

Blue Cross Blue Shield of Michigan
Healthy Kids Dental Newsletter

SEPTEMBER 15 – OCTOBER 15 IS
NATIONAL HISPANIC HERITAGE MONTH

Join us in honoring the cultures and contributions of Hispanic Americans.



Transportation to your Healthy Kids Dental appointments is still available at no cost to you.

Please note that starting October, 1, 2024, you will need to contact your Medicaid health plan if you want to schedule a ride to your dental appointment.



Healthy After School Snacks Your Kids Will Love

After a busy day of learning and playing, kids are hungry. Instead of giving them treats full of sugar, offer these healthy snacks that provide enough energy and nutrients to keep kids satisfied until dinner.

- **Yogurt** is a good source of protein and calcium—important for kids’ growing bones. Avoid brands high in sugar by choosing plain, full-fat yogurt and add sliced fruit to sweeten it up.
- **Cheese** is made of the protein and calcium for proper growth. Studies show that kids who eat cheese are less likely to get cavities.¹

- **Popcorn** is a nutritious whole grain snack. Air-pop your own popcorn, drizzle it with a tiny bit of butter and top with a sprinkling of grated cheese.
- Cut a stalk of **celery** into three or four pieces, spread **peanut butter** inside and arrange a few **raisins** on top.
- You can make healthy, homemade **trail mix** by combining mixed nuts, dried fruit and whole grain cereal.
- Most **fruit** contains fiber and important nutrients. Bananas, apples and peaches, for example, make great grab-and-go snacks. You can also cut pineapple, cantaloupe and mango into pieces and store in small containers for convenience.

Along with healthy snacks, make sure your kids are drinking lots of water. It has no calories or sugar and keeps them hydrated.

¹Source: Kashket, S., & DePaola, D. P. (2002). Cheese Consumption and the Development and Progression of Dental Caries. Nutr Rev, 60(4), 97 - 103.

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

Good oral hygiene equals good overall health.



Three Techy Tools for Toothbrushing

Add some fun and rewards to your child’s toothbrushing routine.

1. Check the time

You should brush your teeth for at least two minutes every morning and evening. You can use the timer or stopwatch on your mobile phone to keep track of brushing time, but there are some other choices for kids. The Oral-B® and Disney’s “Disney® Magic Timer” app uses your kids’ favorite characters to make toothbrushing fun. Look around the app store for other toothbrushing timer apps for kids to make the time fly.



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2. Play a game


There are a lot of mobile phone apps that make games out of brushing teeth. The “Pokemon Smile” app uses a filter that lets kids brush as their favorite character. So, if you’re looking for help making toothbrush time more fun, there’s probably an app that can help.

3. Sing along

Your kids know their favorite YouTube™ videos by heart. So, let them watch videos while they brush. You can also turn on their favorite songs and use them to keep things fun.

Quick Reminder About Sealants

Tooth decay, or cavities, is one of the most common chronic diseases of childhood. By age 19, most children have one or more decayed teeth. One highly effective option to help prevent decay is the use of dental sealants. A sealant is a thin plastic film that is painted on the chewing surface of teeth. Sealants are now covered for members 0 to 20 years old. Sealants and other dental care are available and covered by your Healthy Kids Dental plan at no cost to you.



We speak your language

You have the right to receive culturally competent care. If you, or someone you’re helping need assistance, you have the right to get help and information in your language at no cost. You can also get help finding a dentist that speaks your language. To talk to an interpreter, call the Customer Service number on the back of your member ID card.

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

Report fraud, waste, and abuse in the following ways:

Report fraud, waste, and abuse in the following ways. You can remain anonymous:

Call:	Mail:
Fraud hotline: 1-800-237-9139	Blue Cross Blue Shield of Michigan
Anonymous hotline: 1-866-654-3433	P.O. Box 491
	Milwaukee, WI 53201-0491
Fax: 262-241-7366	

Fraud, waste, and abuse can also be reported directly to the Michigan Department of Health and Human Services using the following methods:

Michigan Department of Health and Human Services	1-855-MIFRAUD (643-7283)
Office of Inspector General	michigan.gov/fraud
P.O. Box 30062	
Lansing, MI 48909	

Contact us

1-800-936-0935: TTY users, call 711

Helpful resources available on the website:
[bcbsm.com/healthykids](https://www.bcbsm.com/healthykids)

We Speak Your Language

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 877-469-2583 TTY: 711 or speak to your provider. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También se ofrecen, sin costo alguno, ayuda y servicios auxiliares adecuados para proporcionar información en formatos accesibles. Llame al 877-469-2583 TTY: 711 o hable con su proveedor.

تنبيه: إذا كنت تتحدث الإنجليزية، فإن خدمات المساعدة اللغوية المجانية متوفرة لك. تتوفر أيضًا المساعدات والخدمات المساعدة المناسبة لتوفير المعلومات بتنسيقات يسهل الوصول إليها مجانًا. اتصل برقم 877-469-2583 TTY: 711 أو تحدث إلى مزود الخدمة الخاص بك.

