



# Healthy Kids Monthly

(Created for CAA's by CAA's)

## I have witnessed success...

Everyone of you has been chosen to serve the communities of Tulare County. I have witnessed successful relationships occurring because of your outreach efforts, your willingness to put yourself in other peoples shoes and because you have a passion for working with people in need. These are only some of the reasons I call you VIP's and Leaders. Below, I list 6 qualities of what I consider a leader:

### Leadership qualities:

1. Leaders **stay focused** on what's important. Focused people are often those that are willing to roll up their sleeves in order to get the job done.
2. **Communication** is constantly occurring in a leader's environment. Leaders say what they mean and mean what they say!
3. Leaders are willing to **take reasonable risks - stay innovative!**
4. Leaders **maintain integrity** by what he or she does (competency) and who he or she is (character).
5. **Self-Management**—Leadership can be tiring so it is important to maintain a healthy balance of your physical, psychological, emotional and spiritual needs.
6. Stay motivated - Leaders stay on track with their **first love** and to stay on track periodically ask yourself, "Why did I initially pursue this path and Have those reasons changed?"



## Health Coverage for Kids...



### What happens during a preventative doctor's visit?

Immunizations are another important reason to take your child to the doctor. Immunizations protect your child from dangerous diseases like Polio, Meningitis, Measles, Tetanus and Chicken Pox. These diseases can make your baby very ill.

It is important that children visit a doctor on a regular basis because children, especially those 5 and younger, change and develop very quickly. These visits will allow the doctor to check the baby's weight, reflexes, hearing and vision to ensure that your baby is developing appropriately.

It is also important that your child begin visits to a dentist starting at one year of age and that he or she receive a vision check up prior to starting school. These preventative measures can protect your child from more serious problems later on.



Issue 4

### Healthy Kids Special Points for July 2008:

- © 13- New Enrollments
- © **Nora Baca submitted the most Healthy Kids applications in July!!!**

### Income that is Counted for Healthy Kids applications

- ♦ Copy of paycheck stubs
- ♦ Previous Years Federal Tax Forms
- ♦ Employer statement on company letterhead
- ♦ Profit & Loss Statement
- ♦ Self Affidavit of Income

### Insurance Plans Contact Info.

Health Net—1-888-231-9473  
 Delta Dental—1-877-580-1042  
 VSP—1-800-877-7195

First 5 Tulare County  
 3435 South Demaree, Suite A  
 Visalia, Ca 93277  
 559-622-8650