

# Health CONNECTION



Banner  
University Family Care

## Flu Vaccine for the 2020-2021 Flu Season

The CDC (Centers for Disease Control) recommends everyone 6 months and older, including pregnant women, to receive an annual flu shot unless allergic to the vaccine's components.

### Folks at highest risk from serious complications from the Flu are

- With a weakened immune system due to HIV or AiDS
- With some cancers like leukemia, and those on chemotherapy
- On immunosuppressant medications like corticosteroids
- With Asthma, Cystic Fibrosis and COPD (chronic obstructive pulmonary disease)
- Obese folks with a BMI of 40 or higher
- 65 years and older
- Children under 2 years old
- With Diabetes
- With Heart disease
- With Kidney disease
- With Liver disorders

Getting an annual flu shot can protect you, your family, and your community. This season there is an added benefit given the battle with the COVID-19 Pandemic. Even though the flu shot will not protect you from getting COVID-19, it could keep your immune system healthy and reduce severe flu symptoms to keep you out of the hospital.

When in public, continue to wear a mask over your nose and mouth, wash your hands frequently and keep a social distance to protect yourself and those around you.



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## Why is Black Heritage and History Important to our Health?

February is Black history month. The first week of February is African Heritage and Health week. It is a great time to learn more about your heritage. It is a great chance to take a closer look at your health, and how to take steps to protect the health of you and your family.

Knowing more about your history or heritage can help you identify the risk of certain health concern that may affect you. African Americans are often at higher risk for diabetes and heart disease. African American men are at higher risk of getting lung cancer.

Even though you may not be able to change genetic risk factors, you can use prevention such as a healthy diet and an active lifestyle to help you and your family live a healthy life.

Sometimes knowing the risks that come with your heritage can also help you identify which type of doctor to see. African Americans are more likely to have health problems that are diet related so seeing a nutritionist may be a way to address eating plans and improve your health. African American women are at a higher risk for pregnancy complications so routine prenatal care can help support you through pregnancy and delivery.

“

I am bound to them. Although I cannot look into their eyes or hear their voices, I honor their history. I cherish their lives. I will tell their stories and remember them.

”

Mental illness is also something to consider.

Mental illness often goes undiagnosed in African American communities, so reaching out for counseling if you struggle with feelings of depression or anxiety can help you balance life, face substance use or work through trauma.

Heritage can also provide a sense of community and bring people together to celebrate parts of their past. Celebrating heritage can provide a sense of identity, it can create value in stories handed down through generations and can also guide our future.

*"I am bound to them. Although I cannot look into their eyes or hear their voices, I honor their history. I cherish their lives. I will tell their stories and remember them."*

*Unknown Author*



# ABOUT YOUR HEALTH PLAN

## COVID-19 Scam Alerts

1

**Scammers go after those people who are alone and offer to shop for them.** They take money and never come back with the groceries.

### Protect Yourself:

- Do not answer the door to strangers you were not expecting.
- Watch out for online postings of people offering to help shop.
- Never give out personal or financial info to a stranger.
- Many stores have delivery available.
- Reach out to an organization you know.

2

**Strangers offer to clean and sanitize homes to keep you safe from COVID-19.**

### Protect Yourself:

- If an offer sounds too good to be true, it probably is.
- Never allow anyone to come into your home that you do not know or did not ask for help from.
- There is currently no cure for the virus.

3

**False calls, text messages, emails, ads or websites that promise Covid-19 cures, miracles or vaccines.**

### Protect Yourself:

- Do not respond to calls, texts, emails or click on links for offers on COVID-19 treatments or cures.
- Do not respond or click on offers for COVID-19 Home Test Kits.
- Check out a company first before taking any advice or product.

4

**Personal information scams ask for payment options by posing as a government agency.**

### Protect Yourself:

- Never give out any personal or financial information from someone claiming to be from the government – saying you are pre-qualified, but you have to first pay money.
- Never provide PayPal, bank account or other financial information to receive a COVID-19 payment.
- Do not click on a link to receive your payment or sign-up to receive the payment. Do not give out or confirm personal information to strangers.

