

# KYNECT is BACK

And we brought backup: [https://kynect.ky.gov/s/?language=en\\_US](https://kynect.ky.gov/s/?language=en_US)

Learn about our expanded range of resources and benefits.

**Whatever your situation or need, there's a way to KYNECT.**

Good news: kynect is back. Even better news: there's more than ever before. Our expanded mission is designed to be your one-stop shop for a whole range of benefits and resources, all designed to keep your family safe, healthy and happy. Find out all that kynect can help you do by answering a few quick questions. As always, kynect is a program of the Kentucky Cabinet for Health and Family Services.

## Health Coverage

### Whatever your situation or need, there's a way to kynect.

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Health Coverage	Benefits	Resources
<a href="#">Medicaid &amp; Children's Coverage</a> >	Programs covering food assistance (SNAP), Medicaid, child care assistance, financial aid for children and caregivers (KTAP) and much more.	Local help with food, transportation, housing, employment, finances, physical and mental health are closer than you think.
<a href="#">Premium Assistance (KI-HIPP)</a> >		
<a href="#">Qualified Health Plans under KHBE</a> >		
<a href="#">COVID-19 Time-Limited Coverage</a> >		
<a href="#">Find kynectors to guide you to the right plan</a> >	<a href="#">Apply for all programs</a> —>	<a href="#">Get Help</a> —>

**You've got questions?  
We've got answers.**

Our friendly, helpful experts are here to guide you through the process of finding the coverage and programs best suited to you and your family. They're as close as your phone. Go ahead, it's good to talk.

**1-855-306-8959**



# KY WIC Program

Special Supplemental Nutrition Program for Women, Infants, and Children, also known as WIC, is a program that is designed to help low-income pregnant, postpartum, and breastfeeding women, infants, and children 5 years old or younger who are at nutritional risk. The Kentucky WIC program accomplishes this by providing nutritious foods to supplement diets, information that can help provide healthy eating options including breastfeeding, and referrals to health care. If you are looking to know how to apply for WIC in Kentucky, then read the information provided below.

## How To Apply for Kentucky WIC Benefits

Contact the WIC Program or local health department at 502-564-3827, for out of state call 800-462-6122 or TTY 800-648-6056. You will be asked to provide proper ID, proof of residence and information about your household income to help determine if you meet program guidelines. Most applicants are eligible for WIC who receive KTAP, food stamps or Medicaid, or:

- Are pregnant or have a pregnant woman or infant in the family who receives Medicaid, or
- Have a member of your family who receives KTAP, or
- Have a household income at or less than 185 percent of poverty.

Successful applicants will be given a simple health and diet screening to assess nutritional or health needs. WIC income guidelines.

## Effective July 2022 through June 30, 2023

Family Size	Annual \$	*Monthly \$	Twice-Monthly \$	Bi-Weekly \$	*Weekly \$
1	25,142	2,096	1,048	967	484
2	33,847	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Each child > 8	+ 8,732	+728	+ 364	+ 336	+ 168

# ORAL HEALTH

*Tips for Families from the National Center on Early Childhood Health and Wellness*

## You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

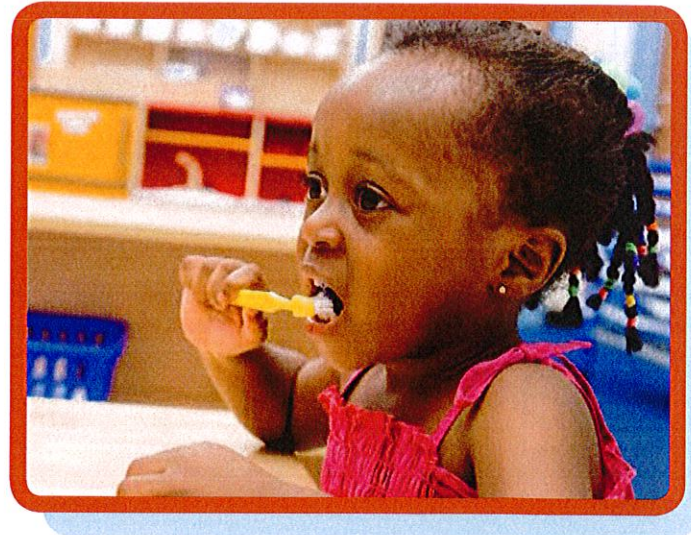
### Why Is It Important?

