

# Early Periodic Screening Diagnostic and Treatment (EPSDT) Special Edition Newsletter



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Welcome to the Early Periodic Screening Diagnostic and Treatment (EPSDT) Newsletter.

At Arizona Complete Health-Complete Care Plan we understand how important your health care is to you and your family. We hope that you find the information included in this newsletter to be helpful. It can assist you in helping to know your benefits and resources available to you.

We want to thank you for being a member of Arizona Complete Health-Complete Care Plan.



Covered services are funded under contract with AHCCCS.

[azcompletehealth.com/completecure](http://azcompletehealth.com/completecure)

# Your First Stop for Care

A primary care physician (PCP) is the doctor to see when you need routine care, such as checkups, shots and screenings.

Your PCP can also help you when you are sick or have a minor injury. And your PCP will send you to specialists if needed. Your PCP's name and phone number are on the back of your Arizona Complete Health-Complete Care Plan card. To find a PCP that is right for you, call **1-888-788-4408** or **TTY/TDD 711**.

Call your PCP first when you need medical care. The emergency room (ER) is not for routine care. It is for serious illnesses and injuries.

## When is it an emergency?

Reasons to go to the emergency room include:

- A head injury or other serious wound
- Chest pain
- Trouble breathing
- Bleeding that does not stop
- Loss of consciousness
- Drooping on one side of the face
- Weakness in an arm or leg
- Seizures
- Severe allergic reactions
- Major broken bones
- Coughing or vomiting blood
- Poisoning

To learn more about emergencies, visit [www.emergencycareforyou.org](http://www.emergencycareforyou.org)

Sources; American College of Emergency Physicians

# Pregnant? Get Tested for HIV/AIDS

Did you know HIV can be passed from mother to child anytime during pregnancy, childbirth and breastfeeding? There is good news:

For a woman with HIV, the risk of transmitting HIV to her baby can be reduced to 1% or less if she:

- Takes HIV medicine daily as prescribed throughout pregnancy and childbirth.
- Gives HIV medicine to her baby for 4-6 weeks after giving birth.
- Does NOT breastfeed or pre-chew her baby's food.

You can learn more by visiting

<https://www.cdc.gov/hiv/pdf/group/gender/pregnantwomen/cdc-hiv-pregnant-women.pdf>

or call 1-800-CDC-INFO.

Sources: National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of HIV/AIDS Prevention, Centers for Disease Control

# Your Child: Regular Health Checks Matter

If you're pregnant, you're probably seeing a lot of your doctor. And once your baby is born, it will be time for your little one to meet his or her own doctor.

This is the first of many checkups your child will need over the coming years. These well-child visits, also known as EPSDT visits, usually start within days of your baby's birth. They continue every few months until your child turns 2 years old.

Well-child visits occur less often – about once a year – as your child grows older. Even if your child was seen for a sports physical or at the Urgent Care, they should still have a well-child visit yearly.

## Your time matters.

Arizona Complete Health wants to make sure you get the care you need. When you need it.

Arizona Complete Health works with providers to set standards for wait times. To the right are a few guidelines:

These visits include a physical exam. You can also expect your doctor to:

- Check your child's height and weight
- Test your child's hearing and vision
- Give your child any shots he or she needs
- Talk about issues like safety and sleep

Well-child visits also are a good time for you to ask any questions you might have.

If your baby ever seems ill, don't wait for the next well-child visit. Call your doctor right away.

Appointment Type	Waiting Period
Routine Care Appointments	Within 21 calendar days of request
Urgent Care Appointments	As expeditiously as the member's health condition requires. But no later than two business days.

Sources: American Academy of Pediatrics; National Institutes of Health

# Keep Your Child Safe with Vaccines

You can keep your child from getting really sick when your child gets the right shots at the right time. The best way to protect newborns is for people around them to get the flu shot and for mothers to breastfeed their newborns.

Vaccines have been saving children's lives for many decades. They are safe, and they work.

Altogether, they can help prevent 16 different diseases.

Most vaccines are given by shots. So talk to your child's doctor about what shots to get at these ages:

- Birth
- 1 to 2 months

- 4 months
- 6 months
- 12 to 18 months
- 2 to 3 years
- 4 to 6 years
- 11 to 12 years
- 13 to 18 years

Children get vaccines at checkups. So make sure your child has every checkup the doctor advises.