## PLEASE CONTACT B - UFC/ALTCS AT ANY OF THE FOLLOWING

Customer Care Center  
Phone: (833) 318-4146

Compliance Officer's  
Phone: (520) 874-2847

Compliance Department  
Fax: (520) 874-7072

Email:  
BUHPCompliance@  
bannerhealth.com

Mail:  
Banner - University Family  
Care/ALTCS Compliance &  
Audit Department.  
2701 E. Elvira Rd.,  
Tucson, AZ 85756

Confidential and  
Anonymous Compliance  
(ComplyLine) Hotline  
Phone: (888) 747-7989

**You can also report directly  
to AHCCCS Office of the  
Inspector General at**

[www.azag.gov/complaints/  
consumer](http://www.azag.gov/complaints/consumer)





## Maternity Care

### Prenatal Care

It is very important to get prenatal care within the first 3 months of pregnancy and from a qualified maternity care provider. If you think you might be pregnant and need to start prenatal care, call your primary care provider (PCP) for a test. Pregnancy check-ups help you have a healthier pregnancy, delivery and baby. If you need help arranging an appointment for pregnancy testing, scheduling prenatal care, or setting up transportation to your appointment, please call our Customer Care Center at (833) 318-4146. TTY 711.

You may choose from any available maternity provider within the Banner UFC-ACC network. If you have already started your maternity care with another AHCCCS registered provider, it may be possible to continue seeing them. Or, it may be possible change health plans to ensure continuity of care during your pregnancy. Keep all recommended prenatal appointments.

### During your pregnancy

Be sure to eat healthy foods and drink plenty of water. Do not drink alcohol, smoke or use drugs which are not prescribed or reviewed by your OB doctor. If you need help quitting smoking, support services are available by calling ASHLINE at (800)556-6222. Voluntary prenatal HIV testing is also available. You can get counseling if the HIV test is positive. Please ask your PCP or Maternity Care Provider about this and other available screenings and tests.

### After your pregnancy

It is very important to go to see your OB-GYN within three weeks after birth for an initial follow up. If you had a C-Section, your doctor may want to see you much sooner than three weeks. You should also schedule a comprehensive postpartum visit no later than 12 weeks after birth.

At your post-partum appointments, your doctor will check to make sure you are healing properly, talk to you about postpartum depression and help you with family planning. You should see your maternity provider right away if you have health concerns, are feeling down or are unable to complete daily activities.

### Maternity Care Management Assistance

Maternity Care Management assistance from the Health Plan is available to all pregnant and postpartum members. If you have questions about your pregnancy or need help with arranging your prenatal, delivery or postpartum maternity care, please contact our Customer Care Center at (833) 318-4146. TTY 711 and ask to speak with an OB Care Manager.



# Flu Vaccines in Pregnancy

## Top 3 reasons why pregnant women need the flu vaccine

- 1** The flu is a serious illness that can be much more severe during pregnancy. It can be life-threatening for newborns and pregnant women.
  - 2** Help protect your newborn from the flu until the baby is old enough for his or her own vaccine.
  - 3** The flu vaccine is safe for both you and your fetus. You cannot get the flu from the flu vaccine.
- Get the flu vaccine during every pregnancy, as soon as the vaccine is available. You can get the flu vaccine during any trimester.

Learn more at [www.ImmunizationforWomen.org](http://www.ImmunizationforWomen.org)

## WIC Arizona

### Women, Infants, Children

The Arizona Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a no cost nutrition and breastfeeding support program. WIC has experts who specialize in proper nutrition during pregnancy and breastfeeding. They can help with tips for feeding infants, toddlers children, and can help build health nutritional habits that last a lifetime. The WIC program can also help provide also has resources to help provide healthy foods for your family. Clinics are in communities throughout Arizona.

### Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women (sign up as soon as you find out your pregnant)
- Breastfeeding women, until the infant's first birthday
- Women whose pregnancy ended less than six months ago

Contact your local WIC clinic to make an appointment or call (800) 252-5942 or on the web at [www.azwic.gov](http://www.azwic.gov). Plus, check out the EzWIC app to find nearby clinics. Just search "EzWIC" in the App Store or Google Play. Get answers to your breastfeeding questions – 24 Hour Breastfeeding Hotline (800) 833-4642.

## ALTCS Member Advisory Council (MAC)

B – UFC/ALTCS gives you a chance to tell us how we are doing!

We have a Member Advisory Council that meets quarterly.

Who can join the council? members, advocates, community representatives, home and community-based providers.

Due to the COVID-19 pandemic, in-person meetings have been placed on hold.

We look forward to the time when we can safely gather again.

Until then, you can stay connected through our **MAC Bulletin** posted on our website!

Go to [www.BannerUFC.com/ALTCS](http://www.BannerUFC.com/ALTCS) to check it out now!

# HIV and Pregnancy

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). It attacks the body's immune system and makes the body less able to fight disease and infection. HIV enters the bloodstream through sexual contact. It can also enter through contact with body fluids such as blood or semen or by sharing needles.

The only way to know if you are HIV positive is to be tested. There may not be any early warning signs or symptoms with HIV infection. Treatment can help people with HIV stay healthy for many years, but there is no cure for HIV.

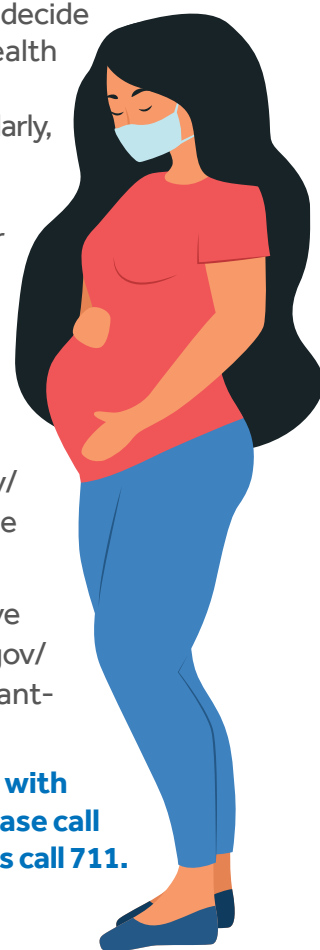
**HIV can be passed from mother to baby at any time during pregnancy, childbirth or through breast milk. But, you can help prevent HIV Infection in you and your baby.**

- Ask any sexual partners to be tested BEFORE you have sex.
- Use condoms when having sex.
- Never share drug needles.
- All women who are pregnant or planning to get pregnant, should have a voluntary HIV test as soon as possible. If your HIV test is positive, counseling is available to help you decide the best treatment to keep you and your baby as health as possible.
- If you are pregnant and have HIV, visit your doctor regularly, take your HIV medicines as instructed, and do not breastfeed or pump and feed with breast milk.
- Babies born to HIV Positive mothers should see their doctor regularly. Your baby will be tested for HIV several times and may get medication to help keep them from becoming HIV Positive.

For more information on HIV risk, prevention as well as testing options & locations, please visit the Center for Disease Control (CDC) webpage, <https://www.cdc.gov/hiv/default.html>. You can also ask questions by calling the CDC Hotline at (800) CDC-INFO.

For Fast Facts on early testing and treatment to improve outcomes for mothers and babies please visit: [www.cdc.gov/hiv/pdf/group/gender/pregnantwomen/cdc-hiv-pregnant-women.pdf](http://www.cdc.gov/hiv/pdf/group/gender/pregnantwomen/cdc-hiv-pregnant-women.pdf)

**If you need help finding a doctor or would like to speak with one of our Maternal & Child Health Care Managers, please call our Customer Care Center at (833) 318-4146. TTY users call 711.**





# COVID-19 (Corona Virus) and Your Pregnancy

According to the CDC (Centers for Disease Control), pregnant women may be at higher risk for severe illness if they become COVID-19 positive. Pregnant women with COVID-19 may also be at greater risk for other problems like preterm birth. Although there is no way to completely remove the risk of infection, there are steps you can take to lower your risk of getting and spreading COVID-19.

