

CMDP MEMBER NEWS

Comprehensive Medical and Dental Program

WINTER 2018—2019



ARIZONA
DEPARTMENT
of CHILD SAFETY

In this newsletter



Changes October 1, 2018 (Pgs1-2)



Lead Poisoning (Pgs3-4)



Asthma (Pgs4-6)



Where Should I Go?(Pg 6)



Pregnancy: Preventing Problems (Pgs7-9)



Family Planning, STIs and Well Women Care (Pgs 9-10)



Language Line Services (Pg 10)



Dental Home (Pgs 11-12)



CMDP Members Never Pay (Pg 12)



A Culture of Caring (Pgs 12-13)



Fraud, Waste & Abuse (Pg13)



Community Resources (Pgs13-14)

Changes October 1, 2018

CMDP INSURANCE

There are **no** changes to your CMDP health plan. CMDP is the health plan for your physical health services. The Regional Behavioral Health Authority (RBHA) is the health plan for your Behavioral Health Services. The RBHAs have new names, and provide behavioral health services as well as physical health services for members who are not in CMDP.

CMDP is planning on providing integrated services for the children in our care in 2020.

Before 10/1/2018

Mercy Maricopa Integrated Care (MMIC) + Mercy Care

Health Choice Integrated Care (HCIC)+ Steward Health Care Network

Cenpatico Integrated Care (CIC)+ Health Net

After 10/1/2018

Mercy Care
Children's Liaison: 602-453-8095
Member Services: 1-800-564-5465
Foster Care Hotline: 602-633-0763

Steward Health Choice Arizona
Children's Liaison: 928-214-2370
Member Services: 1-800-640-2123
Foster Care Hotline: 928-293-7038

Arizona Complete Health
Children's Liaison: 520-809-6432
Member Services: 1-866-495-6738
Foster Care Hotline: 1-844-365-3144

PHARMACY

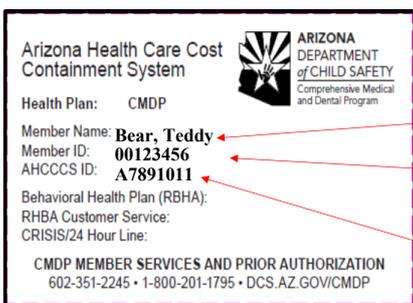
On October 1, 2018 CMDP switched to a new Pharmacy Benefit Manager: OptumRx



You will see this change on your Member ID card.

The member ID cards were mailed out. If you have not received a new member ID card please contact CMDP Member Services to have the card reissued.

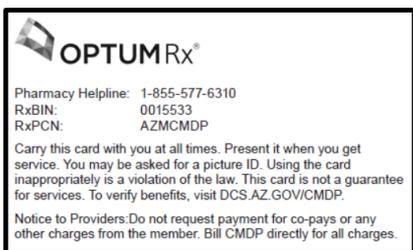
CMDP Member Services: 1-602-351-2245
Toll Free 1 -800- 201-1795 . CMDP Member Services:
CMDPMemberServices@AZDCS.GOV



Childs Name

CMDP ID #- use for Pharmacy and physical health services

AHCCCS ID # - use for RBHA and BH medications



If you have any issues related to pharmacy you can contact customer service. They are open 24 hours a day, 7 days a week.
Pharmacy Customer Service: 1-855-577-6310

BriovaRx Customer Service: **1-855-427-4682.**
Diplomat will get those medications from Optum’s Specialty Pharmacy: BriovaRx beginning October 1, 2018.

Out-of-home caregivers may continue to use the same pharmacies as before. To find a listing of our Pharmacies please visit our website.

Children who received specialty prescriptions through Diplomat will get those medications from Optum’s Specialty Pharmacy: BriovaRx beginning October 1, 2018.

MEDICARE PART D MEDICATION

Over 90% of CMDP members are eligible for Arizona’s Medicaid plan (AHCCCS).

In very rare cases, a CMDP member may also be eligible for Medicare.

A child in foster-care who is eligible and enrolled in both Medicaid and Medicare is known as a dual eligible beneficiary.

These members may be enrolled in a Medicare Part D health plan that covers Medicare Part D drugs. CMDP/AHCCCS does not pay for any drugs covered by Medicare. This includes any copayments, coinsurance, deductibles, or cost sharing.

