



## Don't Forget Your Child's Checkups

Your child needs to get regular checkups. When your child is young, he or she may need to see the doctor up to six times a year. When your child's older, he or she may only have to see the doctor once a year. (Please see chart below for details specific to your child's age.) Your child needs these visits in order to grow up healthy. These checkups are called **EPSDT** visits. That stands for early periodic screening, diagnosis and treatment.

### CHNCT can help with the following EPSDT services:

- Medical check-ups. This includes reminders of when it's time to go.
- Immunizations or "shots" at the right age
- Blood and lab tests when needed
- Regular vision and hearing checkups
- Help finding health care providers
- Help scheduling appointments
- Health education and information about services your child may need
- Any other health care that your child needs and is medically necessary

### THE RECOMMENDED TIME FOR YOUR CHILD TO GET CHECK-UPS ARE:

1-12 months	6 times a year
12-24 months	3 times a year
2-5 years	Once a year
6-10 years	Once every 2 years
11-21 years	Once a year



## EPSDT Dental Services

Your child should get preventative dental care twice a year. This should begin at age one. If you need help finding a dentist or making an appointment, please call the HUSKY dental plan. The toll-free number is 1.866.420.2924. It is open Monday through Friday from 8 a.m. to 5 p.m. You need your grey CONNECT card to get dental services.



Use Quest Diagnostics  
For All Of Your Lab Needs

CHNCT is partnering with Quest Diagnostics to give you the quality lab testing and added convenience that only the leader in diagnostics can provide. CHNCT is urging all members to use them for their lab services.

Quest Diagnostics has more than 90 family-friendly locations throughout the state. You can find a list of these locations by visiting its website. You can also minimize your wait time by scheduling appointments online. The website address is [www.questdiagnostics.com](http://www.questdiagnostics.com).

Quest Diagnostics has a lot of great features. They can send you an email to remind you of your exam and lab test times. You can also access and store your test results online.

For more information, please visit  
[www.questdiagnostics.com](http://www.questdiagnostics.com)

## \*REMINDER\*

*If your child needs medication during the school day,  
you will need to fill out a form.*

The Authorization for the Administration of Medicine by School Personnel form gives your child's school nurse permission to dispense the medicine he or she may need during the school day. Both you and your child's doctor will need to sign this form.

You can find this form online. Print it out and bring it to your child's doctor. Once your child's doctor signs it, you should sign it. Then bring it to your child's school nurse.

YOU CAN FIND THIS FORM AT:

<http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/MedicationForm.pdf>



FALL 2010

# community Sunrise

A NEWSLETTER FOR SUN FAMILY MEMBERS / UNA HOJA INFORMATIVA PARA MIEMBROS DE LA FAMILIA DEL SOL  
Si le gustaria recibir este envio en Español, por favor llame at 1.800.859.9889



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**HEALTHY  
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DEPARTMENT	NUMBERS	FAX
Member Services	800.859.9889	203.265.3197
Fraud Reporting	866.700.6109	

Community Health Network of Connecticut, Inc.  
"The One with the Sun"



11 Fairfield Blvd., Suite 1  
Wallingford, CT 06492



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## Check Out Our Updated Health Materials Online

**A B C D E F G H I J K L M N O**

At CHNCT, we believe a member's well being is above all else. That's why we teamed up with Krames Online, an online library of health-related materials. This will allow us to provide you with the most up-to-date education resource materials. With Krames Online, you now have access to more than 4,500 topics related to health.

Krames Online gives you and your family the ability to find answers to most health-related questions, big and small. We're committed to making sure you get the care you need, the answers you deserve and the resources to make it happen.

You can access Krames Online by visiting our website at [www.chnct.org](http://www.chnct.org). Click on the Members tab at the top of our home page. Then click on Krames Online.

## Need Health Info After Hours - Call CHNCT's Nurse Help Line



Caring is always at the heart of what we do for our members. Here at CHNCT, our Nurse Help Line provides members with 24 hour/7 day a week access to experienced Registered Nurses. Our nurses can answer health-related questions. They can also help you get the services you need to stay healthy.

### Our Nurse Help Line:

- Puts you in touch with a Registered Nurse any time of the day or night
- Gives you quick access to quality clinical care
- Is available to you in the language that you speak
- Allows nurses to review and update your health care information while they are talking with you by phone
- Focuses on helping you obtain the right support at the right time for any health problems you are having
- Partners you with a health care provider to make positive lifestyle choices that keep you well