Questions?

888-788-4408

Member Services  
can help

Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention

[azcompletehealth.com/completecare](http://azcompletehealth.com/completecare)

# Children and Weight: *Keep them Healthy*

Many children in this country weigh too much. And children who are overweight or obese can get high blood pressure, high cholesterol or diabetes.

## **Prevention and protection:**

Try these 4 tips to keep your children healthy:

1. Buy healthy foods. Good choices include fruits, vegetables, whole grains, lean meat, poultry and fish. After age 2, use low fat milk.

2. Limit screen time. Set limits on how long your children spend watching TV, using the computer and playing video games. Aim for 2 hours a day or less.

3. Move more. Children need about 60 minutes of physical activity every day.

4. Set a good example. Children learn by watching what adults do, so make sure you get plenty of exercise and make healthy food choices.

*Sources: Academy of Nutrition and Dietetics; National Institutes of Health.*



**Questions?**  
**888-788-4408**  
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## **Helpful Resources**

### **Birth to Five Helpline (877) 705-5437**

Birth to Five Helpline offers help for parents with children under 5 years old. Provide help with fussiness, sleeping, feeding and more. <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

### **Raising Special Kids (800) 237-3007**

Provides information, training, and resources. Offers support to families of children with special health care needs. <http://www.raisingpecialkids.org/>

### **Strong Families Arizona (602) 364-1462**

Free home visiting program. Provide families with help raising healthy, successful children. Program centers on pregnant women and children under 5 years old. <https://strongfamiliesaz.com>

# Early Periodic Screening Diagnostic and Treatment (EPSDT)

You and your health are important to Arizona Complete Health-Complete Care Plan! Below are services available to you. These services are recommended either once or twice a year. Get checked today!

## What is the Arizona Health Care Cost Containment System (AHCCCS) EPSDT Program?

EPSDT is a comprehensive child health program for member's age; from birth - 21 years. The EPSDT visit is the same as a Well Child Visit. It includes both medical and dental services.

**Early** – Finding problems early

**Periodic** – Checking members' health at regular well visits

**Screening** – Offering physical, mental, dental, hearing, vision, and other well checks

**Diagnostic** – Run tests when a problem is found

**Treatment** – Treat, fix or reduce health problems

**MEDICAL** guidelines require a Well Child Visit once per year (more frequent visits are recommended prior to 2 years) with a Primary Care Provider.

### Screening services include:

- Health and growth history
- Unclothed physical exam
- Review diet and nutrition
- Development assessment and mental health screening
- Dental Screening
- Vision testing
- Hearing and Speech
- Evaluate for vaccines as appropriate for age and health history
- Laboratory testing
- Tobacco/substance use, abuse, and/or dependency
- Referral for additional services if needed for further diagnosis and treatment services

**DENTAL** guidelines require a Dental Visit twice per year. Dental Visits include the following:

- Examination of the mouth
- X-Rays
- Check for cavities
- Evaluate the need for extra fluoride (Fluoride helps prevent cavities)
- Check oral hygiene (go over brushing and flossing if needed)
- Evaluate diet and nutrition
- Counseling for non-nutritive habits
- Counseling for injury prevention
- Substance abuse counseling
- Counseling for piercings in and/or around the mouth
- Evaluate for dental sealants (sealants are a protective coating applied to the tooth)
- Cleaning and apply fluoride to teeth

Call your doctor and dentist to schedule your visit today! If you are in need of transportation to your appointment, Arizona Complete Health-Complete Care Plan can provide that to you at no cost. For questions, call Arizona Complete Health-Complete Care Plan Customer Service at 1-888-788-4408 or TTY/TDD 711.

## Well Child Visit Schedule

- |               |             |
|---------------|-------------|
| • Newborn     | • 9 months  |
| • 3 to 5 days | • 12 months |
| • 1 month     | • 15 months |
| • 2 months    | • 18 months |
| • 4 months    | • 24 months |
| • 6 months    |             |

For children ages 2 – 21 years, well visits are recommended once per year. These can be scheduled near the child's birthday.