*When Children Have a Healthy Mouth, They:*

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

*Having a Healthy Mouth Also Means:*

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



## Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



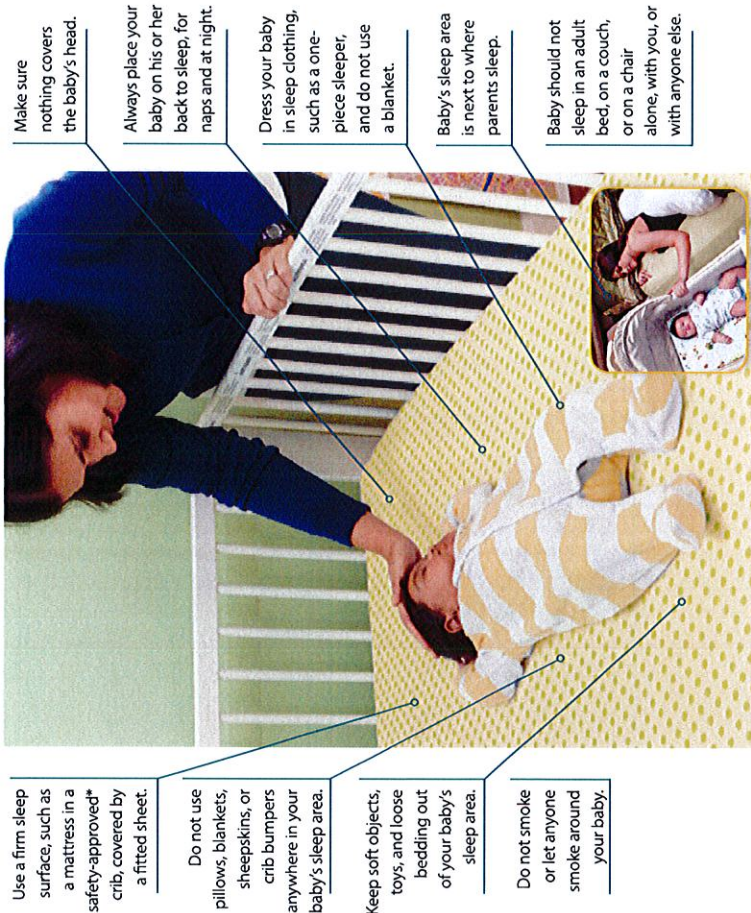
ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness

# What Does a Safe Sleep Environment Look Like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



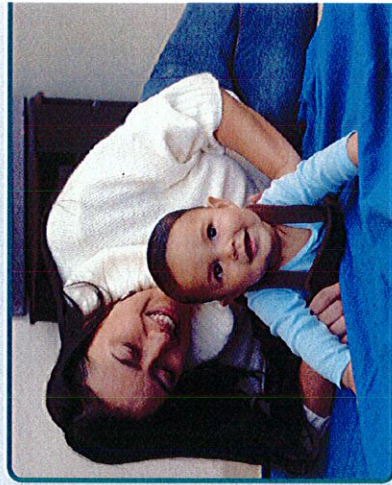
Eunice Kennedy Shriver National Institute of Child Health and Human Development



# Safe Sleep For Your Baby



- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Room sharing—keeping baby's sleep area in the same room where you sleep—reduces the risk of SIDS and other sleep-related causes of infant death.
- Keep soft objects, toys, crib bumpers, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
  - Get regular health care during pregnancy, and
  - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.



## Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

\* For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.

For more information about SIDS and the Safe to Sleep® campaign:  
 Mail: 31 Center Drive, 312A32, Bethesda, MD 20892-2425  
 Phone: 1-800-505-CRIB (2742)  
 Fax: 1-866-760-5947  
 Website: <http://saferosleep.nih.gov>  
 NIH Pub. No. 12-5759  
 August 2014

Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.



Eunice Kennedy Shriver National Institute of Child Health and Human Development

# LEAD poisoning Know the Facts

Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.

## FACT Lead can cause learning and behavior problems.

Lead poisoning hurts the brain and nervous system. Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- Slow down growth and development
- Damage hearing and speech
- Make it hard to pay attention and learn

## FACT Most children get lead poisoning from paint in homes built before 1978.

When old paint cracks and peels, it makes dangerous dust. The dust is so small, you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

## FACT A lead test is the only way to know if your child has lead poisoning.

Most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead.

# Protect Your Family

## 1. Test your home for lead.

- If you live in a home built before 1978, have your home inspected by a licensed lead inspector.
- Contact your local health department for more information.

Sometimes lead comes from things other than paint in your home, such as:

- Candy, toys, glazed pottery, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

## 2. Keep children away from lead paint and dust.

- Use wet paper towels to clean up lead dust. Be sure to clean around windows, play areas, and floors.
- Wash hands and toys often, especially before eating and sleeping. Use soap and water.
- Use contact paper or duct tape to cover chipping or peeling paint.

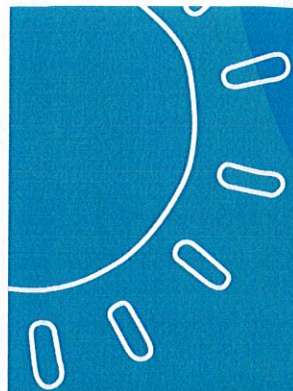
## 3. Renovate safely.

