



## Wyoming Healthy Together Program

Help - When you need it.  
1-888-545-1710

The Wyoming Healthy Together Program provides information to help you stay as healthy as possible through education, support and local resources.



Wyoming  
Department  
of Health

Commit to your health.

## Welcome to the Wyoming Healthy Together health management program!

This program provides information to help you stay as healthy as possible through education, support and local resources. This is a benefit for all Wyoming Medicaid clients.

Your Health Coach is a registered nurse who wants to help you make smart health choices. Your Health Coach can provide you with tips on how to improve your health with diet, exercise, medication management and more.

### How do you get started?

Call 1-888-545-1710 to talk with a nurse who will ask you a few questions and get on your way to a healthier you.

You can call your Health Coach if you are not sure if you should go to the doctor or the emergency room.

### What should I do?

- Emergency Room?
- Urgent Care Center?
- You Are Not Alone.
- A few minutes is all it takes to get help.
- Talk to a nurse who will help you decide what to do next...

### Wyoming Healthy Together

**A benefit for Medicaid clients. Talk to a nurse any time you have a question. Help— when you need it. 1-888-545-1710 [www.wyhealthytogether.com](http://www.wyhealthytogether.com)**

## Welcome to the Healthy Additions Program!

A full-term pregnancy and healthy baby are the goals of every mom-to-be! To help you have a healthy pregnancy, you may participate in a program called Healthy Together, Healthy Additions. It is offered by the Wyoming Department of Health to Wyoming Medicaid clients.

**Healthy Together, Healthy Additions** will help you by providing:

- A Nurse Health Coach who can talk with you about your health and answer questions about your pregnancy. The Health Coach will also work with you and your doctor or healthcare professional to make sure you are getting the care you need.
- Educational materials that explain what to expect during your pregnancy, after your baby's birth, and how to stay healthy.
- Help to identify resources in your area that can assist you in having a healthy baby.
- A toll-free number (1-888-545-1710) you can call 24-hours a day to talk to a nurse if you have concerns about your health.
- Healthy Additions does NOT replace any of the healthcare services you are currently receiving from your doctor or other health care provider.

If you are pregnant, a member of Wyoming Medicaid, interested in this benefit and would like more information, feel free to call our toll-free phone number anytime at **1-888-545-1710** and ask to speak with a **Healthy Additions** Health Coach.

## Helpful Community Resources for Pregnant Women

► **Women Infants and Children (WIC) information:** Nutritional support for you and your baby. To locate a WIC program near you, please call: **1-800-994-4769** or online at: <http://wdh.state.wy.us/familyhealth/wic/index.html>

► **Maternal Family Health:** A Section of your community Public Health Nursing focused on your maternal health. Some programs and partnerships include:

- Best Beginnings
- Nurse-Family Partnership
- Maternal High Risk
- Newborn Intensive Care
- Reproductive Health
- Safe Kids of Wyoming
- Children's Special Health
- Genetic Counseling Services
- Newborn Metabolic Screening Program

For more information or to find a Public Health Nursing office in your area, call: **307-777-6921** or toll-free **1-800-438-5795** or go online at: <http://wdh.state.wy.us/familyhealth/nursing/index.html>

► **Healthy Together website:** Provides educational support as well as other community resources. [www.wyhealthtogether.com](http://www.wyhealthtogether.com)

## Help – When you need it

**If you are sick, hurt, pregnant, or want to talk to a nurse:**

- Vomiting, cramps or other pains
- Your child or baby has a fever
- Flu, fever and colds
- Scrapes, cuts and burns
- Understanding what a doctor told you

**Or help you decide when to:**

- Care for yourself at home
- Call a doctor
- Call 9-1-1 or go to the emergency room

**Always call 9-1-1 if you think the situation might be life threatening.**

¿Habla Español?

Hable con un enfermero al **1-888-545-1710**

There is a 24/7 nurse support line available for all Medicaid clients. Call **1-888-545-1710**.



## All Wyoming Medicaid clients have access to the Health Library.

Go to: <http://wyhealthytogether.com/en/clients-patients/knowledgebase.aspx>



Please remember that the WY Healthy Together Program does not provide medical treatment, but can help you understand your condition and help you reach your goals. You should always talk to your doctor with questions or concerns that you have about your health or any treatment.

### The Wyoming Healthy Together Program's Client Rights and Responsibilities

- Allows clients to be involved in self-care
- Empowers the prevention of disease complications
- Identifies individuals with certain conditions
- Supports the physician/patient relationship

As a Wyoming Medicaid client you are enrolled in a no-cost program offered by the Wyoming Department of Health, Office of Healthcare Financing. This program will help you with your healthcare needs and support you in having the best health possible. A nurse Health Coach will work with you to achieve these goals.

It is important for you to know your rights while participating in this program.

#### I have the right to:

1. Get information about Healthy Together program services.
2. Get the names and contact information of Healthy Together program staff that I talk to. I can also ask to talk to their supervisors.
3. Privacy of my healthcare information. The Healthy Together program will only use my records for helping me. The Healthy Together program can only release my records in accordance with State and Federal laws.
4. Be treated with dignity and respect.
5. Be treated as an individual.
6. Get service regardless of my:
  - Race
  - Ethnicity
  - National Origin
  - Gender
  - Marital Status
  - Sexual Preference
  - Age
  - Disability
  - Or any other legal protected status
7. Be involved in making decisions about my health, as allowed by law, a family or guardian can represent me.
8. Speak with the Healthy Together program in my own language. If needed, the Healthy Together program will get me a translator for free.
9. Be told the rules, limits and reasons for participating in a Disease Management program.
10. Be informed of the process used to select people for the programs. This includes all clinical and non-clinical decisions.
11. Choose not to be in the Healthy Together program. If participating, I can quit at any time.
12. Have an honest talk about all program services that might help me.
13. Be informed of future health benefits from the Healthy Together program.
14. Be informed of preventative health programs.
15. Upon request, get a copy of my Healthy Together program goals.
16. Know if my Healthy Together program changes or ends.
17. Complain about Healthy Together program policies, including my rights and responsibilities, and to state my opinion without fear of punishment.

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