# Know Your Numbers

## Body Mass Index (BMI)

Being overweight or obese could lead to:

- Heart disease
- Stroke
- Breathing problems
- High blood pressure
- High blood glucose (sugar)
- High LDL (bad) cholesterol and low HDL (good) cholesterol
- Increased risk of developing type 2 diabetes
- Body pain

What can I do?

- Get regular physical activity
- Stop smoking or using tobacco products. Medications are available to help you quit smoking.
- Eat fruits and vegetables at every meal
- Talk to your doctor about losing weight

To learn more about healthy eating and active living, get the **Fit Families for Life-Be In Charge!** home edition.

To get a copy at no cost to you, call us at **1-800-804-6074**.

Source: [www.cdc.gov](http://www.cdc.gov)

### If your BMI is:

Less than 18.5	Underweight
Between 18.5 and 25	Normal weight
Between 25 and 29.9	Overweight
30 or more	Obese

### Your doctor can help you to find your BMI.

Want to calculate your own BMI? Visit:

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

**Did you know Arizona Complete Health-Complete Care Plan has a Nurse Advice Line? It is available 24 hours a day, 7 days a week for our members. You can call anytime to get help from a nurse or if you have questions about your health. To speak to a nurse, please call 866-534-5963.**

## Preventing STIs

You could have it and not know it. You could be passing it onto your partner. Screening and treatment of Sexually Transmitted Infections (STIs) are covered by your insurance.

A Sexually Transmitted Infection (STI) may have no signs or symptoms. But without treatment, it can cause big problems.

Talk to your doctor about being tested for STIs.

Take steps to prevent them too. You can:

- Use a condom when you have sex. Use it the right way. And use a condom every single time.
- Be sure that you and your partner both get tested for STIs.

- Have a committed relationship, where you and your partner have sex only with each other.
- Ask your doctor about vaccines. There are two that can protect you from STIs: the Human Papilloma Virus (HPV) vaccine and the hepatitis B vaccine. STIs can lead to pain, cancer or infertility.
- HPV vaccine aids in preventing STIs and some cancers.

If you find out you have an STI, treatment can help. Call your doctor right away. You should avoid sex while you are being treated for the STI.

And tell your partner about it—he or she will need to be tested and treated too. Otherwise you may end up passing it back and forth to each other.

Source: *Centers for Disease Control and Prevention*

[azcompletehealth.com/completecare](http://azcompletehealth.com/completecare)

# my health pays<sup>®</sup>

## Rewards Program

GET REWARDED FOR FOCUSING ON YOUR HEALTH!

Earn My Health Pays™ rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests and preventive dental visits.

Use your My Health Pays rewards to help pay for:

- Utilities
- Transportation
- Telecommunications
- Childcare services
- Education
- Rent

Or, you can use them to:

- Shop at Walmart for everyday items\*\*

\*\*This card may not be used to buy alcohol, tobacco or firearms products.

Take healthy steps to earn My Health Pays™ rewards.

Members can earn up to three rewards each year (\$75 annual maximum).

Contact Member Services to find out more about the My Health Pays™ Rewards Program at 888-788-4408 or TTY/TDY 711.

You can also find more information at:

<https://www.azcompletehealth.com/members/medicaid/benefits-services/healthy-rewards-program.html>

Questions?

888-788-4408

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EARNING REWARDS FOR  
HEALTHY ACTIVITIES.

It's all part of my plan.

[azcompletehealth.com/completecure](https://www.azcompletehealth.com/completecure)

# Tobacco Education and Prevention

If you are thinking about quitting smoking, we can help you. There are programs to help you stop smoking through the Arizona Department of Health Services (ADHS).

- You can get free coaching from the **Arizona Smokers' Helpline (ASHLine) at 1-800-556-6222**.
- You can go online at **[www.ashline.org](http://www.ashline.org)**.
- Medications are also available to help you quit smoking.
- You can get help making a plan to quit at:  
<https://www.azdhs.gov/preparedness/epidemiology-disease-control/smoke-free-arizona/index.php>

## Stay Safe from Lead Poisoning

Lead can damage the brain and nervous system. It can also cause behavioral problems, learning problems, hearing problems, headaches and it can slow growth. Unborn children and children under 6 years old are most at risk.

