

bright times

summer 2022

a quarterly newsletter for a healthier you.



**making
back
to school
*healthier***



this back-to-school season,
learn what you
need to thrive.

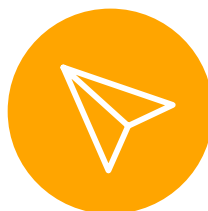
We want to give you and your family what you need to start the new school year off bright! That's why we packed this issue with important tips and health reminders for this busy time.

You'll learn all about back-to-school checkups and what appointments to make now for your kids. You'll find out what to bring and what questions to ask at the appointments. It's all to help make sure your kids are healthy and ready to go back to the classroom.

This issue also has a mini-lesson on preparing healthy snacks and saving money at the grocery

store. Because helping your kids eat healthier doesn't have to be hard—or expensive.

Finally, this issue includes information about additional dental benefits that are available for pregnant members. We hope you find it helpful. Have a great fall and happy learning, everyone!



Make your inbox brighter.
Sign up for our monthly
e-newsletter at [ILmeridian.com/](http://ILmeridian.com/SummerSignup22)
SummerSignup22.

back-to-school *checkups*

101

Here's what you need to know about annual well-child visits.

School-age kids should see a provider once a year when they're healthy. These "well-child" visits are a chance for your provider to make sure your child is growing up healthy. Well-child visits are also an opportunity to get ahead of any health issues your child may have.

To get the most out of these visits, it's important to come prepared. Make sure you know about any allergies or health conditions your child has. Bring a list of any medications your child takes. Before you go, write down any questions or concerns you want to talk about with your child's provider. If you or your child needs any special help or an interpreter, let your provider's office know.

These visits are also a great time to make sure your child is up to date on immunizations. These shots help protect your child from serious illnesses, including COVID-19. Ask your provider about which shots your child should get.

Remember, well-child visits are covered by Meridian. You can even earn gift cards for taking your child to back-to-school visits and for getting needed shots.



Log on to your Member Portal to start earning rewards for back-to-school checkups. That includes immunizations for kids!

your plan: dental care for *expecting* moms

Being pregnant can be hard on your teeth and gums. But good oral health can help you and your growing baby. That's why we offer extra dental benefits to pregnant members. These include oral

exams, teeth cleanings, and periodontal services.

Moms-to-be: Make a dental appointment today! Visit [ILmeridian.com/DentalCareforMoms](https://www.ILmeridian.com/DentalCareforMoms) to find a provider. **Questions? Call Member Services.**

kid-friendly food for a *healthier* school year

Making healthy food choices is important for growing bodies and minds! Aim for mostly fruits, vegetables, whole grains, low-fat dairy, and lean proteins. Try to limit processed foods, fats, sugar, and salt.

After-school snacks are a great way to work in some extra nutrition. Try to pair two healthy food groups together. Grapes and cheese or apples and yogurt as a dip are good pairings. A peanut butter and banana sandwich on whole grain bread is another kid favorite. Or try putting peanut butter and raisins on celery or even a banana.

Remember, healthy eating can be fun! There's no need to make meals or snacks stressful. Just keep offering healthy options, even if your efforts aren't successful right away. Encourage kids to prepare food with you. Cut sandwiches into fun

shapes. Set an example by eating the foods yourself. Eventually, kids will join in the fun!

Looking for ways to save on healthy foods and snacks? Our community partner, Illinois Extension, has some tips to help your money go further at the grocery store:

Do a check at home first. See what you already have before you go.

Check fliers. Find out what's on sale or has a coupon.

Plan ahead. Plan your meals for the week based on what you have and what's on sale.

Make a list. This will help you avoid on-the-spot buys.

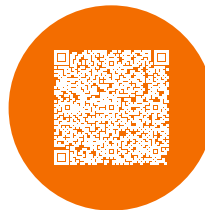
Here's to a healthy—and delicious—school year!

it's *time* for dental and vision appointments, too!

Back to school is a great time to take your child to the dentist and eye doctor. Book these appointments today to help your child live healthier all year long.

Dental care is important for growing children. Regular cleanings can help prevent cavities and other problems with children's teeth. All kids ages 1 and older should see the dentist twice per year. So make a back-to-school appointment and then another one for the spring. Remember, your Meridian plan covers two exams and cleanings per year. Your plan also covers many other dental services your child may need.

Kids should also get their vision checked regularly. Your child's provider can help you know when to get your child screened for any vision problems. Children who wear glasses should see the eye doctor every year. The doctor will check your child's vision and see if new glasses are needed. If your child does need new glasses, the new pair will be covered by your plan.



Learn more about your benefits!
Check the latest version of our Member Handbook for information about covered services for the whole family.



Meridian Member Services

866-606-3700 (TTY: 711)
Monday–Friday,
7:00 a.m. to 5:30 p.m.



24/7 Nurse Advice Line

Get answers to health
questions 24/7 by calling
866-606-3700.



Social Media

Facebook, Twitter, and Instagram:
@ILMeridian

Meridian Nondiscrimination Notice

Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Meridian does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Meridian:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Meridian's Grievance Coordinator. If you believe that Meridian 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 with Meridian's Grievance Coordinator. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Meridian's Grievance Coordinator is available to help you.

Mail:

Meridian
Attn: Grievance Coordinator
PO Box 44287
Detroit, MI 48244

Telephone: 866-606-3700 (TTY users should call 711)

Fax: 833-669-1734

Email: medicaidgrievances@mhplan.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at www.hhs.gov/ocr/complaints/index.html.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866-606-3700 (TTY: 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 866-606-3700 (TTY: 711).

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 866-606-3700 (TTY: 711)。

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 866-606-3700 (TTY: 711) 번으로 전화해 주십시오.

Tagalog (Tagalog-Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 866-606-3700 (TTY: 711).

العربية (Arabic): ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 866-606-3700 (رقم هاتف الصم والبكم: 711).

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 866-606-3700 (телетайп: 711).

ગુજરાતી (Gujarati): સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 866-606-3700 (TTY: 711).

اُردُو (Urdu): خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 866-606-3700 (TTY: 711)۔

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 866-606-3700 (TTY: 711).

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 866-606-3700 (TTY: 711).

हिंदी (Hindi): ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 866-606-3700 (TTY: 711) पर कॉल करें।

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 866-606-3700 (ATS: 711).

λληνικά (Greek): ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 866-606-3700 (TTY: 711).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 866-606-3700 (TTY: 711).