注意：如果您说[中文]，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。请致电 877-469-2583 (TTY: 711) 或咨询您的服务提供商。

ማሳሰቢያ: ከእንግሊዝኛ ቋንቋ ጋር ለመናገር ማስተላለፊ እና አገልግሎት ለመስጠት ማስተላለፊ አገልግሎቶች በጥሬ ሥነ ምግባር ላይ ናቸው። ለተጨማሪ መረጃ ወይም ለማሳሰቢያ ይደውሉ፡ 877-469-2583 TTY: 711 ወይንም ለወላጅዎ ይነግሩ።

LU'U Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ và dịch vụ phù hợp để cung cấp thông tin bằng các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi số 877-469-2583 TTY: 711 hoặc trao đổi với người cung cấp dịch vụ của bạn.

VËMENDJE: Nëse flisni shqip, shërbime falas të ndihmës së gjuhës janë në dispozicion për ju. Ndihma të përshtatshme dhe shërbime shesë për të siguruar informacion në formate të përdorshme janë gjithashtu në dispozicion falas. Telefononi 877-469-2583 TTY: 711 ose bisedoni me ofruesin tuaj të shërbimit.

알림: 한국어를 사용하는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 정보를 접근 가능한 형식으로 제공받을 수 있는 적절한 보조 기구와 서비스도 무료로 이용하실 수 있습니다.

877-469-2583 TTY: 711 번으로 전화하거나 담당 기관에 문의하십시오.

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 877-469-2583 TTY: 711 নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

UWAGA: Osoby mówiące po polsku mogą skorzystać z bezpłatnej pomocy językowej. Dodatkowe pomoce i usługi zapewniające informacje w dostępnych formatach są również dostępne bezpłatnie. Zadzwoń pod numer 877-469-2583 TTY: 711 lub porozmawiaj ze swoim usługodawcą.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistentendienste zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 877-469-2583 TTY: 711 an oder sprechen Sie mit Ihrem Provider. ATTENZIONE: se parli Italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l'877-469-2583 TTY: 711 o parla con il tuo fornitore.

注：日本語を話される場合、無料の言語支援サービスをご利用いただけます。情報をアクセスしやすい形式で提供するための適切な補助器具やサービスも無料でご利用いただけます。877-469-2583 TTY: 711 までお電話いただくか、ご利用の事業者にご相談ください。

ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются

бесплатно. Позвоните по телефону 877-469-2583 TTY: 711 или обратитесь к своему поставщику услуг. PAŽNJA: Ako govorite srpsko-hrvatski, dostupne su vam besplatne usluge jezične pomoći. Odgovarajuća pomoćna pomagala i usluge za pružanje informacija u pristupačnim formatima također su dostupni besplatno. Nazovite 877-469-2583 TTY: 711 ili razgovarajte sa svojim pružateljem usluga.

PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga lib्रेng serbisyong tulong sa wika. Magagamit din nang libre ang mga naaangkop na karagdagang tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 877-469-2583 TTY: 711 o makipag-usap sa iyong provider.

Discrimination is against the law

Blue Cross Blue Shield of Michigan and Blue Care Network comply with Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex (including sex characteristics, intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes). Blue Cross Blue Shield of Michigan and Blue Care Network does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Blue Cross Blue Shield of Michigan and Blue Care Network:

- Provide people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as: qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provide free language services to people whose primary language is not English, which may include qualified interpreters and information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, call the Customer Service number on the back of your card. If you aren't already a member, call 877-469-2583 or, if you're 65 or older, call 888-563-3307, TTY: 711. Here's how you can file a civil right complaint if you believe that Blue Cross Blue Shield of Michigan or Blue Care Network has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance in person, by mail, fax, or email with:

Office of Civil Rights Coordinator
600 E. Lafayette Blvd., MC 1302
Detroit, MI 48226
Phone: 888-605-6461, TTY: 711
Fax: 866-559-0578
Email: CivilRights@bcbsm.com

If you need help filing a grievance, the Office of Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health & Human Services Office for Civil Rights electronically through the [Office for Civil Rights Complaint Portal website](https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf) <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail, phone, or email at: U.S. Department of Health & Human Services
200 Independence Ave, SW
Room 509, HHH Building
Washington, D.C. 20201
Phone: 800-368-1019, TTD: 800-537-7697
Email: OCRComplaint@hhs.gov

Complaint forms are available on the U.S. Department of Health & Human Services [Office for Civil Rights website](https://www.hhs.gov/ocr/complaints/index.html) <https://www.hhs.gov/ocr/complaints/index.html>. [This notice is available at Blue Cross Blue Shield of Michigan and Blue Care Network's website: https://www.bcbasm.com/important-information/policies-practices/nondiscrimination-notice/](https://www.bcbasm.com/important-information/policies-practices/nondiscrimination-notice/)



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