Federal and State laws prohibit the use of AHCCCS funds to pay for any medications covered by Medicare even if the member is not covered by a Part D Health Plan.

LEAD POISONING

Exposure to lead can cause a lot of health problems for a child.

Lead can cause:

- Damage to the brain and nervous system
- Poor growth and development
- Learning and Behavior Problems
- Hearing and Speech Problems

This can affect children as they grow older. Children may do poorly at school. They may have difficulty with learning and paying attention.

LEAD IS ALL AROUND US

Lead has been found in paint, candy, home remedies or traditional medicines, spices, keys, bullets, car batteries, radiators, dishes and crystal glasses, toys, and jewelry.

Lead based paint is the most common and dangerous source of lead for young children. Lead based paint can be found in older homes built before 1978.

Certain water pipes may also contain lead.

Certain jobs or hobbies use lead –based products, such as stained glass work, hunting , fishing, making bullets or fish sinkers, automotive repair, furniture refinishing, mining, welding or plumbing and may cause families to bring lead into the home from work.

Lead is absorbed into our bodies through the air, food, water, dust and soil.

LEAD TESTING

Because lead has such severe effects on young children, all children are routinely screened for lead poisoning at 12 months and 24 months of age.

CMDP requires physicians to do a blood lead test at the 12 months and 24 months well child check.

If a child under 6 years of age has not had a blood lead test, CMDP recommends that they are checked for lead poisoning.

If a child has developmental delay, poor growth, learning or behavior problems, CMDP recommends a blood lead test if it has not been done before.

TREATMENT

Most Children with high lead levels have no symptoms. If you think your child has been exposed to lead, speak with your child’s doctor. A blood lead test is the only way to find out if a child has a high lead level. Your child can be treated if they have been exposed to lead and have high blood lead levels.

Lead Poisoning is 100% preventable

The best way to protect children is to prevent lead exposure in the first place.

HOW YOU CAN PREVENT LEAD POISONING

If your home is older and has peeling paint, or if you think your home may have lead paint, talk to the state health department about testing paint and dust in your home for lead. Information about the high risk areas in

Arizona is testing samples from licensed child care facilities all over the state. To find out more visit <https://www.azdhs.gov/licensing/childcare-facilities/water-screening/index.php#locations>

Children's hands and toys can pick up dust that may be contaminated with lead. Wet mop your floors and wet wipe your windows, and take your shoes off at home to keep lead dust out of your home.

Don't let your baby chew on keys or jewelry as it may have lead in it.

Talk to your doctor about getting your child tested. There is no known safe blood level of lead.

Ask your local water company for information about lead testing and identifying contamination in your water.

The National Lead Information Center (NLIC) provides information about lead, lead hazards and prevention to the general public and professionals. Call 1-800-424-LEAD [5323] #NLPPW2018 #leadfreekids.

Lead <https://www.cdc.gov/nceh/lead/default.htm>

ASTHMA

WHAT IS ASTHMA?

For children who have asthma, something causes the airways of the lungs to narrow or become blocked, making it hard to breathe.

When having trouble with asthma the child may have the following signs:

- shortness of breath,
- coughing,
- wheezing,
- chest pain or tightness,
- or any combination of these symptoms

WHAT TRIGGERS ASTHMA?

For some children a single trigger can cause an asthma attack, for others several triggers need to happen at the same time. Different people have different triggers, they can be inhaled or eaten or with others even the weather.

Some triggers of asthma include:

- Pollen
- Tobacco smoke
- Dust
- Shellfish
- Exercise
- Animal dander
- Outdoor pollution
- Mold
- Infection
-

DON'T LET ASTHMA KEEP YOU OUT OF THE GAME!

- Asthma cannot be cured, but it can be controlled.
- Talk to you doctor about the most appropriate medications to control your child's asthma.
- Control of asthma may include:

- Avoiding exposure to certain triggers. For example, tobacco smoke or pet dander
- Medications such as,
- Inhalers
- Allergy medications
- Other medications to control your symptoms.

Work with your doctor to identify your child's triggers and create an asthma action plan.

