



HEALTH & COMMUNITY  
SERVICES DEPARTMENT

## Children's Special Health Care Services (CSHCS) Newsletter – November 2023

CSHCS is a secondary insurance program designed to support children with eligible chronic health conditions and their families. CSHCS is also available for adults with cystic fibrosis, sickle cell disease, and certain bleeding disorders. Call the office for more information at 269-373-5015.

### Health Insurance Marketplace

The 2024 Open Enrollment Period runs from **Wednesday, November 1, 2023**, through **Monday, January 15, 2024**. Enroll by December 15 for coverage that starts January 1. Families may call the Health Insurance Marketplace at 1-800-318-2596 or visit online at: <https://www.healthcare.gov/>

### CSHCS Coverage Expanded to Age 26

Children's Special Health Care Services is pleased to share that beginning October 1, 2023, eligibility for the program has been expanded to age 26. Lansing anticipates that it will take up to six months to make the necessary computer system updates for this expansion.

Clients that have a current medical report on file, and have not reached their financial review date, will be automatically re-enrolled. In some instances, during the next few months, coverage might end when the client turns 21 but then coverage will be re-instated and backdated so that there is no lapse in coverage.

Clients that do not have a current medical report on file and are beyond their financial review date, will need to submit additional documentation and will not be automatically re-enrolled.

If you have additional questions regarding the eligibility expansion to age 26, please contact our office at **269-373-5015**.

### Insurance Premium Payment Benefit Assistance

CSHCS offers the Insurance Premium Payment Benefit Assistance (IPPBA) to help families maintain comprehensive health care coverage for their CSHCS enrolled family member. To be eligible for the IPPBA, families need to submit an IPPBA application, along with requested documentation and meet eligibility and cost effectiveness criteria. This benefit can help with obtaining COBRA coverage or a Health Insurance Marketplace policy. Call CSHCS of Kalamazoo County at **269-373-5015** for help with applying for the IPPBA.



### Virtual Parent Connect Call

The Family Center for Children and Youth with Special Health Care Needs (Family Center) is excited to offer a series of free virtual Parent Connect Calls monthly. The December call is scheduled for **Thursday, December 14, 2023**, at **11:00am**. The topic for this call is Camp Scholarships. Did you know the Family Center offers camp scholarships? Want to know more about this opportunity? Learn more about camp scholarships and what you can do to qualify. There will also be presentations from camp representatives located in the State of Michigan. To register, please visit:

<https://www.eventbrite.com/e/parent-professional-connect-call-camp-scholarships-tickets-742300188847?aff=ebdsoporgprofile>

For next month's Newsletter, please go to <https://www.kalcounty.com/hcs/mch/cshcs/newsletters.php> . If you have questions or concerns, please call the Family Phone Line at 1-800-359-3722 or the Kalamazoo CSHCS Program office at 269-373-5015.

## Flu Vaccine

Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk. As the coronavirus pandemic continues to affect Kalamazoo County communities, getting vaccinated against the flu is one of the best ways to reduce the amount of respiratory illness that is circulating in our area. Kalamazoo Health & Community Services is now offering influenza vaccines. Call 269-373-5203 to schedule your appointment or visit our website at:

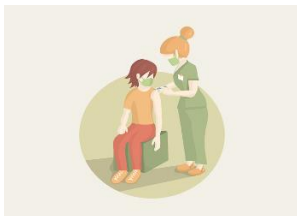
<https://www.kalcounty.com/hcs/>

### Flu Symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches.
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults

You can find additional information and resources about Influenza by visiting the following websites:

- <https://www.michigan.gov/flu>
- <https://www.cdc.gov/flu/>



## Vaccination Assistance

CSHCS has been granted funds to assist CSHCS enrollees and their families as well as children with special needs in obtaining vaccinations of both COVID-19 and childhood immunizations. Please call **269-373-5010** if you are having difficulty in obtaining vaccines for your child or your family.

**Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, age, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.**

## November is National Diabetes Month

This month-long campaign aims to educate the public about the different types of diabetes, risk factors, prevention strategies, and the importance of early detection and management. National Diabetes Month also serves as a platform to support individuals living with diabetes, their families, and healthcare providers in their efforts to control the disease and improve overall health.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. The good news is taking charge of your health may help you prevent diabetes health problems.

### Tips to get started:

- Manage your blood glucose, blood pressure, and cholesterol levels.
- Take small steps toward healthy habits such as planning healthy meals, being physically active, and getting enough sleep.
- Take your medicines on time.
- Reach or maintain a healthy weight.
- Take care of your mental health.
- Work with your health care team.

### Links to helpful information:

1. <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#:~:text=November%20is%20National%20Diabetes%20Month,to%20bring%20attention%20to%20diabetes>
2. <https://diabetes.org/>
3. <https://www.cdc.gov/diabetes/basics/index.html>
4. Glucose Stalkers Facebook Page, T1D Support Group of Southwest Michigan.