



CMS Plan Care Connection

Children's Medical Services Managed Care Plan (CMS Plan) is a health care plan for children with special health care needs offered by the Florida Department of Health.

Safe Swimming: Swim it, Shore it, Dodge it!

Warmer weather means getting outdoors in Florida's beautiful beaches, rivers and lakes.

This is a great way to have fun with your family. Sometimes, these areas can be unsafe. Make sure you know when it is safe to swim. This will help you protect yourself while having fun in the water! **Watch this video** ([youtube.com/watch?v=W7Rp757hv88](https://www.youtube.com/watch?v=W7Rp757hv88)) for more information.

Rethinking Your Drink

One out of three kids are now considered overweight or obese. Having an unhealthy weight can cause big problems. However, there are easy ways for parents to help kids learn good health habits. **Healthiest Weight** (healthiestweightflorida.com/children.htm) is a resource to help Florida's children and adults make choices about healthy eating and active living. They suggest you add healthy food and drinks to your menu. Start with your drinks. It's easier than you may think to **Rethink Your Drink!** (cdc.gov/healthyweight/healthy_eating/drinks.html) Here are some suggestions:

- Try carbonated water with a fruit flavoring. If the kids don't like it, add a splash of juice.
- Mix sweet tea with unsweet tea.
- Read the nutrition label. You can find out if your drink is sweetened. Sweeteners have many names besides sugar. High-fructose corn syrup, fructose, corn syrup, sucrose and dextrose are all other words for sugar.
- Use low-fat milk in your breakfast cereal.
- Keep jugs or bottles of water in the refrigerator. Cold water tastes better to some people.
- Be a role model for your kids. Show them that you are also making smart drink choices!



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Better Communication with Doctors

Your doctor wants to listen to you. Good information from you means they can help you and your child better. Here are some tips for talking to your doctor:

- **Prepare.** Make a list of symptoms and problems that you or your child has. Write down the medicines they take. Note any changes to their health. Then, take the list with you to the appointment. Talk about it with your doctor.
- **Be honest.** The doctor needs to know what's going on. Even if it is hard to talk about, it is important to share all symptoms. Doctors keep your information private.
- **Take notes.** It is hard to remember everything from a complex conversation. Notes will help you remember what the doctor said.
- **Ask questions.** It is important to understand what the doctor is telling you. If you do not understand something, ask questions.
- **Sum it up.** At the end of the appointment, go over your notes. Tell your doctor what your next steps are. By using your own words, you may find you have more questions. Plus, your doctor can clarify anything you may have misunderstood.

You have a voice in your care. Communicate with confidence, ask questions, and make health care decisions that are right for you.

This article was adapted from the Capital Health Plan HealthLine May 2011 newsletter.



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Preparing for Hurricanes

Hurricane Irma caused problems in Florida last year. **Hurricane season starts on June 1. It will end on November 30.** Disasters can happen any time of year. It is important to be ready. Here are a few things to remember:

- Make a plan with your family. **FLGetAPlan.org** can help you make an emergency plan. They even have a tool to make a **special needs plan** (archive.floridadisaster.org/getaplan/special_needs.aspx).
- If a storm is coming, you may want to go to a shelter. At **FloridaDiaster.org/shelters**, you can learn about the shelters in your area. There are general and special needs shelters.
- Make a survival kit. The Federal Emergency Management Agency (FEMA) has a **list of things you need in your kit**. (fema.gov/media-library-data/20130726-1445-20490-6732/fema_476.pdf) Some of those things are:
 - ✓ Water
 - ✓ Food that does not have to stay cold
 - ✓ Flashlights
 - ✓ Batteries
 - ✓ Insurance information
 - ✓ Medications and special-needs items
 - ✓ Baby needs, like diapers and formula
 - ✓ Pet food, leashes, collars and vaccine documents

Reminder

It is important to call your Care Coordinator if you visit the Emergency Room. You should also call your Care Coordinator when you are admitted to the hospital as an inpatient.

Healthy Behaviors: Healthiest Weight

A healthy weight is the key to managing your overall health. CMS Plan and the state of Florida want all of us to be healthy. We can help you and your family with information on what to eat. We can also help with tips on exercise and having fun as a family. The Healthy Behaviors program offers help to families who want to reach a healthy weight. Ask your Care Coordinator about your options.



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Preparing for Hurricanes, continued

Before a hurricane, you may be able to refill a prescription a little early. This will make sure you have enough for after the storm.

Once the disaster happens, it is too late to plan. Keep your family safe by planning early. Your nurse care coordinator can help with special needs planning.

FAQ:

I am moving to another county. How do I let Medicaid know?

If you move or your phone number changes, please call the Department of Children and Families at 1-866-762-2237 or TTY/TTD 1-800-955-8771. You can also visit their website: myflorida.com/accessflorida

If your child gets Social Security benefits, please call the Social Security Administration at 1-800-772-1213 or TTY/TTD 1-800-325-0778. You can also visit their website: socialsecurity.gov

Important Phone Numbers

You can call Ped-I-Care if you live in north or central Florida. Their phone number is 1-866-376-2456.

TTY/TTD 1-800-955-8771

You can call Community Care Plan (CCP) if you live in south Florida. Their phone number is 1-866-209-5022.

TTY/TTD 1-855-655-5303

Community Care Plan used to be called South Florida Community Care Network (SFCCN).

Non-Discrimination Notice:

This information is available for free in other languages. Please contact our customer service numbers listed above.

Rele gratis, si ou bezen enfamasyonsa an Kreyol.

Por favor llamar a Servicios de Miembro para asistencia en Español u otro idioma.

No hay costo por este servicio.



850-245-4200
CMSPlanFlorida.gov



Member Services: (866) 209-5022
<http://ccpcare.org/>



UNIVERSITY of FLORIDA
Member Services: (866) 376-2456
<http://pedicare.pediatrics.med.ufl.edu>