If your house was built before 1978, lead may be found in your home's paint but it can also be found in soil or water pipes.

Protect your baby and your children from lead by:

- Keeping away from chipped paint
- Not letting them play in bare soil
- Washing hands and toys often
- Making sure you and your children get enough iron, calcium and vitamin C
- Running water for 15 to 30 seconds before drinking
- Drinking and cooking with cold water
- Avoid dishes with decorative painting



To learn more, talk to your child's doctor. He or she will give your child a blood lead test at 1 and 2 years old. If you are pregnant, talk to your prenatal care doctor about lead and how to avoid it.

To see if you live in a high risk area or to learn more, visit

<https://www.azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php>

For more information regarding lead poisoning in children, visit:

<https://azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/poisoning-flyer.pdf>

You can also view the flyer on the next page.

*Source: Centers for Disease Control and Prevention*

# Childhood Lead Poisoning

Even at low levels, lead can cause irreversible damage to hearing, growth, and development.

 Children can get lead poisoning by breathing in or swallowing dust that contains lead.

For more information contact our Childhood Lead Poisoning Prevention Program at 602-364-3118 [azhealth.gov/lead](http://azhealth.gov/lead)

## Sources of Lead

Identify and remove sources of lead from your home.

### Home



Lead can be in paint in old homes built before 1978.

- Chipped paint
- Old furniture and toys
- Dirt
- Play or costume jewelry
- Pewter
- Crystal glassware

### Imported Goods



Items brought back from other countries may contain lead.

- Glazed pottery
- Asian, Hispanic, Indian spices
- Mexican candy (tamarindo and chili)

### Home Remedies



Some home remedies may contain lead. These remedies are typically red or orange powders.

- Traditional and folk remedies (Greta, Azarcón, Pay-loo-ah)

### Beauty Products



Imported beauty products from Asia, India, and Africa may contain lead.

- Sindoor, Khol, Kajal, Surma

### Jobs



Jobs such as car repair, mining, construction, and plumbing may increase your exposure to lead. Lead dust can be brought into the home on your skin, clothes, shoes, or other items you bring home from work.

- Car batteries
- Scrap metal/parts
- Ammunition

### Hobbies



Certain hobbies increase your risk of coming in contact with lead.

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints
- Refinished furniture

### Travel



Traveling outside the U.S. may increase your risk of coming in contact with lead-based items.

- Souvenirs
- Toys
- Spices or food
- Jewelry

## Cleaning

Keep lead dirt and dust out of your home with these helpful tips.



Avoid:  
Sweeping  
Dry dusting  
Beating rugs

## Nutrition

These foods can help lower your child's lead level.



- Tomatoes
- Strawberries
- Oranges
- Potatoes



- Milk
- Cheese
- Yogurt



- Chicken
- Steak
- Fish
- Peas
- Eggs



# Talk to Your Teen

You may wonder if talking to teens is worth the effort. It may seem like your words go in one ear and right out the other.

But your kids are listening. And talking to them about important issues is one of the best ways to guide them through these years leading to adulthood.

Teens face a lot of pressure. They may be dealing with risky behaviors, personally and with their peers, such as:

- Bullying
- Self-injury
- Alcohol and illegal substance use

Talk to your teen about these kinds of problems. Share your family values with them.

At the same time, be open and don't judge. Let your child know that you will listen to whatever he or she has to say. And together, you can come up with ideas for making good choices.

As a parent, also be alert for signs your teen is having problems. You might notice:

- A sudden drop in grades
- Loss of interest in school and activities
- Unexplained bruises, cuts or other injuries
- Sleeping much more than usual
- Sudden weight loss
- Extreme moodiness or anger
- Feelings of worthlessness or hopelessness

If you think your teen needs help, talk to your child, and talk to his or her doctor too. It might also help if your teen can talk to his or her doctor privately.

Don't forget, teens need shots too. You can learn more about vaccines online. Find information about vaccines at <http://www.cdc.gov/vaccines/schedules/index.html>.

Make sure your teen sees the doctor for more than shots. The doctor wants to talk to your teen about bullying, injury and suicide prevention—and risky sexual behavior, social media and violence.

