

Montana Health Care Programs MESSENGER

Dental Changes: Effective October 1, 2018

Beginning October 1, 2018, Montana Medicaid will again cover dentures, crowns, and root canals for adults age 21 and older.

- There is a yearly limit of \$1,125 paid for dental treatment, not counting dentures.
- Full dentures may be replaced once every ten years. Partial dentures may be replaced once every five years. Lost dentures may be replaced once in a person’s lifetime.
- Two crowns are allowed per calendar year.

These changes appear in the November 2, 2018, version of the Member Guide. Members can find more information on their dental benefit by going to:

<https://dphhs.mt.gov/MontanaHealthcarePrograms/MemberServices>.

Take Charge of Type 2 Diabetes (November is National Diabetes Month)

About 90 to 95 percent of the 30 million Americans who live with diabetes have *type 2 diabetes*. Type 2 often begins with *prediabetes*. Many of the 84 million who have prediabetes don’t know it. An A1C test shows their blood sugar levels are high, just not as high as type 2.

Talk to your doctor about family history, how you live, risks, and warning signs. Being over 40 and overweight, or, being African American, Asian, Hispanic, or Native American puts you at higher risk for the disease. But the good news is that you can make healthy changes to help *prevent* type 2 diabetes (*or* manage it better!). You’ll also lower the risks of blindness, heart attack, kidney failure, nerve damage, and stroke linked to it.

Get checked for prediabetes: If you experience any symptoms normally associated with type 2 diabetes, such as blurred vision (just one reason eye exams are so important!), see your doctor. (Pregnant women should see their eye doctor *as well as* their ob-gyn during the first three months of pregnancy. *Gestational* diabetes – high blood sugar while pregnant – can harm the baby.) Extreme or ongoing fatigue, increased thirst, or frequent peeing, are sometimes other warning signs, so see your doctor with any of those issues, too.

If you're at risk for type 2 diabetes: Stop eating fast, fatty foods. Turn to lean, skinless chicken and fish, plus non-starchy veggies, and whole



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QUIT SMOKING!

DID YOU KNOW YOU SEE IMMEDIATE BENEFITS WHEN YOU QUIT SMOKING?

The body begins repairing itself immediately after quitting tobacco.

- Just 20 minutes after quitting blood pressure lowers.
- 24 hours after quitting the chance of a heart attack decreases.
- One year after quitting risk of coronary heart disease is half that of smokers.

Visit quitnowmontana.com for more information and to enroll in Montana’s free Tobacco Quit Line.

grains. Swap sugary drinks for water. Skip candy for some fruits. Break from TV or video games. Take family bike rides. Dance! Play soccer or tag. Adults: Work out for at least 30 minutes, three to five times per week. Kids: Move for 60 minutes each day.

If you have type 2 diabetes: Learn what, how much, and when to eat. Check your blood sugar levels. Stay active. Lower stress. Keep doctor visits — and take the medicine your doctor tells you to take! See what bad foods tempt you. Know the excuses you use to stop exercising (and when). A health coach can also help you know what takes you off track and how to get back on! Talk to others with diabetes, too (you're not alone).

Almost 280,000 people in Montana have prediabetes. Each year, about 5,000 people in Montana are newly diagnosed with diabetes. The Centers for Disease Control and Prevention (CDC) says that there are about 90,000 people in Montana now living with the disease. (In fact, 26,000 of them have diabetes, but don't know it yet). The Montana Department of Health and Human Services offers education and resources through their Montana Diabetes Program (<https://dphhs.mt.gov/publichealth/Diabetes/DPP>).

Montana's Diabetes Prevention Program

National Diabetes Month is the perfect time to stop and think how you can help prevent type 2 diabetes for you and your loved ones. One proven way to delay or prevent type 2 diabetes is to join the Diabetes Prevention Program (DPP). The DPP is a proven lifestyle change program. Class members learn to eat more healthfully and increase exercise habits to help them lose weight. The program is:

- 12 months long – class members attend weekly sessions the first 6 months of the program. Class members attend monthly sessions the second 6 months of the program.
- A group-based program which provides support and accountability to all class members.
- A trained lifestyle coach leads all classes.
- For more information about the DPP click [Here](#).

