

WHOLE you

2026 | Q3 BULLETIN



Understanding Juvenile Arthritis

Juvenile Arthritis (JA) is an autoimmune disease, where your child's immune system starts attacking the body's own cells. The cause of this disease is currently not known, but JA tends to run in families.



Symptoms may include:

- Swollen, stiff joints, especially after waking from sleep
- Sore or painful joints, often in the knees, hands, or feet
- In some cases, high fever, swollen lymph nodes, or a rash may occur, which is usually worse in the evenings.

JA symptoms come and go over time. Work closely with your child's school to keep them from falling behind. Consider counseling for you and your child. Additionally, look into joining a support group for parents and children with JA.

Always follow all instructions and don't change the treatment plan without talking with your child's healthcare provider or another member of the healthcare team.

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Avoid Back to School Germs

Help kids learn how to protect themselves from germs as they head back to school. Here are a few hygiene tips to help kids stay healthy at school.



Scrub Away

Washing hands is one of the best ways to keep germs from spreading and to keep kids healthy. Teach your child to wash with soap and water every time. They should scrub their entire hand, front and back, for at least 20 seconds. **Always wash hands:**

- Before and after eating
- After using the restroom
- After playing outside
- After sneezing or coughing
- After playing with an object that many others have touched, like a toy or ball



Educate Early

Before your kids head to school, talk to them about where germs live and how they spread. Areas where germs like to hide in schools include water fountains, lunch tables and trays, keyboards and door handles. Teach your kids about prevention and how to avoid germs as much as they can. Keeping kids healthy in schools can be an important step to limit sick days.



Fight Serious Illness

Check with your child's provider to make sure they are up-to-date on their vaccinations. Vaccines help prevent serious illness. As a parent, it is important to know what your state requires for kids starting school. But vaccines aren't just for kids! Check with your provider for vaccines for you and your older children. Staying current will help protect your family and those around you from serious illness. Your provider can help you stay informed about what vaccines can help keep you and your family safe.



Build Up the Immune System

There are many ways to boost your child's immune system. Healthy eating is one of them. Adding more fruits and veggies is a great way to do this. Exercise also helps. Go for a bike ride, take a family walk or play a favorite activity. And do not forget that getting plenty of rest is key. Lack of sleep raises the chance of catching germs in schools.



Cover Up

A tissue is the best choice when sneezing or coughing. Teach your child to use the sleeve of their inner elbow if they do not have a tissue. It is important to never use hands. This helps to limit the spread of germs.



If you have questions, call:
1-855-445-1920 (TTY 711)



Obesity in Children

How Parents Can Help

Children and teens can develop obesity for many reasons. Eating patterns, physical activity, sleep, genetics, family routines, stress, and the environment all play a role. To help lower the risk of obesity in children and teens:

Offer a variety of healthy foods.

These include protein foods, dairy, vegetables, fruit, healthy fats, and whole grains.

Limit less-healthy foods.

Limit highly processed foods, added sugars, and refined carbohydrates, such as packaged snacks, sugary drinks, and white bread.

Focus on healthy habits, not just weight.

Build healthy eating patterns, regular activity, and consistent sleep routines for the whole family.

Be a role model.

Children are more likely to form healthy habits when they see adults making healthy food choices and staying active.

Encourage daily movement.

Make active play and physical activity a regular part of your child's routine in ways they enjoy.

Create healthy screen habits.

Set reasonable limits on screen time, and avoid screens close to bedtime when possible.

Support responsive eating.

Encourage children to eat when they are hungry and stop when they feel full. Avoid using food as a reward or punishment.

Prioritize sleep.

Help your child keep a consistent bedtime routine and get enough rest each night.

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For more information, call **1-855-445-1920** (TTY 711) or visit **PAWellKids.com**.

Dental Health Timeline

Kids go through many dental changes as they grow, from baby teeth to adult teeth. Seeing a dentist twice a year helps make sure your child's teeth are healthy as they grow and change. See the timeline below.

● Infants & Toddlers (Ages 0–3)

- **Before Teeth (0–6 months)**
Even before teeth come in, you should clean your baby's gums. After feedings, gently wipe the gums with a soft, damp cloth.
- **First Tooth (6–10 months)**
The first baby tooth usually comes in on the bottom front. Brush twice a day with a soft brush and a tiny smear of fluoride toothpaste (about the size of a grain of rice).
- **First Dental Visit (By Age 1)**
Your child should see a dentist within 6 months after their first tooth appears, or by their first birthday.
- **Full Set of Baby Teeth (By Age 3)**
By age 3, most children have all 20 baby teeth. You can now use a pea-sized amount of fluoride toothpaste.

● Childhood (Ages 6–12)

- **Losing Baby Teeth (Ages 6–7)**
Kids start losing baby teeth, usually beginning with the front teeth on the bottom.
- **Mixed Teeth Stage (Ages 8–12)**
Kids will have both baby teeth and adult teeth at the same time as more adult teeth come in.