*Source: American Academy of Pediatrics, National Institutes of Health*

# Signs of Depression

Everyone feels sad sometimes. But it usually fades after a few days. Depression is more serious. But almost everyone who has it can get better.

**Who is at risk?** Anyone can get depression. It is a common illness. You may be depressed if you have 5 or more of these signs for 2 weeks or more:

- Feeling hopeless
- Lost interest in things you used to enjoy
- Sleeping too much or too little
- Eating too much or too little
- Feeling tired or helpless
- Trouble with your memory
- Thoughts of death or suicide

If you think you might have depression, tell your doctor.

Medicines and counseling can help. You can get help for depression or other behavioral health problems through Arizona Complete Health-Complete Care Plan. Call Member Services at **1-888-788-4408** or **TTY/TDD 711**.



# Mental Health Drugs: *Stay in Touch with Your Doctor*

Are you on antipsychotic medicine?

Here are some important questions to ask your doctor when you are prescribed an antipsychotic drug:

- What are the benefits of this drug?
- How long will it take to start working?
- What are the side effects of taking this medicine? Are any of them serious?
- Will I need to take any blood tests while on this drug? How often?
- Is it OK to get pregnant while I'm taking this drug?
- What should I do if I don't think the drug is working?
- How often should I check in with you about how I'm doing?

And for safety's sake, don't stop taking a drug without talking to your doctor first.

Sources: Agency for Healthcare Research and Quality; National Institute of Mental Health

Questions?

888-788-4408

Member Services  
can help

## Confidential Behavioral Health Crisis Services

Crisis services offers immediate and confidential help 24 hours a day, 7 days a week, 365 days a year. Crisis services are available to anyone in the community experiencing a behavioral health crisis. Insurance coverage or enrollment does not matter.

If you live in Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties or on the San Carlos Apache Reservation: **1-866-495-6735**

If you live in Maricopa County: **1-602-222-9444 or 1-800-631-1314**

If you live in Gila County: **1-877-756-4090**

If you live in the Tohono O'Odham Nation: **1-844-423-8759**



# Asthma: Have a plan

The best way to manage your asthma is with an asthma action plan. Ask your doctor about one.

Your plan is written just for you. It tells you what to do when your asthma acts up and when you need medical help right away.

## Easy to use

Action plans often use 3 color-coded zones. In general:

**Green** – You are doing well.

**Yellow** – You are starting to have symptoms.

**Red** – Your symptoms are getting much worse.

For instance, if you start to have symptoms, that is the yellow zone. Your plan might tell you how much medicine to take and when to take it.

Take your medicine as your doctor tells you.

There are 2 types of medicines: rescue and control. Rescue medicines help relieve symptoms right away. Control medicines help prevent them. So it is important to take your control medicines even when you feel fine.



To learn more about the Arizona Complete Health-Complete Care Plan Disease Management Program, call 1-800-893-5597.

*Sources: American Academy of Allergy, Asthma & Immunology; American Lung Association*

# Healthy Smiles, Healthy Children

Healthy teeth and gums help children speak and eat. And a healthy mouth is linked to better overall health. That is why it is so important that children get good dental care.

It is simple:

1. Find a dental home. This is a dentist office you can turn to for all your child's dental needs. Your child can see the dentist before age 1 or when the first tooth appears. To find a dentist that is right for your child, call us at 1-888-788-4408.

2. Get regular preventive care twice per year. Dentists aren't only for help when there is trouble. They also give regular cleanings and check-ups that may help prevent problems.

3. Stop dental decay at home. Make sure your children brush their teeth twice a day with fluoride toothpaste.

Also be sure they floss every day and eat healthy foods. Set a good example by doing these things yourself.

4. Be sure to ask the dentist about a mouth guard if your child plays sports. It will protect teeth from being knocked out or damaged.

5. Start early with younger children. Limit sugary foods, Taki's, Hot Cheetos. Also limit drinks like sodas, energy drinks and Gatorade. Avoid putting sugary drinks in a bottle or sippy cup. Make sure you only put water in the bottle used at night.

