



THE HSC HEALTH CARE SYSTEM
Health Services for Children
with Special Needs, Inc.

Health Connection

Spring 2023

HSCSN's Newsletter for Families with Children and Young Adults with Special Health Care Needs

Kids Are Falling Behind on Vaccines

Many vaccines are recommended for children in the first 2 years of life. Some children fall behind and need to catch up. Other vaccines are due between 4 and 6 years of age. Some are required to attend school.

Many kids fell behind on vaccines during the COVID-19 pandemic. When kids do not get their vaccines, they are less protected against diseases. These include measles and whooping cough.

Make sure your child is up to date. Compare their vaccine record against the recommended schedule for their age. Also check to see what their school requires. If you need help, reach out to your child's primary care provider or school. You can find vaccine schedules at [cdc.gov/vaccines/schedules/easy-to-read](https://www.cdc.gov/vaccines/schedules/easy-to-read).

Work with your child's provider to catch up on any missed vaccines. Schedule your child's next annual

well-visit. Make sure you attend. This will help you stay on track with their vaccines moving forward. They will also get important screenings and other care at these visits.

If you have questions or concerns between visits, call the provider's office. If your child does not have a provider, you can find one at [hscsnhealthplan.org](https://www.hscsnhealthplan.org).

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Spring Cleaning Cuts Asthma Triggers

Spring cleaning freshens up your home after a long winter inside. Clearing out dust mites and mold removes common asthma triggers. This can cut down on asthma attacks.

To fight dust mites:

- Use a damp rag or mop to clean.
- Pick a vacuum with a HEPA filter.
- Wash sheets and blankets in hot water once a week.

To fight indoor mold:

- Scrub mold off hard surfaces with scent-free detergent and water. Then dry. Do not use bleach—it kills mold, but dead mold is still a trigger.
- Use dehumidifiers or air conditioners to reduce moisture in the air. This can help control mold growth.

- Stay out of the room for a while after using a cleaner.
- Avoid products that have scent.
- Wear goggles, gloves, and a mask while cleaning.

Learn more about managing your asthma at hscsnhealthplan.org/enrollees/health-education.

To reduce contact with harmful chemicals in cleaning products:

- Open doors and windows while you work. Run an exhaust fan if you can.

HSCSN Compliance and Fraud Contact Information

HSCSN cares about making sure you have access to health care services. We would like to remind you that fraud is a serious matter. To tell us about your compliance and fraud concerns, you can:

- Email compliance@hschealth.org.
- Call the HSCSN Grievances, Appeals, and Compliance Hotline at **202-495-7582**.

You can also report compliance concerns and problems to:

- Your Care Manager
- Customer Care
- HSCSN Compliance Director Jason Pounds at JPounds@hschealth.org

If you have questions, call Customer Care at **202-467-2737**.



Why You Need Primary Care Visits

When was the last time you saw your primary care provider? A well-visit can help you stay healthy. Plus, it lets you:

- Keep your health records up-to-date
- Follow up on issues and chronic conditions
- Screen for problems
- Evaluate a child's development
- Coordinate care and referrals for other services

You can find a list of providers at hscsnhealthplan.org.

How Exercise Helps Children with Autism

Being active helps all kids stay healthy and fit. But exercise offers even more for kids with Autism Spectrum Disorder (ASD).

Helpful Movement

Many kids with ASD repeat certain motions. They might flap their hands, rock from side to side, or spin in circles. These actions can get in the way of learning and connecting with others.

Exercise may help ease such behaviors. In one small study, this happened when the exercise was like the repetitive behavior. Tapping a ball reduced hand-flapping. Jogging reduced body-rocking. One theory is that exercise gave the children the sensory stimulation they craved. So, they felt less need for the behavior afterward.

Other research shows that exercise may help children with ASD:

- Improve motor skills
- Develop social skills
- Focus more at school
- Build confidence

Exercising at Home

Want to help your child with ASD get more physical activity? Make it a regular part of their weekly routine. Set times for exercise.

Keep each session short. Even just five to 10 minutes can be helpful.

Ask your child's health care provider or gym teacher for ideas on what to do. Print out pictures of those activities to help your child learn them. Or turn on a fitness video game. But do not worry if your child's form is not perfect. If your child is being safe, focus on having fun.

Youth Athletic Program

Keep your child active on weekends. Sign them up for HSCSN's Youth Athletic Program. We offer team sports on Saturdays for youth and young adults ages 5–26.

- Basketball
- Bowling
- Flag football
- Tennis
- Soccer
- Volleyball
- Lacrosse
- Strength exercise

To learn more, call the HSCSN Wellness Center at **202-580-6485** or visit **hscsnhealthplan.org**. For accommodations, call **202-467-2737**.



Keep Your Benefits Call Today!

Are you going to lose Medicaid eligibility this month? If you lose eligibility, you will not be able to:

- Take your child to the doctor
- Get medicine your child needs
- Use transportation services

HSCSN can help enrollees recertify to keep their benefits. Call us Monday through Friday between 8:00 a.m. and 5:00 p.m. at **202-467-2737**.



THE HSC HEALTH CARE SYSTEM

Health Services for Children
with Special Needs, Inc.

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For more information, visit
hscsnhealthplan.org.

For reasonable accommodations,
please call **202-467-2737**.

Good News About COVID-19 Vaccines and Kids

Just like for grown-ups, COVID-19 vaccines help protect children from catching the disease. Children 6 months and older can receive the Pfizer-BioNTech vaccine or the Moderna vaccine.

If vaccinated kids get sick, it is less likely to be severe. After their vaccines, you can feel safer sending them to school, sports, or other group gatherings.

Children who have already had COVID-19 should still get vaccines. Talk with your child's health care provider about the best timing.

Kids can receive their COVID-19 vaccines at the same time as other vaccines. They will just be given in different parts of the body.

Tell the provider if your child has allergies. If you have questions or concerns about vaccines, ask your child's primary care provider. They can help with other questions about COVID-19, too. Together, you can discuss ways to keep your child safe.



Are you aware of changes to your respite care benefits?
Please check our website today for more information:
hscsnhealthplan.org/enrollees/respite-care.

For more information visit www.hscsnhealthplan.org.
For reasonable accommodations please call (202) 467-2737.

If you do not speak and/or read English, please call (202) 467-2737 between 7:00 a.m. and 5:30 p.m. A representative will assist you. [English](#).

Si no habla o lee inglés, llame al (202) 467-2737 entre las 7:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle. [Spanish](#).

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Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi (202) 467-2737 từ 7 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. [Vietnamese](#).

如果您不能講和/或不能閱讀英語，請在上午 7:00 到下午 5:30 之間給 (202) 467-2737 打電話，我們會有代表幫助您。 [Traditional Chinese](#).

영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 7시 00분에서 오후 5시 30분 사이에 (202) 467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다. [Korean](#).

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler (202) 467-2737 entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. [French](#).