

WHOLE you



2022 Spring Bulletin

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Your healthy source for living well.

Welcome to another edition of Whole You, a newsletter from Children's Medical Services (CMS) Health Plan, operated by Sunshine Health.

We look forward to sharing the important information in this issue with you. It is filled with great advice that can help you and your child stay safe this summer. We have tips on sun protection and managing allergies, as well as a list of ways to make outdoor play more fun. Plus, there's a quick and easy salad recipe that's perfect for fresh fruits.



Don't forget, benefit renewal is starting soon. Make sure the Florida Department of Children and Families or Florida KidCare has your correct contact information so your child can keep their coverage. You can check your contact information with DCF at myflorida.com/accessflorida or by calling 1-850-300-323 (TTY 1-800-955-8771). You can check your contact information with Florida KidCare at healthykids.org/renew or by calling 1-800-821-5437.

In case you missed it, check out [our last issue \(PDF\)](#). It's filled with great info on kicking old habits, starting healthy new ones, and more.

We hope you enjoy this issue!



Need Help? Check Our Database



Do you need help finding a job, housing or childcare? That and more is just a few clicks away.

The online **CMS Health Plan Community Resource Database** makes it easy to access free and reduced-cost programs and services in your area. The tool connects CMS Health Plan members and their caregivers to community-based organizations that offer different types of support.

Finding help is easy. All you have to do is visit [CommunityResources.SunshineHealth.com](https://www.sunshinehealth.com/communityresources) to search our network of more than 5,000 partners throughout Florida.

Just enter your ZIP code. Then you can search for help with these topics:

- Food
- Goods
- Health
- Care
- Work
- Housing
- Transit
- Money
- Education
- Legal

Keep Tabs on Your Child's ADHD Medication

Have you been told your child has attention deficit hyperactivity disorder, also known as ADHD? If they're taking medication for it, it's important to make sure you follow up with regular doctor's appointments. That way, the doctor can see if the medicine is right for your child or if they need something different.



Your child's first follow-up appointment should happen within **30 days** after they start taking the medication. They should return to the doctor's office after **seven months**, then again after **nine months**. Note that some doctors may require more frequent appointments.

These appointments will allow your child's doctor to ask questions about how your child is feeling on the medication. They can make changes if needed. You can also ask any questions you have about the medication and how it is affecting your child.

Managing ADHD and ADHD medication can be overwhelming. Staying in touch with your child's doctor can make it easier.

Beat Seasonal Allergy Blues

Allergy season is here, and it affects millions of people, including kids, every year. The following tips can help your child get through allergy season more comfortably.

- 1 Consider allergy testing.** Ask your child's doctor or allergist about allergy testing. Allergy testing helps doctors find out what triggers your child's allergies. Once you know that, you can create a plan to help them stay comfortable during allergy season.
- 2 Limit time outside.** If it's dry and windy, try to keep your child inside. Rain reduces pollen on outdoor surfaces, so that's a better time to enjoy the outdoors. The time of day matters, too. Pollen counts are high in the morning, so plan outdoor activities in the evening when counts are lower.
- 3 Monitor the allergy index.** Technology makes it easy to know how pollen will affect your child before they go outside. Most news stations include allergy forecasts in weather broadcasts. Websites, apps and text messaging programs can also alert you to conditions in your area.
- 4 Breathe easier inside.** At home or while riding in a car, turn on the air conditioner instead of opening the windows. Open windows let allergens inside. High-efficiency air filters can also help your air conditioner work even better. Keep carpets and floors clean of pet dander and dust. Also, have your child take a bath or shower before going to bed to keep pollen off sheets.

- 5 You are what you eat.** Many people don't realize that certain foods can make you have an allergic response. Keep track of the food your child eats. Pay attention to foods that cause nausea, headaches, dizziness, wheezing or an itchy throat. Sugars, wheat, dairy and processed foods can increase allergic reactions and mucus production. Make sure your child drinks plenty of water to flush and hydrate their system.



Hospital Stay? Schedule a Follow-up

Has your child recently been to the hospital for a behavioral health visit? It's important that they see a doctor within a week of coming back home.

The doctor your child sees after a hospital visit should be a licensed behavioral health provider, like a therapist or psychiatrist. They will review your child's medications and make sure they have the services they need.

Seeing the doctor within **7 days** after a hospital visit will help your child feel comfortable and taken care of. You can ask questions and learn how to help your child avoid another hospital admission.

Remember, your child can see a doctor virtually through telehealth. These visits happen over a phone or video call. Usually, you can schedule them faster than in-person visits.