## Ways to protect yourself from COVID-19

- Limit close contact with others; practice social distancing and avoid crowds.
- Avoid activities or places where social distancing and other protections cannot be practiced.
- Wear a mask when in public; avoid close contact with those not wearing a mask.
- Wash your hands frequently with soap and water for at least 20 seconds; when hand washing is not available, use a hand sanitizer with at least 60% alcohol.

## Keep your Prenatal and Postpartum Care Appointments & Ask about Telehealth Options

Early and regular prenatal care is critical to having the healthiest possible pregnancy & delivery for both you and your newborn baby. Even though many offices have changed their rules on appointments, it is still important to continue your maternity care. Keep all recommended prenatal and postpartum appointments. If you are worried about going to your appointments because of COVID-19, ask your provider what they are doing in their office to prevent the spread of Covid-19.

## Questions you can talk with your maternity-care provider about

- **Your Health:** Discuss any concerns you have about your health and your pregnancy.
- **Recommended Vaccines:** Vaccines against influenza (flu) and pertussis (whooping cough) are important for pregnant women. They help protect both you and your baby from illness.
- **Telehealth & Pregnancy:** Telephone and/or video visits may be an option for some of your follow-up visits, depending on your specific pregnancy. Ask your OB doctor if telehealth visits might be an option for you.



We are here to help you renew or re-enroll in AHCCCS or KidsCare.

Banner - University Health Plans has partnered with the Family Involvement Center (FIC) to help you re-enroll or renew your AHCCCS or KidsCare coverage.

For no additional cost, they will help you with the application and make it easy to apply.

Family Involvement Center's Benefits Assistors can process your application over the phone or by Zoom.

If you need to renew or re-enroll in AHCCCS or KidsCare, call to schedule a time with a Benefits Assistor at:  
Family Involvement Center at  
(877) 568-8468,  
Monday through Friday between  
8:30 a.m. – 5:00 p.m.

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# ASK YOUR PHARMACIST

## Easy Steps to Getting Your Prescription Drugs and Glucose Testing Supplies

One of the most important ways to stay healthy is by taking your medicine exactly as your doctor prescribed. Here are some helpful hints and tools for getting the medicine that you need when you need it.

### Avoid running out of your medicine.

- Talk to your pharmacy about refill reminders. Ask if your medicine can be refilled automatically.
- Many retail pharmacies also have easy to use apps for your mobile phone to order your refills.
- Set your own reminder to order refills when you have one week of medicine left. This gives the pharmacy time to contact your doctor if you need refills.
- Ask your doctor or pharmacy for a 90-day supply prescription for medicine that you take every day.
- Have your medicine delivered to avoid going to the pharmacy and waiting in line. Call our customer care center for more information on mail order options. Find out if your medicine will need approval before you can fill it.
- You can find the medicines that are covered by your drug plan from the Health Plan portal.
- You can also look up what medicines may need your drug plan's approval before filling. This is called a Prior Authorization (PA). Visit your Health Plan portal at the links below or ask your doctor.
- If you have any problems getting your medicine, please call your provider, your pharmacy or us. We are here to help you get the care you need.
- Use FreeStyle products if you need to test your blood sugar.
- Ask your doctor to send a prescription for a FreeStyle meter and strips to the pharmacy.
- The Feestyle Lite and Freedom Lite meters have no copay. Test strips for these meters have a \$0 to \$2.30 copay.
- The FreeStyle Libre is covered for people that need continuous glucose monitoring (CGM). Members have a \$0 to \$2.30 copay. Dexcom CGM products have a \$0 copay.