Share the plan with school, daycare, or anyone who cares for your child, so they know what to do if your child has a problem with their asthma.

The flu vaccine is very important for people with asthma. The flu can cause severe problems for people with asthma and can be life threatening. Talk to your doctor and get the flu shot today.

It is important to see the doctor regularly to make sure your child's asthma is under control.

Let's keep asthma under control! If you have any questions, please contact your doctor or the CMDP Medical Services Unit at (602) 351-2245. We have nurses that can help!

<https://www.cdc.gov/asthma/children.htm>

SECONDHAND SMOKE AND PASSIVE SMOKING

Smoking isn't only harmful to the smoker but, to the people around them as well.

Secondhand smoke is also called environmental tobacco smoke. It consists of the smoke that's exhaled by a smoker as well as the smoke from a lit cigarette, e-cigarette, pipe, or tobacco-burning hookah. When non-smokers are exposed to secondhand smoke, it's called passive smoking. When non-smokers breathe in secondhand smoke, they take in nicotine, and toxic smokers do.

Secondhand smoke is known to cause cancer. It causes lung cancer in people who've never smoked. It's also been linked in adults to cancer of the throat, nasal sinuses, brain, bladder, rectum, stomach, and breasts. It's possibly linked in children to Lymphoma, leukemia, liver cancer, and brain tumors. How do you protect your children from passive smoking? Make your home and car a no-smoke zone. Avoid exposing your children and yourself to smoke. If you smoke, only smoke outside and wear clothing that you can remove when you come back inside.

ASHLine, Arizona's Smoking Cessation Program and Helpline ASHLine is the Arizona Smokers' Helpline and helps people to quit using tobacco at no cost.

ASHLine offers:

- A helpline to get started (Call 1-800-556-6222)
- Coaching, at no cost
- Online help
- Medication, at no cost

RESOURCES TO HELP PEOPLE QUIT

The ASHline is easy to use. You simply call the helpline where a representative will start the process of matching you with a Quit Coach. This Coach is selected based on your needs including if you are a pregnant woman or if you use chewing tobacco.

Arizona can be found at Arizona Department of Health Services under Lead Poisoning

https://www.azdhs.gov/preparedness/epidemiology-disease-control/lead_poisoning/index.php

Quit Coaching is ideal for people in any stage of wanting to quit tobacco. This includes those thinking about quitting, those wanting to quit now and those who already have and need extra support. As part of your Quit Plan, you will have scheduled meetings (about 1-2 per week) with your Quit Coach. You'll decide with your coach the best time and the best way to connect.

When making a Quit Plan, you and your Coach will:

- Talk about where you're at in wanting to quit
- Discuss what makes you want to quit
- Set up upcoming coaching meetings with your coach

SIGNING UP

Complete the Quit Coaching helpline questions to be matched with a coach.

After completing the questions, your Quit Coach will contact you within 48 hours to get to know you and to start on your Quit Plan. Call or log onto the website to get started with coaching today!

Quit Smoking for Good with a Quit Coaching at no cost. (n.d.). Retrieved April 5, 2017, from <https://ashline.org/about-quit-coaching/>

WHERE SHOULD I GO?

Making sure you choose the right care setting for the youth in your care is an important task. Make sure to plan ahead for regularly scheduled medical concerns and assign the youth in your care to a PCP. Emergency and Urgent Care options are available but should be used to address appropriate medical concerns.

EMERGENCY ROOM

- Severe Nausea or Vomiting
- Heavy Bleeding
- Loss of Consciousness
- Head or Spine Injury
- Breathing Issues
- Dehydration
- Chest Pains
- Seizures

URGENT CARE

- Minor Broken Bones
- Minor Injury
- Nasty Cough
- Minor Cuts & Wounds
- Rashes or Severe Sunburn
- Dizziness

PRIMARY CARE PROVIDER (PCP)

- Flu or Cold Symptoms
- Ear or Eye Infections
- Vaccinations
- Sprains & Strains
- Physicals
- Insect Bites
- Sore Throat
- Allergies & Rashes
- Routine Check-Ups



WHEN LIFE-THREATENING EMERGENCY IS SUSPECTED, CALL 9-1-1.

