

# Member Newsletter



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For More Information  
Go To [CCPcares.org](http://CCPcares.org)

Call Us At  
1-866-899-4828

Community Care Plan  
values your care.

If you have any concerns  
with your children's  
Physical, Occupational or  
Speech Therapy Services,  
please call Yvie Noel  
at 954-622-3272 or  
email [ynoel@CCPcares.org](mailto:ynoel@CCPcares.org).

For more information, visit  
[CCPcares.org/Members/  
Medicaid](http://CCPcares.org/Members/Medicaid)

Resources:  
[Back to School, Back to the  
Doctor -  
HealthyChildren.org](#)

[Click Here to View  
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## Get Back in the Habit

For the past two years, COVID has kept us out of school, work, restaurants, and maybe even, the doctor's office. Maybe you didn't go to the doctor because you were worried about getting COVID. As we return to normal, it is time to get "Back in the Habit".



Get that yearly checkup. Infants and children under the age of two need visits more often. But, people from age two (2) to 102 should have a well visit or checkup at least one time every year too.

Why are these visits so important? For children, tweens, and teens, that yearly visit helps to make sure that your kids are:

- Up to date on vaccinations
- Heart-healthy
- Not having any vision changes
- Not having any hearing problems
- At a healthy weight and growing appropriately
- Approved to participate in extra-curricular activities, particularly sports
- Not showing signs of depression or anxiety
- Not participating in risky behaviors, such as unsafe sex, nicotine, and drugs



Well child exams are usually required if you child will go to summer camp. They also need them for community sports or school sport programs. Don't wait until the last minute. Schedule a visit today.

For adults, your doctor will do a physical exam and includes checking your blood pressure. They may order one or more screening tests based on your age, gender, and family history or risk factors. Always talk with your doctor to decide what screening tests are best for you and how often you may need them.

Community Care Plan has an [online tool](#) that can help tell you understand the screenings that you may need. You can print the list and take it with you to your doctor visit.

At Community Care Plan, we know that there are other things that can affect your health. Things like housing, getting healthy food, and money. Your yearly checkup is a chance for you to talk to your doctor and get help from community resources for you and your family, like:

- Fitness, nutrition, or food pantry programs
- Tutoring or Schooling Assistance
- Financial help



Our [online community resource center, HEART](#), has events and resources to help you.

It is time to get "Back into the Habit" of getting your yearly checkup. No matter what your age. Need help finding your Primary Care Provider? Call our Member Services at 1-866-899-4828.



## Feeding Your Baby and the U.S. Formula Shortage

If you are bottle feeding a child under the age of one (1), we know that finding baby formula at stores may be hard. This is a problem all through the United States.

We know that this must be a little scary, because you need to be able to feed your baby. CCP has some tips for what you should not do and what you can do. Baby formula is to give your baby the calories, vitamins and nutrition that they need. For that reason, here are some **things that you should NOT DO**:



- Water down your baby's formula to make it "last longer".
- Make homemade formula.
- Use expired formula. Those whose "use by dates" are old.
- Replace solid foods for formula to "stretch it out". Formula has many vitamins that your baby needs every day



So, what can you do?

- It is OK to use a different brand of formula, if it is the same type and all you can find.
  - You may see that your baby doesn't like the new formula right away. If that happens, try mixing the new formula with small amounts of their normal brand, if possible.
  - It may take baby a little time for their tummy to get used to the new brand. If you are not sure if it is normal or not, call your baby's doctor.
- Call your local WIC office.
- Check social media groups. There are groups that are just about infant feeding and formula. Moms in these groups may have ideas for where to find formula. Make sure to check any advice with your baby's doctor first.



What should I do if my baby is on a special formula? Please talk with your baby's doctor. They may be able to help you get it from the manufacturer. Or they can tell you if there are other choices right for your baby.

We know this is a stressful time for all moms. CCP is your health care partner at all stages of your child's life . That is why we created the Birth, Baby, and Beyond program. Visit [our Birth, Baby, and Beyond webpage](#).



Resources:

With the baby formula shortage, what should I do if I can't find any? - HealthyChildren.org

Choosing an Infant Formula | Nutrition | CDC