◀ THE PHONE NUMBER FOR THE NURSE HELP LINE IS:  
**1.866.803.7496**

## CHNCT Revamps Member Outreach Efforts

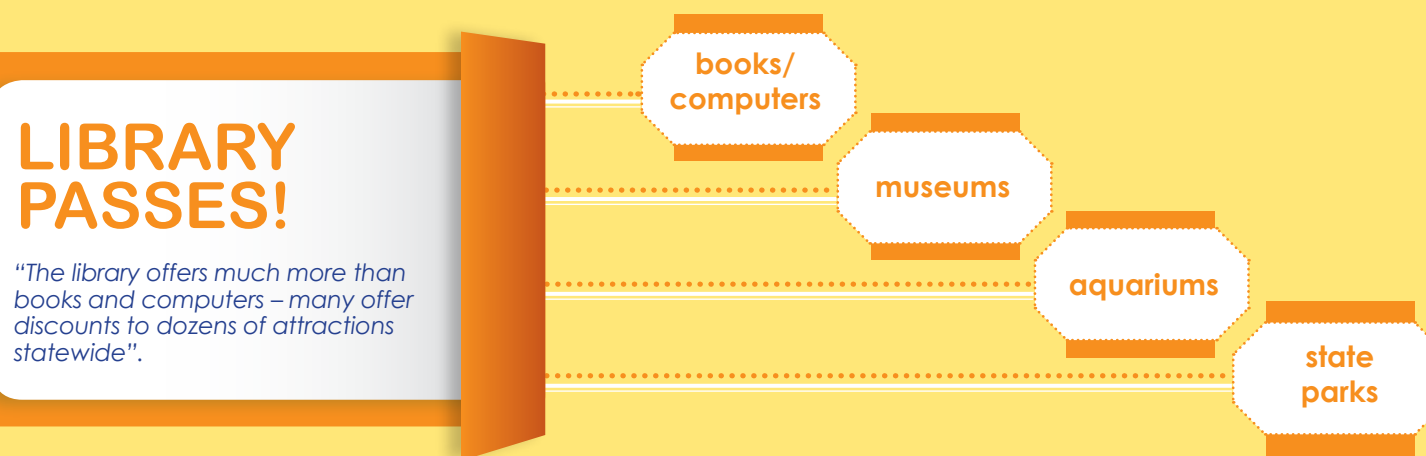
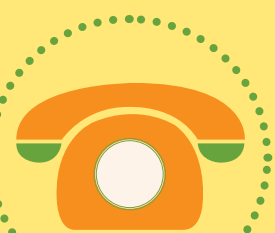
In the next few months, you may receive an automated call from CHNCT. **Please do not hang up.** These calls are part of our revamped member outreach efforts. We're now using a new system to better serve you and your family's needs.

To increase access to our members, we are using an interactive voice response system. Mary Beth and Mercedes are the voices in the system and they will provide welcome and reminder calls, health risk assessments and educational wellness. With this new technology-based system, outreach can be quickly extended to all members and their caregivers.

Remember, we are very committed to improving your health at CHNCT. Listening to health education will increase your knowledge about yourself and help you keep well.

### CALLS WILL BE MADE:

Monday - Friday      9 a.m. to 7 p.m.  
Saturday - Sunday    10 a.m. to 5 p.m.



Autumn has arrived and children across the state have settled back into their school routines. With the onset of school comes a barrage of homework for some. Many escape to their local library for a quiet place to study. Others go to do research. And many take advantage of the abundance of computers each library has to type papers or browse the internet. The library, however, offers much more than books and computers – many offer discounts to dozens of attractions statewide.

Many of the state's libraries participate in the museum pass program. This program gives people the opportunity to visit museums, aquariums, state parks and more for free or at a discounted rate. These passes can be checked out just as you would check out a book. You must have a library card to check out a pass. If you don't have a library card, don't worry. They're easy to get and best of all, they're free. Because quantities are limited, we suggest you reserve a pass in advance. You could reserve a pass by calling your local library. Some libraries will even let you reserve passes online. Check yours for details. Each city or town offers different museum passes, so please check with your local library to see what's available. You can also visit our website to learn more. The address is [www.chnct.org](http://www.chnct.org).

## Be on the lookout for...

The next Choices workshops are scheduled for:

- October 12** - River Baldwin Recreation Center  
Waterbury - 5:45 p.m. to 8 p.m.
- October 14** - Green Street Arts Center  
Middletown - 6 p.m. to 8 p.m.
- October 20** - Yale-Dixwell Learning Center  
New Haven - 6:30 p.m. to 8 p.m.
- October 21** - Ferguson Library  
Stamford - 5:45 p.m. to 8 p.m.
- October 27** - Henry Carter Hull Library  
Clinton - 5:45 p.m. to 8 p.m.
- October 30** - Beat the Street Community Center  
Meriden - 10:45 a.m. to 1 p.m.
- November 3** - Village for Families & Children  
Hartford - 5:45 p.m. to 8 p.m.
- November 6** - Rockville Public Library  
Vernon - 10:45 a.m. to 1 p.m.
- November 9** - New Britain Public Library  
New Britain - 5:45 p.m. to 8 p.m.
- November 10** - Burroughs Public Library  
Bridgeport - 5:45 p.m. to 8 p.m.



If you would like to sign up, please call 203.949.4028. You must sign up before attending the workshop. Space is limited. Please be sure to reserve your spot early.

## WHITE BEAN CHICKEN CHILI

- 1 lb chicken breast or thigh
- 1 medium onion
- 2 cloves garlic
- 1 medium tomato (you can also use canned tomato)
- 1 large lime (lime juice)
- 2 Tbls canola oil
- 2 cans (15 ½ oz) cans of great northern beans
- 4 cups low-sodium chicken broth
- 1 ½ tsp chili powder
- 1 ½ tsp cumin
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp pepper

### Optional ingredients:

- 2 tsp red pepper flakes
- ¼ cup cilantro leaves

1. Remove any skin from chicken, cut up into ½ inch cubes
2. Peel, rinse and finely chop onion, peel and mince garlic
3. Rinse tomato and lime
4. Remove tomato core and seeds, then chop tomato
5. Drain and rinse beans in a colander
6. Heat a large saucepan or soup pot over medium heat and add canola oil. Add onions and garlic, start to brown, lower heat.
7. Add chicken, beans broth, spices, tomato, lime juice and stir, bring to a boil.
8. Reduce heat, cover and simmer for 1 hour stirring occasionally
9. Top with red pepper flakes and/or chopped cilantro. (Optional)