Call our Customer Care Center at (833) 318-4146, TTY 711 for help anytime. Customer Care is open 24 hours a day, seven days a week.

### Tools on your HEALTH PLAN PORTAL

Find a pharmacy: [www.BannerUFC.com/ALTCS/find-a-pharmacy](http://www.BannerUFC.com/ALTCS/find-a-pharmacy)

Look up what medications are covered or what will need your drug plan's approval first: [www.BannerUFC.com/ALTCS/plan-information/plan-materials#Drug-Formulary](http://www.BannerUFC.com/ALTCS/plan-information/plan-materials#Drug-Formulary)





# CONNECT WITH US

## Stay Connected

As a member of B – UFC/ALTCS, we want to give you the resources you need to manage your health. Social Media is one way we can connect with you in your everyday lives!

The resources you need to manage your health are at your fingertips! Like our pages!



[www.facebook.com/BannerUHP](https://www.facebook.com/BannerUHP)



[www.twitter.com/BannerUHP](https://www.twitter.com/BannerUHP)

Find other ways to stay connected here:

[www.BannerUFC.com/ALTCS/about-us/stay-connected](http://www.BannerUFC.com/ALTCS/about-us/stay-connected)

W F V T R Y R N T L S W R B U F G R S X  
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Like | Facebook | Share | Friend | Social  
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**Your Member Handbook and Provider Directories are AVAILABLE on our website at [www.BannerUFC.com/ALTCS](http://www.BannerUFC.com/ALTCS).**

**If you prefer that we mail a booklet at no cost to you, please call our Customer Care Center at (833) 318-4146 to request a copy. TTY users should call 711.**



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COVID-19 and Your Pregnancy

- **Depression or anxiety:** Depression, anxiety and other challenges can be present either during or after pregnancy. Your doctor can help you decide the best care options & resources for you.
- **COVID-19:** Talk with your doctor right away if you think you have COVID-19, COVID-like symptoms and believe you have been exposed. Your doctor can discuss with you the risks and benefits of having your newborn stay in the same room as you after delivery

### Tips to Remember

- Check the visitor's policy at the hospital or birthing center where you plan to deliver. They can explain who will be allowed in the delivery room with you.
- If you have COVID-19, talk with the hospital or delivery center before you deliver, about where the baby will stay after delivery, and your plans for breastfeeding and bonding with your baby. They can explain what can be done to help keep everyone safe.
- If you are in labor or need to go to the hospital, and may have COVID-19, call your hospital to let them know so that staff can protect your baby and others from being infected.

# LET'S PREVENT IT!

## DIABETES AND YOUR HEART

Diabetes and heart disease often go hand in hand. Learn how to protect your heart with simple lifestyle changes that can also help you manage diabetes.

If you have diabetes, you're twice as likely to have heart disease or a stroke than someone who doesn't have diabetes—and at a younger age.

### Take Care of Your Heart

Follow a healthy diet.

Aim for a healthy weight

Manage your ABCs:

**A**1C, **B**lood pressure, **C**holesterol levels, **S**top smoking or don't start

Manage stress

**For more information visit**

[www.cdc.gov/diabetes/library/features/diabetes-and-heart.html](http://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html)



## Smoking Cessation. Hookahs

### What is a hookah?

Hookahs are water pipes that are used to smoke tobacco that is usually flavored. Hookah smoking is usually done in groups. The same mouthpiece is passed from person to person.

### Did you know?

More kids and college students are using hookahs in the United States. In 2014, Hookah use doubled for middle and high school kids.

