

Starting Healthy

A Back-To-School Checklist for Wisconsin Parents

- Make sure your child is enrolled in the insurance coverage available to them.**
BadgerCare Plus ensures that all children in Wisconsin have access to health care in order to get the routine and emergency care they need, when they need it. All children are eligible for this free or low-cost coverage. Children born in the US are eligible, even if parents are not. To learn more about eligibility for immigrant children and pregnant women, see this WCCF paper: http://www.wccf.org/pdf/Immigrant_categories_bc+_100709.pdf.

You can read more about coverage, eligibility, and cost from the WI Department of Health Services (<http://www.dhs.wisconsin.gov/publications/p1/p10179.pdf>), or call 1-800-362-3002. Apply today to ensure that you children are covered by this quality, affordable insurance!

- Make sure your child has needed check-ups and shots before school starts.**
Before they enter school, all children are required by law to be up-to-date on their required immunizations and vaccinations. You can learn more about school immunization requirements online at <http://www.dhs.wisconsin.gov/immunization/childhood.htm>. Schedule a physical exam for your child if needed to participate in sports or other school activities.
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- Connect your health care provider to your child's school.**
Your child's school should know who provides health care to your child and where you child should go in case of an emergency. If there are medications or treatment plans that need to be administered at school, be sure you and the school know what needs to be done and why. Ensure your health care provider gets the required forms to your child's school. Also be sure to provide the most up-to-date emergency contact information to your child's school.
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- Schedule a dental check-up for your child.**
Maintaining good oral health is a key factor in children's success in school and it is recommended that children visit a dentist every six months. The Wisconsin Oral Health Coalition has great resources for parents, teachers, and providers to help educate and promote oral health: <http://www.chawisconsin.org/oral-health-resources.htm>.
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- Set a reminder to re-enroll your child in health coverage.**
Health coverage generally needs to be renewed every 12 months (for families enrolled in Medicaid or Badger-Care Plus). Put a reminder on your calendar for a month before your child's coverage expires to make sure that any renewal paperwork is submitted, so there is no lapse in your child's coverage.
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- Ensure your child has proper nutrition.**
Getting enough healthy food is critical for children to be able to concentrate and learn. With the down economy, many families need help to ensure their kids are able to have enough nutritious food. Contact your child's school to see if you're eligible for free or reduced price breakfast and lunch. And check out <https://access.wisconsin.gov/> to see if you're eligible for FoodShare to help with the cost of groceries at home.
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