6. Ask your dentist about fluoride varnish. It can be applied to your child's teeth to make them stronger.

*Sources: American Dental Association; Centers for Disease Control and Prevention; Az Department of Health Services.*

# Fluoride Varnish – It’s not just for Dentists!

Primary Care Providers (PCP’s) may recommend fluoride varnish. It can be applied to your child’s teeth as early as 6 months. The PCP can apply fluoride twice per year until a child is 2 years old. Fluoride helps make teeth stronger. It makes them more cavity resistant.

## Arizona Dental Statistic

*According to the Arizona Department of Health Services*

**“Arizona children on average have 5 teeth affected by tooth decay (cavities)”**

# Dental Sealants Safe, Effective, covered by Insurance

THE JOURNAL OF THE AMERICAN DENTAL ASSOCIATION REPORTS

**“Sealants on permanent molars reduce the risk of cavities by 80%”**

Sealants are easy and painless. A sealant is a thin plastic coating. It is put on the chewing surface of the tooth. And covers the grooves that catch food and germs. The sealant protects where the toothbrush can’t clean. A special light is used to harden it. And make it stick to the tooth. Sealants can protect the tooth for a long time.

### **What is the best time to get sealants?**

Sealants are recommended when the first and second permanent molars first come in. Generally, first molars erupt around age 6-7 years. The 2nd permanent molars erupt around age 12 years.

### **Does my child’s insurance pay for sealants?**

Yes, dental sealants for first and second molars are covered every three years up to 15 years of age, with a two-time maximum benefit.

*Sources: American Dental Association*

[azcompletehealth.com/completecure](http://azcompletehealth.com/completecure)

# Community Resources for Families

## Poison and Drug Information Center

The Poison and Drug Information Center provides information on dangers of medications, plants, bites, and stings. Help with first aid for poisoning. To learn more, call **(800) 222-1222** or visit [www.aapcc.org](http://www.aapcc.org).

## WIC Women, Infants and Children

WIC is a no cost nutrition and breastfeeding program and offers advice on choosing healthy foods while pregnant. WIC serves pregnant, breastfeeding, and postpartum women, infants and children under the age of five who are determined to be at nutritional risk. To learn more, call **(800) 252-5942** or visit <https://azdhs.gov/prevention/azwic/>

## Vaccines for Children (VFC) Program

The Vaccines for Children (VFC) Program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. If you have questions, please contact the Arizona VFC Program at **(602) 364-3642**.

## Head Start

Head Start is for children up to 5 years old and pregnant women from low-income families. Head Start helps prepare kids for school. It covers areas such as health, education and social needs. To learn more, call **(602)-338-0449** or visit [www.azheadstart.org](http://www.azheadstart.org)

## Arizona Early Intervention Program (AzEIP)

AzEIP provides eligible children and their family's access to services to enhance the capacity of families and caregivers to support the child's development. AzEIP services aim to help improve children's growth and development. To learn more, call **(602) 532-9960** or visit [www.azdes.gov/azeip](http://www.azdes.gov/azeip)

## Children's Rehabilitation Services (CRS)

CRS is for children and young adults up to 21 years old with certain health conditions and health care needs. CRS helps with medical treatments and support services. To learn

more, call **(602) 417-4000** or **1-(800) 654-8713** or visit <https://www.azahcccs.gov/AHCCCS/initiatives/CareCoordination/CRS.html>

## Family Resource Centers

There are First Things First Family Resource Centers all over Maricopa County that serve families with children ages 0 to 5 years old. The Family Resource Centers have programs to help you:

- Build your child's language and reading skills
- Support your family's health and nutrition
- Connect to other community resources

To find the Family Resource Center nearest to you, visit <http://familyresourceaz.org/>

## Mentally Ill Kids in Distress (MIKID)

Mentally Ill Kids in Distress offers mental health services to youth and offers support services for their families. For more information visit <https://www.mikid.org/>

## First Things First

First Things First partners with families and communities to support the healthy development and learning of Arizona's young children. To learn more visit [www.firstthingsfirst.org](http://www.firstthingsfirst.org)

## Arizona Complete Health-Complete Care Plan Contact Information

Member Services  
1-888-788-4408

Nurse Advice Line  
1-800-893-5597

Website: [www.azcompletehealth.com/completecure](http://www.azcompletehealth.com/completecure)

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