PREGNANCY: PREVENTING PROBLEMS PREMATURE BIRTH

Babies grow throughout pregnancy. Babies born early can be low birthweight and have a greater risk of having disabilities and even death. Although you may be ready for your baby to come early, it is important for the baby to come naturally on his or her own time. If you are pregnant you can take some important steps to reduce your risk of premature birth.

GET PRENATAL CARE AND KEEP YOUR APPOINTMENTS

- Seek medical attention for any warning signs. Discuss the warning signs with your doctor.
- Avoid alcohol and drugs
- Quit smoking
- Wait at least 18 months in between pregnancies

FOLIC ACID

Folic acid is a vitamin that can help prevent major birth defects. Take a vitamin with 400 micrograms of folic acid every day, before and during pregnancy.

VACCINATIONS

Vaccines help protect you and your baby from serious infections. Make sure you receive the Flu vaccine and whooping cough vaccine during each pregnancy to help protect yourself and your baby.

INFECTIONS

You may not even know you have an infection, and may not even feel sick. But if you do have an infection, your baby can get the infection, and some infections can cause severe birth defects. Your doctor will test for infections in both the first and third trimester of your pregnancy to make sure you are treated and to keep you baby healthy. Typically your doctor will check for Sexually Transmitted Infections (STIs) such as **Chlamydia**, **Gonorrhea** and **Syphilis**, and **HIV**. Your doctor will also check and treat for other infections such as **Group B strep**, which can cause infections in the baby.

Other infections you can avoid are:

- **Listeria**: a bacteria found in raw, unpasteurized milk, raw sprouts and raw or undercooked meats. Pregnant women should not eat raw milk, or milk products and meats.
- **Toxoplasmosis**: a parasite found in cat feces. Pregnant women should not clean out the litter box.

MEDICATIONS

Taking certain medications during your pregnancy can cause problems for your baby. Talk to your doctor about any medications you are taking, including dietary or herbal remedies or over the counter medications.

DENTAL CARE

Brush your teeth at least twice a day, floss daily, eat a healthy diet that limits sugary drinks and snacks, and visit the dentist regularly. If you are not doing this now, this is the perfect time to start. Poor habits during pregnancy have been associated with complications in pregnancy such as premature delivery, small babies, diabetes and preeclampsia (high blood pressure).

It is common to have gingivitis, a mild form of gum disease that causes bleeding during pregnancy. If you have morning sickness, when you throw up, the stomach acids can attack your teeth, so rinse out your mouth first and then brush your teeth. It is safe to visit the dentist during your pregnancy, speak to your dentist about any concerns you may have and any dental problems you are facing.

SMOKING AND E- CIGARETTES

Smoking can cause premature birth and low birthweight, increase the chance of miscarriage, and decreases the blood supply – the source of the baby’s food and oxygen during pregnancy. Smoking after delivery increases the chance of Sudden Infant Death Syndrome (SIDS) in babies. Smoking also increases the chance of certain birth defects, such as cleft lip or plate. Talk to you doctor if you need help with trying to stop smoking.

ALCOHOL AND OTHER DRUGS

Alcohol and other drugs all affect your baby. They can cause birth defects and the baby can have problems with intelligence, behavior, and learning as they grow older. If you drink alcohol or use any other drugs, so does the unborn baby. No amount of alcohol or drug is safe for your baby. Please talk with your doctor if you need help with substance use and want to stop.

DEPRESSION

Sadness is something that all people feel sometimes, and it usually gets better. Depression may last for much longer, weeks or months and affects daily life. Most people with depression can get better. Post- partum depression can happen after having a baby. Please talk to you doctor to get help if you are having these feelings of sadness. Your doctor can help figure out if you have depression and help you get better.

SYMPTOMS OF DEPRESSION INCLUDE:

- Feeling sad, anxious, or empty.
- Feeling hopeless.
- Feeling of guilt, worthlessness, or helplessness.
- Feeling of irritable or restless.
- Loss of interest in hobbies and activities.
- Loss of energy.
- Problems concentrating, or making decisions.
- Difficulty falling asleep or sleeping too much.
- Overeating or loss of appetite.
- Thoughts of suicide or suicide attempts.
- Aches or pains that do not get better with treatment.