If you need help finding a doctor or setting up an appointment for your child, contact their CMS Health Plan Care Manager. They can help! Call Member Services at 1-866-799-5321 (TTY 1-800-955-8770).



Don't forget: Your child can earn rewards for healthy behaviors through the My Health Pays program. They'll get \$20 on Visa Prepaid card for seeing a behavioral health provider within seven days of a hospital visit.

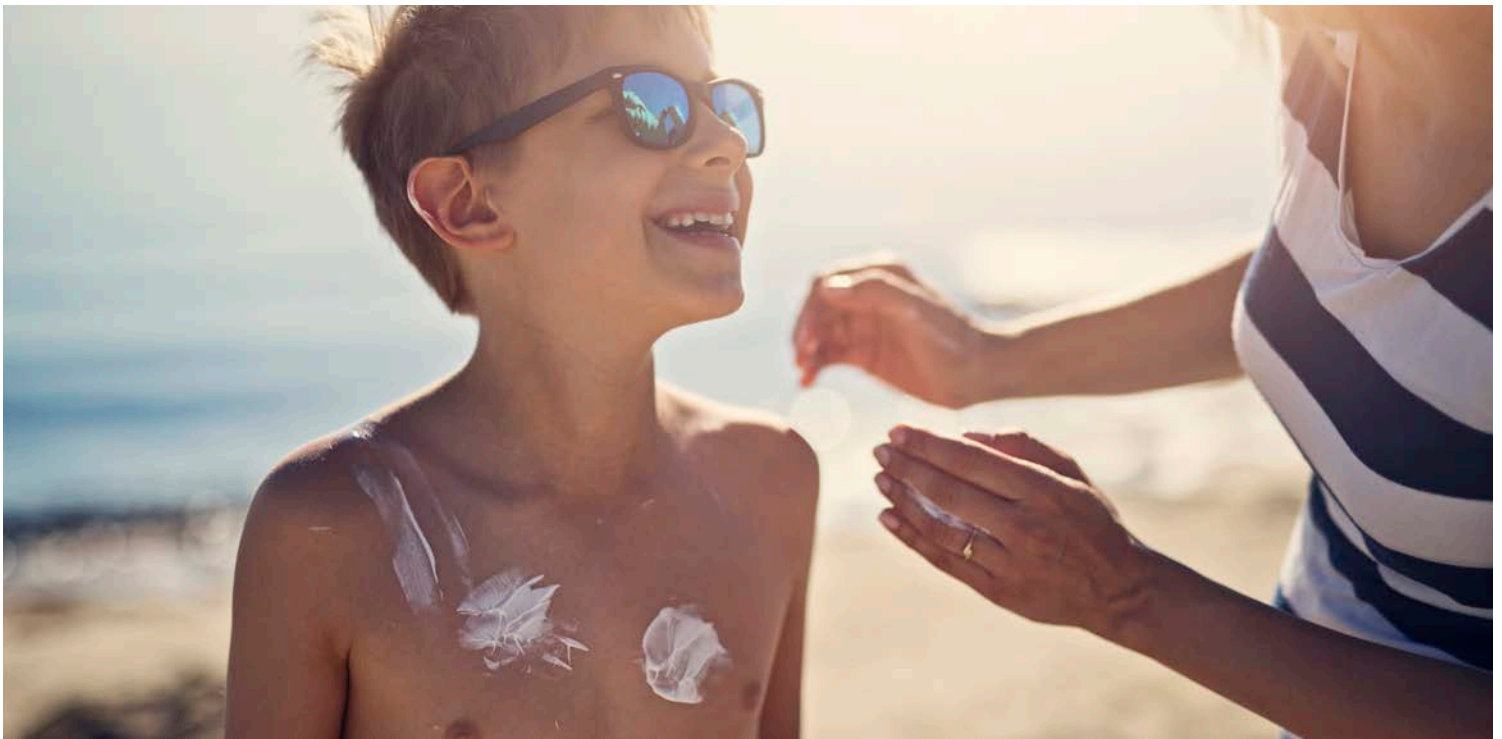
Visit SunshineHealth.com/CMS-Rewards for more information.



Have Fun – and Stay Safe – in the Sun

Protection from UV rays is important all year long, not just in the summer. UV rays can reach your child on cloudy and cool days, too, and tend to be strongest from 9 a.m. to 3 p.m. They also reflect off surfaces like water, cement, and sand.

Broad-spectrum sunscreen can help protect your child's skin from harmful UVA and UVB rays. Here are a few tips to consider when choosing and using sunscreen:



SPF: Choose a sunscreen with a sun protection factor (SPF) of 15 or higher. The higher the number the more protection for your child's skin.

