.** Let your child choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.

**Offer choices.** Rather than ask "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"

### Play Actively Everyday.

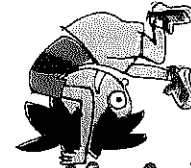
**Make play time a family time.** Make physical activity fun for the whole family. It includes anything that gets your child moving both inside and outside the house. Walk, run, and play with your child rather than sitting on the sidelines.

**Focus on fun not performance.** Not all children are athletes. But all can make activity a lifetime habit.



# Pointers to Help your Preschooler

## Develop Healthy Habits



### They Take Their Lead From You. Make Healthy Choices and Your Kids Will Too.

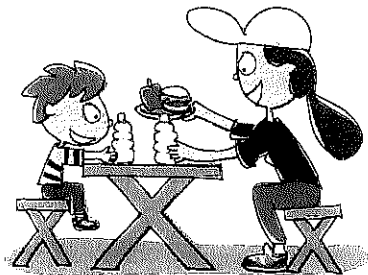
**Eat together whenever possible.** Let your kids see you enjoying fruits, vegetables, and whole grains at meals and snacks at home and on the go.

**Cook together.** Kids love helping in the kitchen. They'll learn skills they'll use for life.

### Help Them Try New Foods.

**Sometimes new foods take time.** Kids don't always take to new foods right away. Offer new foods many times. Give them a small taste at first and be patient with them.

**Offer only one new food at a time.** Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.



### Picky Eating is Temporary.

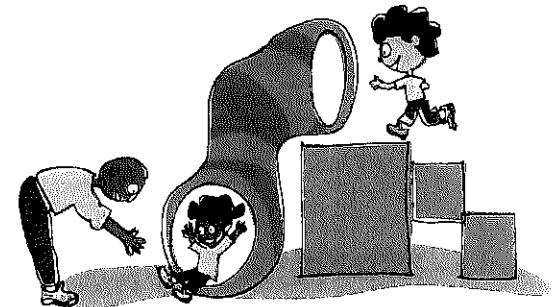
**Patience works better than pressure.** Let your child choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.

**Offer choices.** Rather than ask "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"

### Play Actively Everyday.

**Make play time a family time.** Make physical activity fun for the whole family. It includes anything that gets your child moving both inside and outside the house. Walk, run, and play with your child rather than sitting on the sidelines.

**Focus on fun not performance.** Not all children are athletes. But all can make activity a lifetime habit.



For more great pointers on these  
and other subjects go to:  
[mypyramid.gov/preschoolers/](http://mypyramid.gov/preschoolers/)

Ohio Department of Medicaid  
**HEALTHCHEK AND PREGNANCY RELATED SERVICES INFORMATION SHEET**

**HEALTHCHEK – CHECK IT OUT!**

Did you know Ohio's Medicaid program includes **Healthchek** services for children up to 21 years of age? (These services are also called EPSDT sometimes.) **Healthchek** services help children stay healthy and reduce the chances of sickness by treating health problems early. All **Healthchek** services are free. You can get help and information by contacting your county Healthchek Coordinator or your managed care plan and by going to <http://medicaid.ohio.gov/FOROHIOANS/Programs/Healthchek.aspx>

**Screening Services**

Doctors want children to have well-child check-ups (screenings) while they are growing up so that health problems can be found early. Check-ups covered by **Healthchek** include:

- Physical check-ups
- Vision checks
- Dental checks
- Hearing checks
- Nutrition screenings
- Mental health screenings
- Developmental screenings
- Immunizations, if needed

Mothers should have at least one prenatal exam and children should have exams at birth, 3 to 5 days of age and at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months of age. After that, children should have at least one exam per year. All children should have tests for lead poisoning.

**Treatment Services**

If the doctor finds a problem during a check-up, the doctor may provide the treatment or may refer you to another doctor. **Healthchek** covers treatment services. Some services may need prior approval. If your child is not in a managed care plan and needs prior approval for a service, your doctor will need to request it from Ohio Medicaid. If your child is in a managed care plan, your doctor will request prior approval from the plan. If you disagree with the decision made by Ohio Medicaid or your child's managed care plan, you can ask for a hearing. Check with your Healthchek Coordinator for more information.

**Support Services**

The names, addresses and phone numbers of Healthchek Coordinators for all counties can be found at <http://medicaid.ohio.gov/Portals/0/For%20Ohioans/Programs/countycoordinators.pdf> or by calling your County Department of Job and Family Services. If you need to find a doctor, dentist or other health care provider, your county Healthchek Coordinator can give you a list. Your Healthchek Coordinator can also help you make doctor's appointments and help you get transportation to the doctor. If your child is in a managed care plan, the plan can also help make doctor's appointments and may provide transportation to the doctor. The plan can also give you a list of doctors in their plan. You can go to the plan's website for more information.

You can ask your Healthchek Coordinator to make referrals for you to Head Start, the Women, Infants, and Children (WIC) program, Help Me Grow, and the Bureau for Children with Medical Handicaps. Your Healthchek Coordinator can give you names of other agencies that can help you get clothing, housing, food, and other services. You may also submit questions using an online form found at <http://medicaid.ohio.gov/CONTACT.aspx>.

