



Healthy Kids Monthly

Healthy Kids Program/CAA FAQ's

The Healthy Kids program has recently made some important changes specifically in the areas of processing applications. Below I have listed these changes and have also included questions that are frequently asked by CAAs and parents.

- ☺ **Q: When are Healthy Kids applications due to First 5?**
A: Applications are due before the 15th of each month so they can be processed and submitted to Health Net on the 15th of the month.
- ☺ **Q: How long does it take to process an application?**
A: It takes up to 2 business days to process before it is submitted to Health Net on the 15th .
- ☺ **Q: What documents are required before an application is submitted to First 5?**
A: 1. Proof of Child's Identity (Birth Certificate or Baptismal Certificate)
2. Proof of Tulare County residency (utility bill, cell phone bill)
3. Proof of Income (check stub, tax return, employer statement, profit & loss)
4. A completed Mini Budget Unit
5. Proof of Deductions *if any* (day care receipts)
Applications submitted without all required documents will be mailed back to the CAA.
- ☺ **Q: What address for parents should be listed on the Healthy Kids applications?**
A: To ensure parents receive all Healthy Kids information and medical cards a mailing address must be listed, i.e. P.O. Box. If parents have both a mailing and home address list both.
- ☺ **Q: When and where should parents send their premium payment?**
A: Parents should mail their check or money order when they receive a bill from Health Net with their account # or child's information listed. Send payments to: Health Net, File # 52630
Los Angeles, CA 90074
- ☺ **Q: Who do I contact when I have a question about a child between the ages of 6-18?**
A: Contact Cecilia Calderon at HHSA, 559-737-4660 x 2518 or email CCalderon@tularehhsa.org
- ☺ **Q: How do I enroll a child that is 6-18 into the Healthy Kids program?**
A: Contact Cecilia Calderon, do not include them on the application with younger siblings

Please call Selina Flores or Vera Rodriguez at 559-622-8650 for further clarification or questions.

BREAKFAST IS A WAY TO FUEL UP!

FRUITY FRENCH TOAST



Ingredients:

- 2 eggs
- 1/4 teaspoon ground cinnamon
- 1 tablespoon milk
- 6 slices whole wheat bread
- 3 teaspoons thinly sliced fruits, berries or low-sugar preserves
- 6 ounces skim milk cheese (queso fresco) or goat cheese, thinly sliced
- 1 cup fresh fruit, sliced or diced
- 1 cooking spray

Preparation:

- * In a bowl, whisk the eggs, cinnamon and milk together
- * Cut each piece of bread into 4 pieces with a knife or cookie cutter
- * Dip the bread in the egg mixture, moistening both sides
- * Heat a non-stick pan and coat with cooking spray
- * Cook the bread for 2-3 minutes on each side until golden brown
- * Spread fruit on one side of each slice of bread.
- * Place cheese on top of the fruit
- * Cover with a second piece of bread
- * Repeat with remaining bread, cheese and fruit.

Breakfast is a great way for kids to fuel up for the day and get the nutrients they need to grow and learn better. Breakfast not only gives kids the energy they need, it also helps prevent overeating throughout the day. Keep in mind that you and children also benefit from eating a mid-morning snack.

Recipe from California First 5—Yummy for your Tummy

Insurance Plans Contact Info.

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



Stop by and see us we have goodies for Healthy Kids families!

At the First 5 office we have many Healthy Kids child friendly items for you to give to each family you enroll. Toothbrushes, sippy cups, and reusable thermometers are just a few items families love to receive. Call Selina or just stop by to check out what we have for our Healthy Kids families. Thank you for all of your hard work!

Healthy Kids feedback forms have been collected!

Thank you, thank you, thank you to everyone that submitted a Healthy Kids newsletter feedback form! Many of you stated you have shared the newsletters with co-workers and families and all find the newsletters very helpful. I will continue to use your suggestions for topics in future newsletters. Your suggestions are always welcome, please contact Selina at First 5 if you'd like to share!

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