SYMPTOMS OF POSTPARTUM DEPRESSION:

- Crying more often than usual.
- Feeling angry.
- Feeling numb or disconnected from your baby.
- Worrying that you will hurt the baby.
- Feeling guilty about not being a good mother or doubting your ability to care for the baby.

NUTRITION

Eating fish 2- 3 times a week is recommended, avoid raw seafood, unpasteurized juice and unpasteurized milk or milk products. Avoid raw eggs or products that contain raw eggs such as Ceasar salad dressing, raw batter, hollandaise sauce and egg nog. A, well-balanced diet with fruit and veggies , whole grains and protein.

Visit the NIH for a tool to help you stay on track with good nutrition and healthy weight gain during your pregnancy. <https://www.niddk.nih.gov/health-information/weight-management/health-tips-pregnant-women> You can also create a personalized plan at <https://www.choosemyplate.gov/MyPlatePlan>

OTHER MEDICAL CONDITIONS

If you have any medical conditions, make sure you discuss them with your doctor. Asthma, diabetes and other conditions may flare up or need extra attention when you are pregnant.

CDC: During Pregnancy: <https://www.cdc.gov/pregnancy/during.html>
NIH: <https://www.niddk.nih.gov/health-information/weight-management/health-tips-pregnant-women>

USDA: ChooseMyPlate.gov

FAMILY PLANNING, STIs AND Well WOMAN CARE

Planning for the future and taking care of your health are the most important part of your health care. At your annual well visit you have the opportunity to discuss these topics with your doctor. It may be uncomfortable to talk about, but that should not stop you from talking to your doctor about sex, family planning and Sexually Transmitted Illnesses (STIs).

STIs you may have heard of are Chlamydia and Gonorrhea. But one of the other STIs that are increasing in Arizona and the US, is Syphilis.

Arizona has an outbreak of Syphilis among women and babies. The number of babies born with Syphilis has doubled from 2016 to 2017.

Syphilis can lead to problems with the skin, eyes, and brain, still birth or infant death.

HOW CAN YOU PROTECT YOURSELF?

- Get Tested
- Always use condoms when having any type of sex
- Decrease the number of sexual partners
- Abstain from sex

WHAT IS SYPHILIS?

Syphilis is an STI that is spread by having unprotected vaginal, anal or oral sex. It can also be spread from mother to baby during pregnancy. You may not even know that you have an infection.

What happens if syphilis is untreated? Symptoms of Syphilis will eventually go away. However, untreated Syphilis can affect the brain nerves, eyes, liver, bones, and joints. In pregnant women Syphilis can cause miscarriage, still birth and infant death. Babies who are born with Syphilis and survive can have damage to their skin, bones, joints, ears, eyes, and brain that cannot be fixed.

HOW CAN YOU FIND OUT IF YOU HAVE SYPHILIS?

A simple blood test can detect syphilis, and it can be treated with antibiotics. Treatment can prevent the late effects of syphilis and the damage to your body. Make sure you are tested and treated for STIs.

CMDP is here to cover the cost of your health care. You are entitled to annual visits with your Primary care provider or specialist and additional visits as needed, which cover **WELL-WOMAN AND MAN CARE**. These are the well visits for adolescents as well as Gynecology visits for adolescent girls. **STI TESTING AND TREATMENT** for all youth, male and female. This includes testing and treatment for Chlamydia, Gonorrhea, Syphilis and HIV among others.

FAMILY PLANNING SERVICES

- For all youth, male and female. Which includes,
- Education on preventing pregnancy, abstinence and STIs.
- Birth control pills, and emergency contraceptives Birth control injections.
- Birth control implants including long active reversible contraceptives (LARC).
- Intrauterine device (IUD).
- Diaphragms, condoms, spermicides, and patches Any other lab and x ray testing including ultrasound.

Please talk with your doctor if you are sexually active or thinking of becoming sexually active! Being educated about safe sex can keep you healthy.

Source: AzDHS: Arizona Syphilis Outbreak: Women and Babies
<https://www.azdhs.gov/preparedness/epidemiology-disease-control/disease-integration-services/std-control/congenital-syphilis/index.php>

RISKY SEXUAL BEHAVIOR, INJURY AND VIOLENCE

Sexual violence can affect a child or youth in many ways. A member may face long-term physical, psychological, social and health risk, as a result of the experienced sexual violence. The Centers for Disease Control and Prevention has provided a helpful overview of the harmful effects of sexual violence, including identification of symptoms to be aware of.