Ohio Department of Medicaid  
**HEALTHCHEK AND PREGNANCY RELATED SERVICES INFORMATION SHEET**

**Please fill out the following information** in order to help us provide **Healthchk** services to you and/or your child. If you do not understand some or all of this form, please contact your county Healthchk Coordinator. **Please return this Information Sheet** to the Healthchk Coordinator at your County Department of Job and Family Services, or **mail it back in the envelope included with this packet. Please keep the cover letter for your records so you can refer to it again.**

**Your Information**

First Name	Last Name		
Case Number	Street Address, Apt. No.		
City	State	Zip Code	County
Date of Birth			
Email	Telephone Number		

**Your Child's Information**

Child's Name	SSN or Medicaid Billing No.
Child's Name	SSN or Medicaid Billing No.
Child's Name	SSN or Medicaid Billing No.
Child's Name	SSN or Medicaid Billing No.

Is your child enrolled in a Medicaid managed care plan?

- Yes. Plan  
 No. Before enrolling in a plan, make sure your (or your child's) doctors or clinics are on the plan's list of providers.

**Healthchk Screening Services**

**Healthchk** covers medical exams, immunizations (shots), health education, and laboratory tests for everyone on Medicaid and under 21 years of age. It also covers complete medical, vision, dental, hearing, nutritional, psychological, and mental health exams. These exams are important to make sure that your child is healthy and is developing physically and mentally. Mothers should have at least one prenatal exam and children should have exams at birth, 3 to 5 days of age and at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months of age. After that, children should have at least one **Healthchk** exam per year until 21 years of age. **Please check all services you or your child would like to receive.**

- |   |   |
|---|---|
| <input type="checkbox"/> A comprehensive medical exam | <input type="checkbox"/> A mental health exam   |
| <input type="checkbox"/> A vision (eye) exam          | <input type="checkbox"/> A dental (tooth) exam: |
| <input type="checkbox"/> A hearing exam               | <input type="checkbox"/> A specialist exam:     |

**Healthchk Treatment Services and Transportation to Health Care Appointments**

**Healthchk** covers tests and treatment services to treat problems or conditions found by an exam. Some tests and treatment services require pre-approval. If you need pre-approval, your provider must ask Ohio Medicaid or your managed care plan.

Your Healthchk Coordinator can help you make medical, dental and other appointments and provide free transportation to those appointments, if needed. If you or your child is enrolled in a managed care plan, the plan can also help with appointments and provide transportation. It can also give you a list of doctors in your plan. In order to make sure that you and your child get what you both need, **please check everything you or your child would like to receive.**

- |   |  |
|---|--|
| <input type="checkbox"/> A list of doctors                        | <input type="checkbox"/> Transportation to medical or dental appointments            |
| <input type="checkbox"/> A list of dentists                       | <input type="checkbox"/> Referrals to Help Me Grow                                   |
| <input type="checkbox"/> A list of other healthcare professionals | <input type="checkbox"/> Referrals to the Bureau for Children with Medical Handicaps |
| <input type="checkbox"/> Other help getting treatment             | <input type="checkbox"/> Other information about where to get treatment              |

Do you or your child have any problems that need attention or treatment (for example, a medical problem, a mental health problem, a child who is not developing normally, etc.)? If so, please tell us more about this. \_\_\_\_\_

**Other information about your child's history**

- My child has been tested for lead poisoning  Yes  No  Don't know
- My child's immunizations (shots) are up-to-date  Yes  No  Don't know
- My child has had developmental exams  Yes  No  Don't know

**Support Services**

Your Healthchek Coordinator can also give you information about available services like the Women, Infants, and Children (WIC) program and other services offered through your local health department and other local agencies.

Would you like more information about other services? Please check all that apply.

- Women, Infants and Children (WIC)
- Heating Assistance
- Other:
- Food Assistance
- Head Start

Is anyone in your family (including yourself) pregnant?  Yes  No

If YES, give the name(s) of the pregnant woman.

If known, give the date(s) the baby is due: Month \_\_\_\_\_ Year \_\_\_\_\_

Is the pregnant woman now going to a doctor or clinic for the pregnancy?  Yes  No

If YES, give the name of the doctor or clinic.

Do you need other social services?  Yes, Specify: \_\_\_\_\_  No

Are you currently enrolled in a managed care plan or HMO?  Yes  No

If YES, specify name of plan or HMO.

**(Note: Before you enroll in an HMO, be sure that your doctor or clinic is on the HMO's list. If you enroll in an HMO in the future, be sure to tell the HMO staff about the services you would like to get.)**

**Acknowledgement**

I have been given information about Healthchek. I understand that I can ask for Healthchek services or assistance at any time. I understand that I will be asked to sign a separate release form if my medical information needs to be shared with others.

Signature		Date
Caseworker Signature	Date	Phone
Caseworker Email		

**Caseworker: Please forward this information to the appropriate Medicaid managed care plan.**