You may qualify for the Diabetes Prevention Program if your doctor has told you that you have prediabetes, or if you meet the program eligibility requirements below:

Program Eligibility:

Adults 18 years or older with a body mass index (BMI) of 25 or greater (23 or greater if Asian) **Plus one or more** of the following risk factors for heart disease and type 2 diabetes:

- Fasting glucose of 100-125 mg/dL
- A1C between 5.7% and 6.4%
- Blood pressure of at least 130/80 mmHg or treatment
- Triglycerides greater than 150 mg/dL
- LDL cholesterol greater than 130 mg/dL or treatment



Is Your Baby Developing as Expected?

Montana Milestones Part C Early Intervention Program is free for babies and toddlers with disabilities. Every year about 1,900 Montana babies and toddlers get services through the Program. This is thanks to an important law called the Individuals with Disabilities Education Act, or IDEA.

How your child plays, learns, speaks, acts, and moves offers clues about development. Most babies and toddlers smile and look at their parents. Most babies and toddlers make sounds and turn their heads toward sounds. Most babies and toddlers pay attention to faces and follow things with their eyes. Most babies and toddlers hold their heads up and make movements with their arms and legs.

If you think your baby doesn't do some of those things, you may ask for help. The Part C Program will take a closer look at how your baby is developing. You will find out more about what your baby can and cannot do. You will find out more about how you can help your baby learn and grow. You and the Part C Program will decide how to help your baby. You may choose a special service like occupational therapy, physical therapy, or

- HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
- History of gestational diabetes mellitus

Anyone who would like to learn more about the Diabetes Prevention Program or wants to sign up for a class, you can find program locations [Here](#) , or call Sonja Tysk 444-0593.

For Medicaid members who qualify, the Diabetes Prevention Program is a covered service.

If you have diabetes and want to learn more about how to take charge of it, Montana Medicaid also covers Diabetes Self-Management Education and Support (DSMES). Click [Here](#) for more information on DSMES.

Children’s Special Health Services

- 54 out of 56 of Montana’s counties are designated as Health Professional Shortage Areas, making access to a quality medical home challenging for families of [children and youth with special health care needs](#).
- A [Medical Home](#) is a way to provide comprehensive primary care through partnerships between clinicians, medical staff, and families.
- The Montana [Medical Home Portal](#) helps families and professionals navigate a child’s medical care by providing a one-stop shop for information and [local resources](#).

ANNOUNCEMENTS

Public Health now has a Facebook Page

The [Public Health in the 406 Facebook](#) page is a prevention and health promotion resource designated to reach Montana citizens with data, recommendations and breaking news. Its mission is to protect, promote and improve the health and wellness of all Montanans.

Check us out on Facebook and like our page!

Cold Weather Help Available

DPHHS has two programs to help low-income individuals with heating costs:

Weatherization – items to help make your home more energy efficient

LIEAP – Assistance with heating bills

Both homeowners and renters may apply for these programs

You may qualify automatically if your household receives SNAP, SSI or TANF benefits

Ask for more information at your local HRDC Office, locations found here [HRDC Offices](#)

Medicaid Open Enrollment is . . . ANYTIME!

You may have noticed public announcements for the Affordable Care Act/Health Insurance Marketplace Open Enrollment period (Nov 1st – Dec 15th) but . . .

You may qualify for Montana Medicaid. Applications for Medicaid can be submitted anytime! See if you qualify at [Apply Medicaid](#).

speech/language therapy to help your baby.

Montana Milestones Part C Early Intervention Program is free for eligible babies and toddlers. It is available in every Montana county. Call Montana’s Part C Coordinator, Wendy Studt, at 406 444 5647 or email to wstudt@mt.gov to find out more.



Key Contacts

Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:
1-800-362-8312

[MT Healthcare Programs](#)

Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

1-800-330-7847

[MT NurseFirst](#)

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

[MT Public Assistance](#)

Transportation Center

For questions regarding travel or approval. **Call before you travel or you may not be reimbursed.**

1-800-292-7114