Please reference the following hyperlink, to learn more about the statistics of sexual violence and the symptoms a victim may experience at: <https://www.cdc.gov/violenceprevention/sexualviolence/consequences.html>

LANGUAGE LINE SERVICES

If you need to talk to a person who speaks the same language as you do CMDP can help. Language Line Services are available to assist you. The Language Line service helps by connecting you with an interpreter that can help with your healthcare visits.

You can also get help if you have a hard time hearing. Translation is available either by phone or in writing.

Please call CMDP Member Services at least one week before your appointment. For more information. Call CMDP at 602-351-2245

THE DENTAL HOME

The Dental home consists of the Dentist and the team that cares for your child's dental needs.

Using a **DENTAL HOME**, will help keep your child healthy, establish a relationship with a dental office so that your child develops confidence and trust which will last a life time.

The Dental Home focuses on prevention, early detection, and treatment of dental disease. The Dental Home team will often work with pediatricians, other physicians and dental specialists to coordinate care for your child. The Dental Home is who you would contact in the case of a dental emergency so that they can work quickly to save your child's tooth.

WHAT IS TOOTH DECAY?

Tooth decay or dental caries is the damage to teeth that is caused by bacteria. The bacteria in the mouth make acids that attack the tooth and make it weaker. This can then cause a small hole in the tooth called a cavity.

If tooth decay is not treated it can cause pain, infection, trouble concentrating, even the loss of the tooth and other medical problems. Even babies can get tooth decay.

Children and Youth with healthy teeth chew food easily, learn to speak clearly, and smile with confidence.

VISIT YOUR DENTIST

- Take your baby for their first well baby dentist visit. Babies can see the dentist by their first birthday or as soon as their first baby tooth appears.
- All children and youth should visit their dentist every 6 months or twice a year.
- Your child's Dentist can make sure that your child's mouth is healthy and remains healthy.
- Your Dentist will be looking for Tooth Decay, treating any cavities, will look for illnesses like cancer and other mouth illnesses related to diabetes and other diseases.
- Your dentist will coordinate your care if you need a referral to a specialist.

Your Dentist will apply fluoride and other treatments to your child's teeth to strengthen and prevent cavities.

BRUSH & FLOSS

- Babies: Starting at birth, clean your baby's gums with a soft tooth brush or cloth and water. As soon as teeth appear brush twice a day with a smear of fluoride tooth paste.
- 2-5 years: brush twice a day with a small pea size amount of fluoride toothpaste for at least 30 seconds. Children this age are not able to brush their teeth well themselves. Begin flossing for your child when 2 teeth are touching.
- 5-10 years: Children can begin brushing and flossing their own teeth around 7 years of age. Brush for at least 2 minutes, twice a day, and floss once a day before bedtime. You may still need to supervise.
- Teens: Teens and adults should be brushing at least twice a day, for at least 2 minutes in addition to flossing.

EAT WELL

A child's diet does affect the health of their gums and teeth. Babies should not fall asleep with a bottle that contains milk, formula, juice or other sweetened liquid. Once weaned from formula, use a sippy cup for water.

Children who eat a lot of carbohydrates, starches and sugars are at greater risk for Tooth Decay. Sticky foods such as dried fruit or candy are not easily washed away and have more cavity causing power than other foods. Limit snacking.

Please visit these sites to get information on how to provide dental Care for others

Frequently Asked Questions - Pediatric Dentistry
<http://www.mychildrensteeth.org/education/faq/>

<https://www.nidcr.nih.gov/sites/default/files/2017-09/dental-care-every-day-caregiver.pdf>

Dental Care for people with Diabetes

<https://www.nidcr.nih.gov/sites/default/files/2018-10/diabetes-dental-tips.pdf>

<https://www.nidcr.nih.gov/sites/default/files/2018-10/diabetes-dental-tips-spanish.pdf>

NIH: National Institute of Dental and Craniofacial Research <https://www.nidcr.nih.gov/health-info/tooth-decay>

American Academy of Pediatric Dentists http://www.mychildrensteeth.org/education/parent_fact_sheet_on_caries_bacteria/

CMDP MEMBERS SHOULD NEVER PAY

CMDP members should not pay for any medical services, dental services or prescriptions even if you are asked to. If your health care provider has any questions regarding payment, contact CMDP at 602-351-2245 or 1-800-201-1795.