AMOUNT: Apply sunscreen in a thick layer all over your child's exposed skin. Don't forget their face, neck and ears.

REAPPLICATION: Sunscreen wears off. Make sure to reapply after your child sweats, swims or towels off, or if they stay out in the sun for more than 2 hours.

EXPIRATION DATE: Check your sunscreen expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

PAIR IT UP: Sunscreen works best in combination with other sun protection options like sunglasses, hats, shade and sun protective clothing. Make this step fun by letting your child pick their gear.

Apple Pecan Kale Feta Salad with Maple Apple Dressing



Salad

- 3 cups kale, de-stemmed, washed and torn
- 1 apple, sliced thinly
- 2 tablespoons cranberries
- 2 tablespoons pecans
- 3 tablespoons crumbled feta

Maple-Apple Vinaigrette Dressing

- 2 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Salad

Place the kale in a large bowl. Add the apples, cranberries, pecans and feta cheese on top.

Maple-Apple Vinaigrette Dressing

Whisk the ingredients together and pour over the salad.



Enjoy!

And remember: Your child may qualify for up to \$250 per year for health food items. Prior authorization is required. Contact your child's CMS Health Plan Care Manager at 1-866-799-5321 (TTY 1-800-955-8770) for more information.

A Little Dirt Never Hurt: Getting Kids Outside to Play

There are lots of fun ways to bring the outdoors into your child's everyday activities. Here are a few tips to encourage them to move playtime outside and enjoy some fresh air.



Provide Options. Making children feel like they are in charge is key, so give your child a couple of options when choosing something to do outside. Create a summer bucket list of fun outside activities together. Then help them check things off as the summer goes on!



Move Toys. Bringing your child's favorite indoor activities outside is an easy way to make play more exciting. Pack up the dolls, building blocks or costumes and take them outside to see what happens.



Let Them Explore. Make sure your outdoor space is safe for kids, then let your child explore! If playground equipment isn't an option, don't stress. Nature will give them plenty of fun.



Enjoy Play – Rain or Shine! Encourage your child to play outside, even on rainy days! Make sure there is no thunder and lightning in the area first, then throw on some old clothes and a pair of rubber boots to join them. If your child sees you splashing around, they'll be more likely to enjoy the mess!



More the Merrier! Make it a play date and invite some of your child's friends over. Set up a weekly schedule to give them something to look forward to. Giving children time to play together is great way to help develop their social skills. Bringing more minds together helps expand kids' imaginations and creativity, too!

Control Your Child's Asthma

Asthma is a disease that makes it hard to breathe. Children who have it can experience wheezing, chest tightness and coughing. Here are some ways to control your child's asthma symptoms so they can feel better.

1 Know and Avoid Triggers

Common asthma triggers include tobacco smoke, dust mites, pet dander, mold and pollen. Try to avoid those that make your child feel worse. Note that for some children, exercise can cause an asthma attack.

2 Clean Sweep

Keeping the house clean and free of allergens will help reduce your child's asthma symptoms. Make sure to dust, vacuum and mop regularly. It's also a good idea to wash your child's bedding at least every two weeks.

3 Find the Right Meds

There are two types of medications for asthma. One is for quick relief during an asthma attack. The other is something your child can take regularly to reduce the number and severity of their asthma attacks. Both kinds of medicine are often delivered by inhalers.

Your child can live a more active lifestyle when their asthma is controlled. Your child may have fewer symptoms, can exercise normally, and might even sleep better. Talk to your child's doctor to learn more.

Source: https://www.cdc.gov/asthma/pdfs/asthma_brochure.pdf

Don't forget

Your child may qualify for more benefits to help with their asthma, like carpet cleaning, a special HEPA vacuum cleaner filter, hypoallergenic bedding and pest control. Call Member Services at 1-866-799-5321 (TTY 1-800-955-8770) or talk to your child's CMS Health Plan Care Manager for more information.



Know the Signs of Alcohol and Substance Use

Substance use disorder affects millions of people, including children. It's important for parents to know the signs and step in when a child is struggling. Here is some information on substance use disorder and what you can do if your child needs help.

What is substance use disorder?

The misuse of alcohol and drugs due to addiction. This includes illegal drugs as well as misuse of prescribed medications, like pain and sleeping pills.

The disorder affects a person's brain and behavior. It often starts with experimental or recreational use of drugs in social settings. Sometimes it starts when a person is prescribed a powerful medication and becomes addicted to it.