● Adolescence (Ages 12–19)

- **Most Adult Teeth In (Ages 12–13)**
By this age, most adult teeth are in place, except for wisdom teeth.
- **Braces (Ages 10–14)**
An orthodontist can check teeth and bite. Braces are often started during these years to straighten teeth if needed.
- **Wisdom Teeth (Ages 17–19)**
Wisdom teeth may start to come in. Dentists check to make sure they are growing the right way and not causing problems.

Consult your child's dentist before making decisions about their oral health, treatments, or introducing new products. If you have questions, call us at 1-855-445-1920 (TTY 711).



Benefits of Reading Together

Research shows that reading regularly to young children is important to their overall growth and development.



The benefits of reading include:

- Quality time between parents and children.
- Encourages successful learning later in life.
- Improves language and speech development.

Pick what you both enjoy.

- Look for books you both love.
- Ask friends, teachers, or librarians.
- Look for award-winning books.
- Check book reviews.
- Have your children pick out their own books.

Get your child involved.

- Point out objects in the pictures as you read.
- Look for activity books.
- Have your child help turn the pages.
- As you read, point to the words with your finger.

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Need some reading inspiration to find something you and your child will enjoy?
Visit your local library for a great selection of books!



Get the Most from Your Child's Coverage

With WellKids by PA Health & Wellness (WellKids), you have access to health coverage that helps your child stay healthy, grow strong, and get the services they need. WellKids offers great medical care and important benefits – make sure to use all your benefits to make the most of your child's coverage.

Use Your Member Benefits

Start with Preventive Care

Regular checkups are one of the best ways to keep your child healthy. We cover routine wellness visits, immunizations, screenings, and annual physicals to help catch concerns early.

Medical

- Well-visits for routine care, like checkups and immunizations
- Doctor visits when your child gets sick
- Behavioral health and substance abuse services
- Emergency room, urgent care and hospital care
- Nutritional and tobacco cessation counseling
- Physical, occupational, speech therapy
- And More

Vision

- Eye exams
- Corrective lenses

Dental

- Dental services including routine check-ups and more
- Orthodontia services (*braces, not for cosmetic reasons and only when medically necessary*)

Pharmacy

- Prescriptions and some over-the-counter medications.
- Must use participating pharmacies to fill prescriptions.

HERE
FOR YOUR
HEALTH



WellKids is here for your kids with quality, comprehensive health insurance coverage.



If you have questions, call 1-855-445-1920 (TTY 711). To see a full list of member benefits scan the QR code or visit the website at:

PAHealthWellness.com/members/chip/benefits.html



Stay Connected & Informed

with Our Health Insurance Portal App



Search for Care

Find doctors and urgent care near you, change your child's primary care doctor and more.



Access your Child's ID Card

Open your child's digital member ID card in the app or save it to your smartphone wallet.



View Your Child's Benefits

See the benefits and services available.



Take a Health Quiz

Let us know your child's health needs.



Get Started Today!

1

Download the App:

Search "Health Insurance Portal" in the App Store or Google Play.

2

Select Pennsylvania:

In the drop down menu, select "Pennsylvania."

3

Log In: Use your member portal login or create an account to get started.



App Store



Google Play



For more information, call
1-855-445-1920 (TTY 711)
or visit **PAWellKids.com**.

Statement of Non-Discrimination

PA Health & Wellness complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation. PA Health & Wellness does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

PA Health & Wellness:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages
 - If you need these services, contact PA Health & Wellness at 1-855-445-1920 (TTY 711).

If you believe that PA Health & Wellness has failed to provide these services or discriminated in another way on the basis of race, color, creed, sex, religion, age, national origin, ancestry, marital status, sexual orientation, gender identity, language, MA status, income, status, program participation, health status, disease or pre-existing condition, anticipated need for healthcare or physical or mental handicap, you can file a grievance with:

1557 Coordinator

PA Health & Wellness
1700 Bent Creek Blvd. Ste. 200
Mechanicsburg, PA 17050
(833) 236-9679 (TTY 711)
Fax: 844-747-0599
CHIPComplaintsandGrievances@PAHealthWellness.com

The Bureau of Equal Opportunity

Room 223, Health and Welfare Building
P.O. Box 2675
Harrisburg, PA 17105-2675
Phone: (717) 787-1127, TTY/PA Relay 711
Fax: (717) 772-4366
Email: RA-PWBEOAO@pa.gov

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 1557 Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail, phone, or email at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW.
Room 509F, HHH Building,
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)
OCRMail@hhs.gov

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>.

This notice is available at PA Health & Wellness website:

<https://www.pahealthwellness.com/members/chip/member-resources/nondiscrimination-notice.html>

Your managed care plan may not cover all your health care expenses. Read your Member handbook carefully to determine which health care services are covered. Call 1-855-445-1920 (TTY: 711).

ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-855-445-1920 (TTY: 711) or speak to your provider.

Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-855-445-1920 (TTY: 711) o hable con su proveedor.

Chinese; Mandarin

注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 1-855-445-1920（文本电话：711）或咨询您的服务提供商。

Nepali

सावधान: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि निःशुल्क भाषिक सहायता सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायता र सेवाहरू पनि निःशुल्क उपलब्ध छन्। 1-855-445-1920 (TTY: 711) मा फोन गर्नुहोस् वा आफ्नो प्रदायकसँग कुरा गर्नुहोस्।

Russian

ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-855-445-1920 (TTY: 711) или обратитесь к своему поставщику услуг.

Arabic

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 1-855-445-1920 (TTY: 711) أو تحدث إلى مقدم الخدمة.

Haitian Creole

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd aladispozisyon w gratis pou lang ou pale a. Èd ak sèvis siplemantè apwopriye pou bay enfòmasyon nan fòm aksesib yo disponib gratis tou. Rele nan 1-855-445-1920 (TTY: 711) founisè w la.

LANGUAGE ASSISTANCE CONTINUED...

Vietnamese

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-855-445-1920 (Người khuyết tật: (TTY: 711) hoặc trao đổi với người cung cấp dịch vụ của bạn.

Ukrainian

УВАГА: Якщо ви розмовляєте українською мовою, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-855-445-1920 (TTY: 711) або зверніться до свого постачальника».

Chinese; Cantonese

注意：如果您說 中文，我們可以為您提供免費語言協助服務。也可以免費提供適當的輔助工具與服務，以無障礙格式提供資訊。請致電 1-855-445-1920 (TTY: 711) 或與您的提供者討論。

Portuguese

ATENÇÃO: Se você fala Português, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares apropriados para fornecer informações em formatos acessíveis também estão disponíveis gratuitamente. Ligue para 1-855-445-1920 (TTY: 711) ou fale com seu provedor.

Bengali

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 1-855-445-1920 (TTY: 711) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

French

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-855-445-1920 (TTY: 711) ou parlez à votre fournisseur.

Cambodian

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយ ភាសាខ្មែរ សេវាកម្មជំនួយភាសា ឥតគិតថ្លៃគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដ៏សមរម្យ ក្នុងការផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើប្រាស់បាន ក៏អាចរកបាន ដោយឥតគិតថ្លៃផងដែរ។ ហៅទូរសព្ទទៅ 1-855-445-1920 (TTY: 711) ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

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LANGUAGE ASSISTANCE CONTINUED...

Korean

주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 1-855-445-1920 (TTY: 711) 번으로 전화하거나 서비스 제공업체에 문의하십시오.

Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઓફિસિલરી સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 1-855-445-1920 (TTY: 711) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.

Premium Payments

Visit the link below to pay your premium. Please call us at **1-855-445-1920 (TTY: 711)** if you have any questions.

<https://www.pahealthwellness.com/members/chip.html>

Reporting Fraud, Waste, and Abuse

If you suspect fraud, waste, or abuse in the healthcare system, you should report it to someone who can investigate it.* Your actions may help to improve the healthcare system and reduce costs for our Members, customers, and business partners. You can report suspected fraud, waste, or abuse in one of these ways:

PA Health & Wellness Anonymous and Confidential Hotline

1-866-685-8664

Pennsylvania Office of Inspector General

1-855-FRAUD-PA (1-855-372-8372)

Pennsylvania Bureau of Program Integrity

1-866-379-8477

Pennsylvania Department of Human Services

1-844-DHS-TIPS (1-844-347-8477)

Mail: Office of Inspector General

555 Walnut Street, 7th Floor, Harrisburg, PA 17101

Mail: Department of Human Services

Office of Administration, Bureau of Program Integrity,

P.O. Box 2675, Harrisburg, PA 17105-2675



Send Your Feedback!

Want to give a compliment or tell us how we can improve? Scan the QR code or visit the link below, then complete the form:

<https://www.pahealthwellness.com/contact-us.html>



Find us on Facebook & LinkedIn



@PA Health & Wellness

* You may remain anonymous if you prefer. All information received or discovered by the Special Investigations Unit (SIU) will be treated as confidential, and the results of investigations will be discussed only with persons having a legitimate reason to receive the information (e.g., state and federal authorities, corporate law department, market medical directors or senior management).



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1700 Bent Creek Blvd.
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Mechanicsburg, PA 17050

Health and Wellness or
Prevention Information



WHOLE you

2026 | Q3 BULLETIN



A newsletter from WellKids by PA Health & Wellness. Your healthy source for living well.

INCLUDING THESE TOPICS AND MORE: Juvenile Arthritis | Back to School Germs
Obesity in Children: How Parents Can Help | Dental Health Timeline | Benefits of Reading Together
Get the Most from Your Child's Coverage | Stay Connected & Informed with Our App