



1-800-275-1131 – 1-800-285-1131 TDD  
 Central Arkansas: 614-4689  
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# ConnectCareNews

Your Medicaid and ARKids First Connection to Better Health Newsletter

Winter 2009

## Secondhand Smoke is Harmful Help Available from Free & Clear Quit for Life Program



If you or someone in your family is a smoker you may not be aware of the effects of secondhand smoke on your loved ones, especially children.

What exactly is secondhand smoke? Secondhand smoke is the smoke released from the burning end of a cigarette and the smoke exhaled by the smoker. Cigarette smoke contains more than 4,000 chemical compounds.

What are some of the effects of secondhand smoke in children? Secondhand smoke causes sudden infant death syndrome, acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children as well as slowing their lung growth.

Smoking harms nearly every organ of the body, causing diseases and affecting the health of smokers in general. Quitting smoking has immediate and long-term benefits for you and your loved ones.

If you would like help to quit smoking you can connect to the Free & Clear's Quit for Life Program by calling the toll-free telephone number: 1-800-QUIT-NOW. The Arkansas Quitline is available seven days a week, from 7 a.m. to 2 a.m. Services are available in English, Spanish, and additional languages as needed. Now is the time to quit!

**1-800-QUIT-NOW**

*Source: Shannon Moore, ConnectCare*

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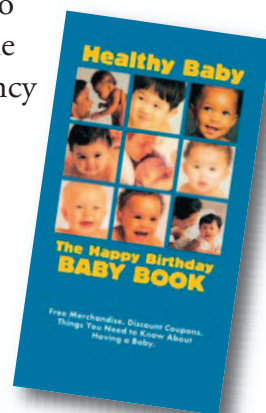
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### Healthy Baby: The Happy Birthday Baby Book

Having a baby is a special and exciting time. During pregnancy, women feel many changes, so it is very important for pregnant women to see their doctor regularly for prenatal care.

If you're pregnant, call the Healthy Baby book program at 1-800-235-0002 or go to [www.arkansas.gov/ha](http://www.arkansas.gov/ha) to get your FREE Happy Birthday Baby Book. The Happy Birthday Baby Book is a popular pregnancy planner that educates and provides you with:

- What to expect tips
- Danger signs in pregnancy
- Information on the WIC program
- Important insurance information and telephone numbers
- Nutrition and breastfeeding information
- Immunization schedule
- Great coupons for pregnancy, the baby, and other products from many well known companies



*Source: Kimbra Butler, ConnectCare*  
**ConnectCareNews**

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**TDD: 1-800-285-1131**  
**Toll-free ConnectCare**  
**HELPLINE**

**Se Habla Español**

**Hours of Operation:**  
**Monday through Friday**  
**6:00 a.m. - 10:00 p.m.**

**Editorial Staff:**

- Mary Gaither, Section Chief
- Anna Haver, Assistant Program Manager
- Brooks Freeman, Health Educator
- Shannon Moore, Health Educator
- Ruby Brown, Helpline Coordinator
- Ida King, Dental Program Coordinator

### Do you need a ride to your Medicaid Doctor?

Medicaid's Non-Emergency Transportation (NET) program provides rides to and from Medicaid covered health care services.



#### How do I qualify for this service?

- You must be enrolled in Arkansas Medicaid or ARKids A.
- You must have no other means of transportation.
- You must go to the Medicaid provider closest to you.
- You should try to find a ride with family or friends first.

#### How do I arrange for a ride?

- You call the number for your area listed on this page.
- Call between 8:00 a.m. until 5:00 p.m., Monday through Friday, except on state holidays.
- You must call at least 48 hours before your doctor's visit.
- When you call you will need your Medicaid ID and time and place of appointment.
- You must be ready when they arrive to pick you up for your appointment.
- If you need urgent care, then your doctor must tell NET why you can't wait 48 hours.