The warning signs

- Problems with schoolwork
- Lost interest in normal activities
- Lack of motivation and energy
- Weight loss or gain
- Secretive/risky behavior
- Strained relationships



Remember: CMS Health Plan Members ages 12 and older can earn \$10 for completing Substance Use Health Coaching. It includes three coaching sessions with a Care Manager in three months. The member must also enroll in the coaching program, and a consent form must be signed by the member's parent or guardian.

Source: <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

Going Swimming? Put Safety First

Summer is here, which means the weather is warming up and more and more families are flocking to beaches and pools. As your child spends more time near water, we want to share some ways to keep them safe and healthy.

Keep an Eye Out

Make sure to pay close attention to your child when they are in or near water. If you aren't swimming with them, you should still be able to see and hear them. You should be near enough to help them if they need it.

Floaties

If your child can't swim, make sure they are wearing a lifejacket or floaties that are U.S. Coast Guard-approved. It's important that floatation devices fit properly, so check the size and weight limit.

Swimming Lessons

Consider swimming lessons if your child is a weak swimmer. Even if your child can swim, lessons can help them learn more about water safety. Your child may qualify for up to \$150 per year for swimming lessons. Space is limited and prior authorization is required. Contact your child's Care Manager for more information.

Clean and Clear

Wherever you are, check to make sure water is clean and clear of hazards before letting your child swim. This is especially important in open water, like lakes and rivers and at the beach. If the water in a pool is not clean, it's best to find another place for your child to swim.



Fast facts

Ten people
drown every
day.

Drowning is
the leading
cause of death
for children
ages 1-4.

Be Ready If Disaster Strikes

Disasters can happen any time – and hurricane season is just around the corner. We want to help you and your child be prepared. Follow these three steps to keep your family safe in an emergency.

1

Build a kit.

Stock it with items your family and child might need. Include:

- Flashlight
- Radio
- First-aid kit
- Water
- Canned food (don't forget the can opener!)
- Any special foods or formulas
- Important healthcare items, like your child's:
 - Member ID card
 - Service plan and education plan
 - Emergency contact numbers
 - Medications



2

Make a plan.

Tell your family where to meet in case of an emergency, and make sure your child knows what to do. It will make them feel less scared and more in control. Talk about:

- What to do if you get separated
- Where you will go if you need to seek shelter

3

Be informed.

Talk with your child about severe weather. Ask if they have any questions and be thoughtful about your answers. Show your child how to call friends or family if they need to.

How to Monitor Your Child on Antipsychotics

Antipsychotics are medications that affect the brain. They are often prescribed to children with mood and personality disorders — and they come with some side effects that affect the body, too.

These medications can affect your child's metabolism, or ability to process the food they eat. They are also linked to other health issues that your child could carry into adulthood.

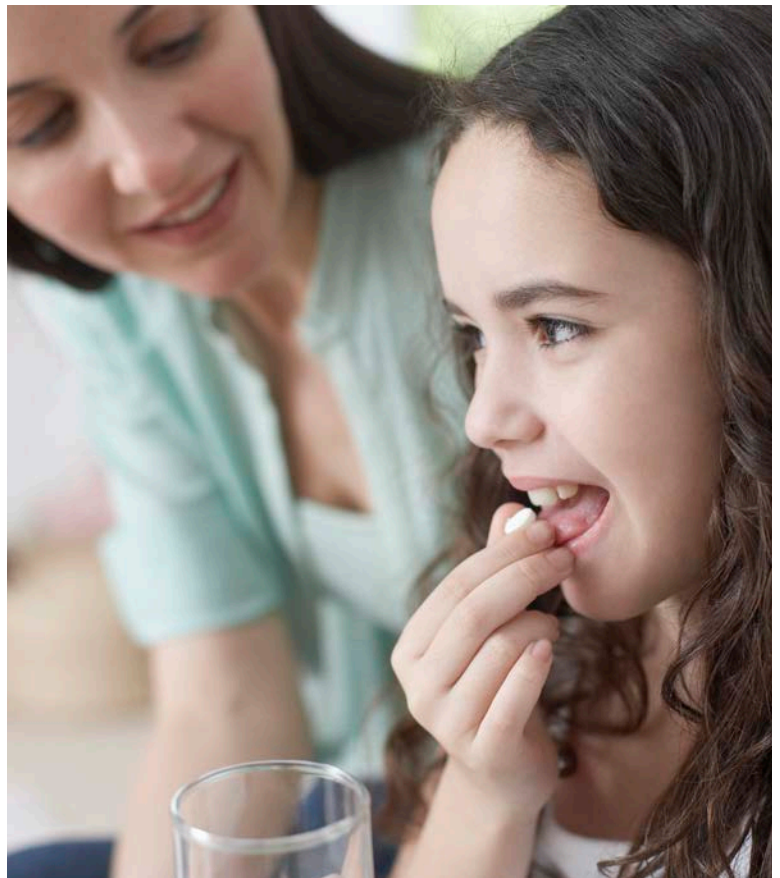
If your child is taking antipsychotics, here's what you need to know:

