



Lead Screenings

Protect your family with lead screenings

Lead screenings are important to keep you and your family healthy. Lead poisoning can affect just about every system in the body. The good news is that it's preventable. Here are facts that can help you keep your children safe:

- Children can get lead in their bodies by breathing or swallowing lead dust. They can also get it from soil, paint chips or water contaminated with lead.
- Removing lead-based paint improperly can increase the danger to your family.

Why your children need to get screened

Even children who seem healthy can have high levels of lead in their bodies. It's very important to have your child tested for lead before his or her second birthday. Exposure to lead, a toxic metal, can be dangerous. Children have a higher risk for lead poisoning than adults. Their bodies take in more lead than adults' bodies. They also come into contact with lead more often, sometimes by touching lead-based things then putting their hands in their mouths.

Lead screenings are a covered benefit of Blue Cross Complete of Michigan. To find a doctor near you, visit our *Find a Doctor* page on mibluccrosscomplete.com.

Lead is also harmful to adults

Some effects that adults may experience include:

- Problems during pregnancy
- Reproductive problems in both men and women
- Anemia
- Kidney damage
- High blood pressure
- Digestive problems
- Nerve disorders
- Memory and concentration problems
- Muscle and joint pain

High levels of lead may also cause seizures, coma and death. The symptoms of lead poisoning may look like other medical problems or conditions. Talk with your doctor for a diagnosis.

To learn more about lead screenings and ways to protect your family, visit mibluccrosscomplete.com, hover over *Resources*, then select *Lead Screenings*.



Important numbers

24-Hour Nurse Help Line

1-888-288-1724 (TTY: 1-888-987-5832)

24 hours a day, seven days a week

Bright Start®

1-888-288-1722, option 2 (TTY: 1-888-987-5832)

8 a.m. to 4:30 p.m. Monday through Friday

Customer Service

1-800-228-8554 (TTY: 1-888-987-5832)

24 hours a day, seven days a week

Dental Customer Service

(For Healthy Michigan Plan and pregnant members)

1-844-320-8465 (TTY: 711)

9 a.m. to 5 p.m. Monday through Friday

Healthy Kids Dental — BCBSM

1-800-936-0935 (TTY: 711)

8 a.m. to 5 p.m. Monday through Friday

Healthy Kids Dental — Delta Dental

1-866-696-7441 (TTY: 711)

8 a.m. to 8 p.m. Monday through Friday

Fraud, Waste and Abuse

1-855-232-7640 (TTY: 711)

Pharmacy Customer Service

1-888-288-3231 (TTY: 1-888-988-0071)

8:30 a.m. to 6 p.m. Monday through Friday

Tobacco Quit Program

1-800-480-7848 (TTY: 1-888-229-2182)

8 a.m. to 1 p.m., seven days a week

Transportation

1-888-803-4947 (TTY: 711)

8 a.m. to 5:30 p.m. Monday through Friday

We can get you there

If you need a ride to and from covered medical services, call Transportation Services at 1-888-803-4947. TTY users should call 711. To schedule a ride online, visit mibluccrosscomplete.com, hover over *Member Benefits*, then select *Transportation*.

Helpful resources



Your online account

Managing your health is as easy as going online. Visit mibluccrosscomplete.com and log in to your Blue Cross Complete online account. There you can:

- Find your health history
- See a list of your current medicines
- Get the contact information of your primary care doctor
- Request a member ID card
- And more



Blue Cross Complete mobile app

Find your health information anytime, anywhere on our mobile app. It's available for iPhone and Android smartphones. Visit Google Play™ or the App Store® to download.* It's free. Simply type "**BCCMI**" in the search bar.

**Google Play is a trademark of Google LLC. App Store is a service mark of Apple Inc. registered in the U.S. and other countries.*



Blue Cross Complete of Michigan LLC is an independent licensee of the Blue Cross and Blue Shield Association.