Home repairs like sanding or scraping paint can make dangerous dust.

- Keep children and pregnant women away from the work area.
- Make sure you and/or any workers are trained in lead-safe work practices.
- Home repairs like sanding or scraping paint can make dangerous dust.

Contact us for more information:

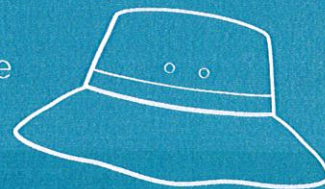




# A healthy and safe summer starts by following these skin safety tips:

1

**Shade:** UV rays are strongest and most harmful during midday, so use this time for indoor play.



2

**Protect Head to Toe:** Wear a wide brimmed hat to provide a shield by casting a shadow around the face, including ears, eyes and neck

3

**Sunglasses:** Look for sunglasses that wrap around and block as close to 100% of UVA and UBA rays as possible.

4

**Sunscreen:** Use SPF of 30 or greater. Reapply every three hours or after prolonged exposure to water.



5

**Monitor your moles:** Perform a full body skin exam at home at least once a month in order to stay aware of any changes in your moles.





## Tobacco Cessation Services

### Fact Sheet

The single most important thing that you can do for your health and the health of others is to quit using tobacco.

Quit Now Kentucky is a FREE tobacco cessation service to help Kentuckians quit smoking or using tobacco products. Quit Now Kentucky features proactive telephone coaching, web-based services, and text messaging. Many people who use tobacco want to quit. By using Quit Now Kentucky, participants are one step closer to becoming tobacco free.

Kentuckians who want to stop using tobacco or are concerned about a family member or friend's tobacco use can call **1-800-QUIT NOW** (1-800-784-8669) from 8 am to 1 am EST (7 am to 12 midnight CST) Monday through Sunday or log on to [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org) for resources to prepare to quit. All cessation services are offered in English or Spanish at the point of contact. Counseling in other languages is available free through a third party translation service. Deaf and hard-of-hearing services are also available.

You receive FREE:

- Support and advice from an experienced quit coach
- A personalized quit program with self-help materials
- The latest information about medications that can help you quit
- Online resources (websites, interactive sites)
- eCoach mobile app
- Text messaging and other smart phone applications
- Social support available online
- Referral to additional Kentucky cessation resources
- Pregnancy/postpartum program

DOES IT WORK? YES.

Participants who use Quit Now Kentucky will receive one intake call, a quit kit, up to 5 scheduled coaching calls (9 for pregnant smokers), and unlimited inbound calls as part of their quit attempt. Quit Now Kentucky serves all Kentuckians 15 years of age and older without parental consent regardless of tobacco use.

FOUR GOOD REASONS TO CALL IT QUIT:

- Your Family – Live a healthier, longer life and watch your family grow.
- Your Health – Tobacco use can cause cancer, heart disease, chronic bronchitis, emphysema, asthma attacks, and poor birth outcomes if pregnant – just to name a few.
- Your Child's Health – SIDS, ear infections, asthma, and bronchitis from exposure to secondhand smoke.
- Tobacco use is costly – The average smoker spends \$500 to \$3,000 a year on cigarettes.

Take control of your tobacco dependence and Quit Now Kentucky.

There's no such thing as a

**NO SMOKING**

**section**

***No Amount of secondhand smoke is safe!***

**Here are some unexpected ways you may breathe secondhand smoke every day:**

- Sitting in the "no smoking" section, even if it doesn't smell smoky
- Riding in a car while someone else is smoking, even if a window is open
- Being in a house where people are smoking, even if you're in another room
- Working in any restaurant, warehouse, or building that allows smoking inside, even if there is a filter or ventilation system

**Secondhand smoke**

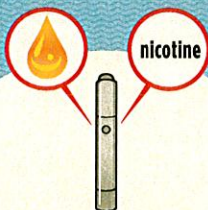
**It hurts you. It doesn't take much. It doesn't take long.**



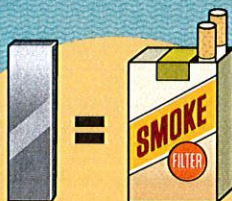
# FACT: VAPING HARMS

# YOUR HEALTH

Five reasons why it's bad for you



Most e-cigarettes contain nicotine, the same highly addictive chemical in regular cigarettes.



One Juul pod has as much nicotine as a pack of cigarettes.



Teens are at greater risk for addiction to nicotine because their brains are still developing.



Kids who vape are more likely to start smoking cigarettes.



Some e-cigarettes contain chemicals, such as formaldehyde, that can cause cancer.