Side effects:

- Weight gain
- High blood pressure
- High cholesterol
- Hyperlipidemia (high levels of fat in blood)
- Increased risk of diabetes

Monitoring tips:

- Your child should have a blood test at least once a year
- Ask your child's doctor about tests for diabetes and cholesterol
- If you notice physical changes in your child, talk to their doctor
- DO NOT have your child abruptly stop taking medication without talking to their doctor



Consider Legal Guardianship

Is your child turning 18 soon? You may want to consider legal guardianship if they aren't ready to care for their health on their own. CMS Health Plan can help. Here are some details:



What is legal guardianship?

Legal guardianship is when the court finds an adult-age person unable to make decisions for themselves and gives that right to another person. It is only used when there is not a less restrictive option.

Who is eligible?

Caregivers of CMS Health Plan members ages 17 to 18 ½ years who are in a skilled nursing facility or under the care of a Private Duty Nurse. With Care Manager approval, CMS Health Plan will pay up to \$500 in fees.

Want more information?

Talk to your child's care manager or Call Member Services at 1-866-799-5321 (TTY 1-800-955-8770).

What is the process?

First, reach out to your child's Care Manager to see if your child is eligible. If so, the Care Manager will explain the benefit details and mail you a check made out to the local Clerk of Court. You must hire an attorney to file a petition with the court. Then the court will appoint an attorney to represent your child, as well as a three-person committee of medical experts. The committee will evaluate your child's mental and physical health, then file reports with the court. A judge will use the reports to decide whether to grant you guardianship.

How much does it cost?

The process takes about three months, but sometimes longer. It usually costs about \$5,000 in court and attorney fees.

WHOLE you

Get the Most from Your Child's Coverage

Your child's health insurance gives them important benefits. But did you know they can also earn rewards?

The My Health Pays® rewards program makes it easy. When your child completes healthy activities, such as their yearly Well Child visit, they earn dollar rewards.

You can use them on things like:

- Everyday items at Walmart®
- Transportation
- Education
- Utilities
- Childcare
- Rent

Here are some ways your child can earn My Health Pays rewards:



Earn **\$10-\$20** by completing a Well Child visit

Earn **up to \$20** for completing 4 tobacco cessation coaching sessions

Earn **\$20** for completing 6 weight loss coaching sessions

Earn **\$25** by getting diabetes care

Note: Available rewards and reward amounts vary by age

If you have any questions or need more information, visit SunshineHealth.com/CMS-Rewards or call Member Services at 1-866-799-5321 (TTY 1-800-955-8770).

Please remember that rewards cannot be transferred. If your child leaves the plan for more than 180 days, your child may not receive the reward. For any questions or for how to join any of these programs, please call 1-866-799-5321 (TTY 1-800-955-8770).

My Health Pays reward dollars are added to the rewards card after we process the claim for each activity your child completes. If your child is earning the first reward, a My Health Pays® Visa® Prepaid Card will be mailed to you.

This My Health Pays Rewards Visa Prepaid card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions.



The Children's Medical Services Health Plan has partnered with Sunshine Health to provide managed care services to our members. Sunshine Health is a licensed Florida health plan.

Children's Medical Services Health Plan provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and other formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-866-799-5321, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-799-5321, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Children's Medical Services Health Plan, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-799-5321 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Children's Medical Services Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-799-5321 (TTY 1-800-955-8770).

<City>, <State> <ZIP>
<Address 2>
<Address 1>
<Member Name>
Parent or Guardian of

Important managed care plan information
Address correction requested
Electronic service requested

P.O. Box 459086
Fort Lauderdale, FL 33345-9086



For Children's Medical Services Health Plan,
call 1-866-799-5321 (TTY 1-800-955-8770)
Mon.-Fri., 8 a.m.-8 p.m. Eastern
or visit SunshineHealth.com/CMS.

For Florida KidCare,
call 1-888-540-Kids (5437) TTY: 1-800-955-8771,
7:30 a.m.-7:30 p.m. Eastern, Monday-Friday (except holidays)
or visit FloridaKidCare.org.

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