### Is hookah smoking safer than cigarettes?

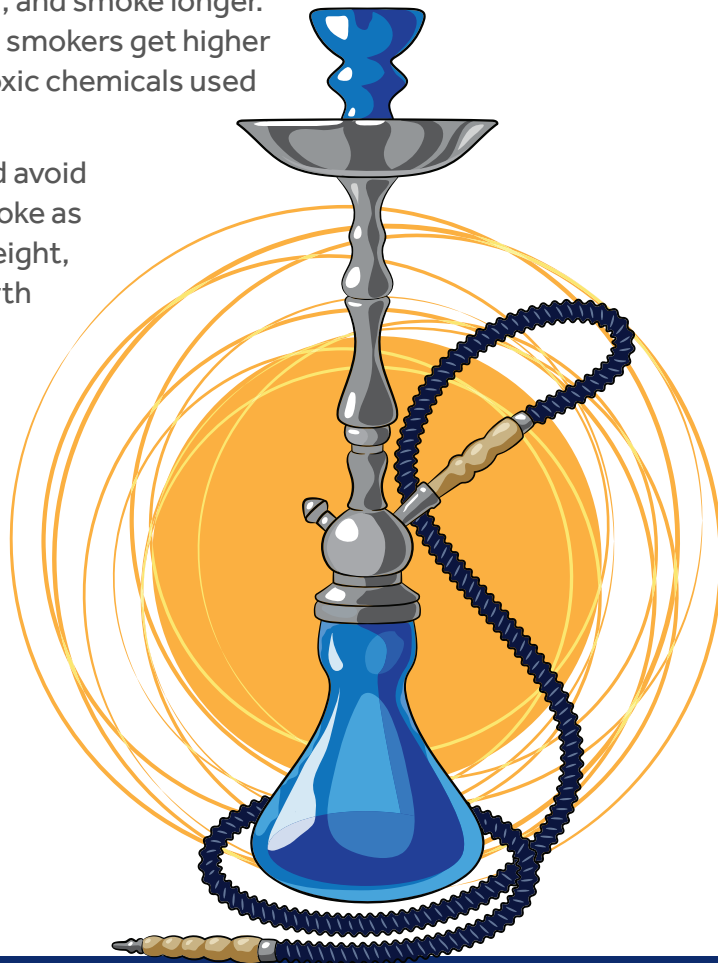
Hookah smoking is not safer than cigarette smoking. Hookah smoke has many of the same harmful chemicals as cigarette smoke. Hookah smoking can cause lung cancer, breathing problems, low birth weight, and gum disease.

Smoking a hookah for one hour has 200 puffs. Smoking a cigarette for the same amount of time has about 20 puffs. Hookah smokers puff more, breathe in deeper, and smoke longer. Because of this, hookah smokers get higher amounts of the same toxic chemicals used in cigarettes.

Pregnant women should avoid exposure to hookah smoke as it can cause low birth weight, preterm delivery and birth defects.

### How to quit smoking

You can call the Arizona Smoker's Helpline (ASH Line) to help you quit at (800) 556-6222.



# No Flu for You! How to Stay Healthy

## Flu in the Age of COVID-19

Getting a flu shot is more important than ever this year. This is to protect yourself, your family and your community from the flu. Getting your flu shot will free up hospital staff so they can take care of COVID-19 patients. The winter months are a good time to get the flu shot. You can safely get a flu vaccine at many places like your doctor's office, health departments, and pharmacies.

## The Flu and Pregnancy

Doctors say that all women who are pregnant during the flu season should get a flu shot. It is safe to get one anytime during pregnancy. Getting a flu shot protects the mom and the unborn baby.

## Before you get a flu shot, be sure to do the following to stay healthy

- Wash your hands often
- Avoid close contact with people (social distance)
- Wear a mask when around other people
- Sneeze into your elbow
- Cover your cough
- Throw away dirty tissues
- Clean and disinfect surfaces
- Stay home if you are sick.