You can get more information from the CMDP Member Handbook, available at dcs.az.gov. If you need a copy of the Member Handbook sent to you at no charge, call CMDP at 602-351-2245 and request one.

A CULTURE OF CARING

At CMDP, we want our members to get the best possible care. That includes making sure services are supplied in a culturally competent manner. "Culture" is a word for people's way of life. That means it is the way groups of people do things. Different groups of people may have different customs and beliefs.

Every cultural group brings its own outlook and values to health care. People who work in health care should be sensitive to patient needs and culture.

A patient in Western culture may want to use medicine. A patient may have a culture that relies on home remedies and may want to try different options. Either way, people in health care need to respect every patient's views.

If you feel for any reason that a provider was not culturally sensitive, please call CMDP Member Services at 602-351-2245. If you would like to leave an anonymous message, call our Compliance Hotline at 602-771-3555.

Please give as much information as possible. It is important for us to know the provider's name, the date of service, and the reason for your call.

FRAUD, WASTE AND ABUSE: HOW TO REPORT IT

Anyone suspecting Medicaid fraud, waste, or abuse should report it. You do not need to leave your name when reporting what you think may be fraud. You can leave an anonymous voicemail by calling the CMDP Corporate Compliance Hotline at 602-771-3555.

The following information is helpful when reporting fraud:

- Name of the CMDP member or their CMDP card
- Name of the physician, hospital, or other health care provider
- Date of service
- Estimated amount of money involved
- A description of what happened
-

To report suspected fraud directly to the AHCCCS Office of the Inspector General (OIG), please call the numbers below:

- Report suspected fraud by a medical **provider**
 - In Maricopa County: 602-417-4045
 - Outside of Maricopa County: 888-ITS-NOT-OK or 888-487-6686
-

COMMUNITY RESOURCES

AZ Helping Hands

www.azhelpinghands.org

480-889-0604

Helping Hands supplies basic needs to kids in out-of-home care. They have beds, cribs, clothing, personal care packs and diapers. They have the Birthday Dreams program. It gives personalized birthday gifts to kids age 1-20 years old. Helping Hands also has a yearly backpack and school supply drive. Backpacks full of school supplies can be bought for \$25 each. Call or visit them online to learn more.

Aid to Adoption of Special Kids (AASK)

www.aask-az.org

Aid to Adoption of Special Kids has monthly events for brothers and sisters to spend time together. They also hold a sibling summer camp each year. AASK and Home and Community Based Services give in-home support to foster kids and their families. This includes personal care and respite services. They offer family resources, mentoring for kids 9 years old and older in non-home settings (such as group homes), and more. Visit their website to for more details.

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AZ Family Resources

www.azfamilyresources.org

Arizona Family Resources has information on the basics of out-of-home care. There is information on what to do in an emergency. There is some information for kids in foster care about to turn 18. They also have medical information, educational resources, legal topics and more.

Women, Infants and Children (WIC)

www.azwic.gov

1-800-252-5WIC or 1-800-252-5942

Women, Infants, and Children (WIC) helps families with babies and kids up to age five. They help with supplemental foods, health care referrals and nutrition education. Kids under the age of 5 in out-of-home care usually qualify.

The Arizona Early Intervention Program (AzEIP)

www.azdes.gov/AzEIP/

AzEIP is a system of services for babies and toddlers with developmental delays or disabilities. Their website has an online application. Family members, friends, or other adults can request an evaluation for services. These services include speech therapy and physical therapy.

Head Start and Early Head Start

www.azheadstart.org/

Head start and Early Head Start programs help kids get ready for school. Head Start is for 3-5 year old kids and their families. Early Head Start is for pregnant women or new moms and their kids from birth to 3 years old.

Services can be at home or at school. There might be a waiting list. Kids in out-of-home care or kids with disabilities go to the top of the list.



Arizona Department of Child Safety
Comprehensive Medical and Dental Program
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