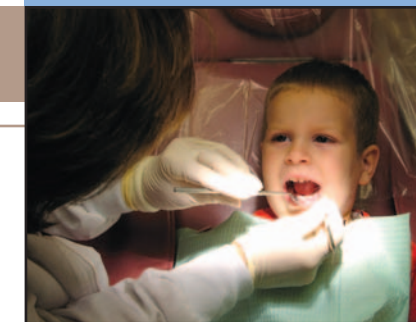
#### Numbers to call for a ride listed by region and county

- **Region 1-** (Benton, Washington, Carroll, Madison, Boone, Newton, Marion, Searcy and Baxter)  
*Call 1-866-854-8758*
- **Region 3-** (Fulton, Izard, Sharp, Stone, Independence, Van Buren, Cleburne, Jackson, White and Woodruff)  
*Call 1-866-854-8764*
- **Region 4-** (Randolph, Clay, Lawrence, Greene, Craighead, Mississippi, Poinsett, Cross, Crittenden and St. Francis)  
*Call 1-888-240-2264*
- **Region 5 & 6-** (Crawford, Franklin, Johnson, Pope, Sebastian, Logan, Scott, Yell, Polk, Conway and Perry)  
*Call 1-888-783-6632*
- **Region 7-** (Prairie, Monroe, Lee and Phillips)  
*Call 1-800-569-3359*
- **Region 8-** (Montgomery, Pike, Hot Spring, Garland, Clark and Saline)  
Hot Spring & Garland Counties *Call 1-800-385-9992*  
Clark County *Call 1-877-311-6162*  
Saline County *Call 1-888-845-5484*  
Pike & Montgomery Counties *Call 1-877-311-6163*
- **Region 9-** (Grant, Jefferson, Arkansas, Cleveland, Lincoln, Desha, Bradley, Drew, Ashley and Chicot)  
*Call 1-866-501-7328*
- **Region 10-** (Miller, Little River, Howard, Sevier, Lafayette, Nevada and Hempstead)  
Miller & Little River Counties *Call 1-888-772-5773*  
Howard & Sevier Counties *Call 1-800-873-6865*  
Lafayette County *Call 1-800-450-6862*  
Nevada & Hempstead County *Call 1-800-646-6424*
- **Region 11-** (Dallas, Quachita, Calhoun, Columbia and Union)  
*Call 1-800-729-9772*
- **Region 12-** (Faulkner, Pulaski and Lonoke)  
*Call 1-866-854-8788*

Source: Brooks Freeman, ConnectCare

### Dental Coordinated Care Services

ConnectCare would like to remind you that we can provide assistance to Medicaid recipients under 21 and ARKids recipients under 19.



#### Some of the treatments included are:

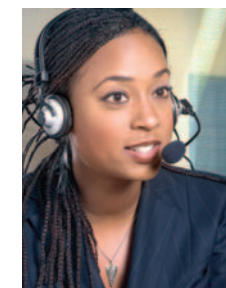
- Dental screenings
- Treatment of dental pain
- Dental sealants
- Cavity fillings
- Permanent crowns
- Simple and surgical extractions
- Tobacco counseling

#### ConnectCare can help:

- Locate a Medicaid dentist
- Schedule dental appointments
- Schedule transportation (Medicaid and ARKids A only)
- Provide appointment reminders
- Reschedule dental appointments

The dental program staff is available Monday – Friday from 8:00 a.m. until 4:30 p.m. to provide assistance to providers and patients. Call ConnectCare and ask for the Dental Coordinated Care program.

Source: Lacey Starkey, ConnectCare



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**Toll-free ConnectCare HELPLINE**

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## Get connected with ConnectCare on line!

**Visit  
ConnectCare at:  
[www.seeyourdoc.org](http://www.seeyourdoc.org)**

The ConnectCare website has recently been updated to better serve our growing population. Visit us online to view our fact sheets, frequently asked questions (FAQ's), and new helpline hours of operation. Have you heard about our growing dental program? When you visit our website you can learn more about this exciting program! And, for our Spanish speaking population we have added our Doctors Directory and the Arkansas Medicaid Beneficiary Handbook in Spanish. So what are you waiting for?

Source: Elizabeth Litton, ConnectCare