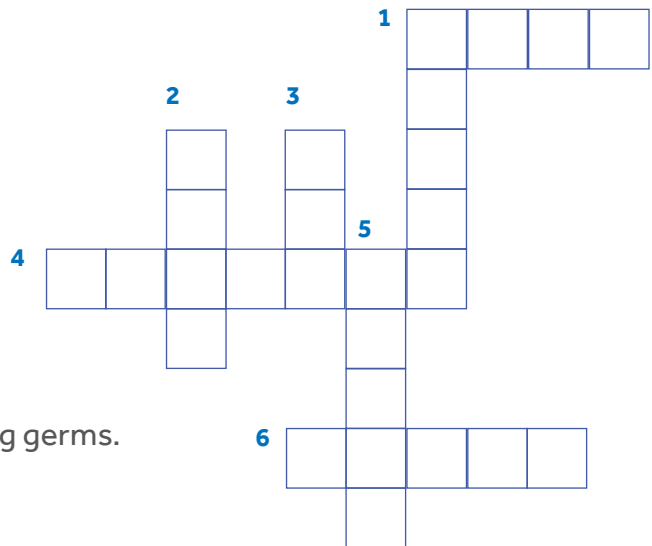
## Crossword Puzzle Knowledge Check

### ACROSS

1. Stay at \_\_\_\_\_ if you feel sick.
4. Throw away dirty \_\_\_\_\_.
6. \_\_\_\_\_ you cough.

### DOWN

1. Wash your \_\_\_\_\_ during flu season.
2. Wear one of these to prevent spreading germs.
3. Get a \_\_\_\_\_ shot to stay healthy.
5. Sneeze into your \_\_\_\_\_ to prevent spreading germs.





## Suicide Prevention

**Arizona Ranks 12<sup>th</sup> in the Nation with 1,438 suicides per year for 2018.**

National Suicide is the 10<sup>th</sup> leading cause of death in the United States. It was responsible for more than 48,000 deaths in 2018. Resulting in about one death every 11 minutes. It ranks as the 2<sup>nd</sup> leading cause of death for 10-34-year-olds. It is the 4<sup>th</sup> leading cause among people 35 to 54 years of age. It is the 8<sup>th</sup> leading cause among people 55 to 64 years of age according to the CDC.

As a health plan we want to be able to provide resources for the community. As we try to navigate through COVID-19 pandemic that can add stressful times in our lives.



**Contact our Customer Care Center for referrals and resources and/or call following hot lines for support.**

National Suicide Prevention Lifeline  
(800) 273-8255

National Substance Use Disorder Issues  
Referral and Treatment Hotline  
(800) 662-4357

Teen Life Line phone or text  
(602) 248-TEEN (8336)

Elder prevention Program  
(602) 864-4357 24-hour senior help line

Empower Work Text (510) 674-1414 or chat  
online at [empowerwork.org](https://empowerwork.org)  
(impacted by Covid-19)

The Trevor Project (866) 488-7386 or  
text START at 678678 (Suicide prevention and  
support for LGBTQ+ youth)

HOPELine Spanish Speaking Crisis Line  
(800) 784-2431

Veterans' Suicide Prevention Lifeline  
(800) 273-TALK (8255)

### **Crisis Hot Lines:**

For behavioral health emergencies call 911.

For behavioral health crisis  
assistance in Maricopa  
(800) 631-1314 or (602) 222-9444.

For behavioral health crisis assistance  
in Cochise, Graham, Greenlee, La Paz,  
Pima, Pinal, Santa Cruz and Yuma Counties  
(866) 495-6735.



For behavioral health crisis assistance in Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties at (877) 756-4090

National Suicide Prevention Lifeline at (800) 273-8255

National Substance Use Disorder Issues Referral and Treatment Hotline at (800) 662-4357

Teen Life Line phone or text (602) 248-TEEN (8336)

Resilient Arizona Crisis Counseling Program (CCP) 2-1-1 <https://resilientarizona.org/contact-us>

*Resilient Arizona CCP is to assist individuals and communities in recovering from the psychological effects of the Coronavirus pandemic. They do it through community-based outreach, emotional support and educational services.*

*Services are provided at no cost. They are available to anyone who has been impacted by the pandemic. These services are provided in safe, accessible telephonic and virtual locations.*

*Services can be provided in a group setting or one-on-one. It includes supportive crisis counseling, education, development of coping skills, and connection to appropriate resources.*

## Substance Use and Opioid Use Disorders

Mental illness and Addiction can at times bring feelings of hopelessness and crisis. You are not alone. A successful treatment for substance use or opioid use disorder is creating safe space for members. It addresses needs and connects members to supportive system during recovery.

Our Customer Care team can connect you to various community providers in our services area. If you are having difficulty with opioid use, we have 24/7 opioid treatment locations that can help.

CODAC Health, Recovery and Wellness  
380 E. Ft. Lowell Road, Tucson, AZ 85705  
(520) 202-1786

Community Bridges, East Valley Addiction Recovery Center  
560 S. Bellview, Mesa, AZ 85204  
(480) 461-1711

Community Medical Services  
2301 W. Northern Avenue, Phoenix, AZ 85021  
(602) 866-9378

Intensive Treatment Systems, West Clinic  
4136 N. 75th Ave #116 Phoenix, AZ 85033  
(623) 247-1234

### Arizona Opioid Assistance and Referral (OAR) Line: (888) 688-4222

OAR line offers information about opioid medicines and side effects. It also offers help with opioid use, long-term pain and opioid withdrawal. Help is offered to patients, caregivers, friends, and family on any day at any time.

Our no cost, confidential services include:

- Expert advice on reducing chances of overdose, injury, or death
- Follow-up calls to check progress and offer more help
- Assistance navigating health insurance
- Appointment reminders
- Assistance securing naloxone, an opioid-reversal medication

## How do we turn the corner on wellness?

### Annual Wellness Visit

It is important that you and your child see your doctor every year to make sure you are healthy, that your children are growing and developing well and that immunizations are up to date.

We hope you have taken your child to see the doctor and dentist for an Annual Wellness Visit.

We also hope that you have gone for your Annual Wellness Visit, also known as a well woman exam. And other age appropriate screenings if your doctor has recommended them.

**Seeing your doctor when you and your child are healthy can help prevent problems later.**

If you did not have a chance to take your child to the doctor or dentist, call for appointments today.

### Dental Visits

Prevention is the key to good health. B - UFC/ALTCS covers two dental checkups each year for kids through age 20.

Talk with your dental provider about the application of fluoride varnish and sealants. These help to prevent tooth decay.

#### Children need healthy teeth to

- Have good general health
- Be able to eat properly
- Learn to speak properly
- Hold space for the adult teeth
- Learn without being bothered by dental pain
- Sleep comfortably
- Lower the chances of getting cavities in adult teeth
- Have a happy, healthy smile!

#### Please give us a call if

- You need contact information for your Dental Home, which is your assigned dentist
- You need to change your Dental Home
- You need a ride to the dentist

### Need a ride?

**We can help.**

**Call our Customer Care Center  
at (833) 318-4146, TTY 711.  
We will take care of you.**



## Interesting Facts!

In 2015, the Arizona Department of Health Services (ADHS) Office of Oral Health, in partnership with First Things First, conducted a statewide oral health survey (Healthy Smiles Healthy Bodies) to determine the oral health status of Arizona's children in kindergarten and 3rd grade. The following were the five key findings.

### 2015 Oral health status of Arizona's children in kindergarten and third grade

Over half (52%) of Arizona's kindergarten children have a history of tooth decay, higher than the national average (36%) for 5-year-old children.

Arizona has substantial disparities in oral health, with low-income children as well as Native American and Hispanic children having the highest prevalence of tooth decay in 2014-2015.

Only 44% of Arizona's 3rd grade children have at least one dental sealant; 74% need initial or additional sealants.

More than a quarter of Arizona's Kindergarten and 3rd grade children (28%) have untreated tooth decay, higher than the national average of 22%

Almost two thirds of 3rd grade children (64%) have a history of tooth decay, compared to 52% of 3rd grade children in the general U.S. population.

**It is important that your child see their doctor every year to make sure they are healthy and growing and developing well.**

**Please schedule immunizations for your child. Call today!**





# Banner University Family Care

2701 E. Elvira Rd.  
Tucson, Arizona 85756

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