

WHOLE you



2022 Summer Bulletin

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Your healthy source for living well.

Hello! Summer is in full swing as we welcome you to another edition of Whole You, a newsletter from Children's Medical Services (CMS) Health Plan, operated by Sunshine Health.

This edition has plenty of great information to help you and your child enjoy summer to the fullest. For one, you can look forward to getting better sleep. There are also plenty of tips on how to get active and stay healthy. Just make sure to stay hydrated! Plus, there is a pasta salad recipe that is easy and tasty.



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 1-850-300-4323 (TTY 1-800-955-8771). You can check your contact information with Florida KidCare at healthykids.org/renew or by calling 1-888-540-KIDS (5437).

In case you missed it, check out our [Spring 2022 issue \(PDF\)](#). We hope you enjoy this issue!

Regular Check-Ups

Did you know that your child needs regular exams? They are called Well Child visits. They are different from seeing a specialist and happen with your child's assigned primary care doctor.

Well Child visits are general check-ups for your child, where you can ask questions and learn more about their health. Plus, CMS Health Plan covers the cost so it is free to you.

Children 3 and older should see their primary doctor once a year until they turn 21. Babies and children younger than 3 need to go a bit more often. Below is a good schedule to follow.

Exams should occur at the following ages:

- After birth
- 3-5 days of age
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Once a year from 3 years old until they are 21 years



The Well Child exam includes:

- Health and developmental history
- Hearing screening (when age appropriate)
- Vision screening (when age appropriate)
- Dental screening
- Developmental screening
- Age-appropriate testing
 - Example: Blood lead test before 12 and 24 months old
- Age-appropriate guidance
- Immunizations (when needed)
- Treatment (as needed)



Remember: Your child can earn cash rewards for completing yearly Well Child visits. Members up to 30 months old earn \$10 for each annual visit and members ages 15 to 20 earn \$20 for each annual visit. Visit SunshineHealth.com/CMS-Rewards for more information.

Questions? Call your child's doctor or Care Manager. You can also reach Member Services at 1-866-799-5312 (TTY 1-800-955-8770) Monday through Friday, 8 a.m. to 8 p.m.

Source: <https://brightfutures.aap.org/families/Pages/Well-Child-Visits.aspx>

A Good Night's Rest

Jumping into bed after a long day is a great feeling. Sleep is one of the body's most important functions, yet children around the world still struggle to get enough.

Getting too little sleep can increase your child's risks for things like obesity, heart disease and mental health problems. Here are some good habits your child can use to get better sleep.

Create a routine. If your child creates calming habits, their body will recognize the pattern and know that it is time to sleep. This will help their mind move into a state of rest. Try to have your child go to bed and wake up at the same time each day. A nightly bath or some reading before bed can help get your child ready for sleep, too.

Quiet down. Make your child's bedroom as relaxing, comfortable and dark as you can. Turn off electronic devices like televisions and phones. If it's too quiet for your child, try a free white noise app on your phone.

Watch what you eat and drink. Make sure your child doesn't go to sleep hungry or too soon after a large meal. The discomfort from either might keep them up in the night and affect the quality of their sleep.

Exercise during the day. Make sure your child gets in some exercise or outdoor playtime. Being active during the day can help them fall asleep more easily at night.



Sources: [Are You Getting Enough Sleep?](#)
[Sleep tips: 6 steps to better sleep - Mayo Clinic](#)

Download the CMS Health Plan App

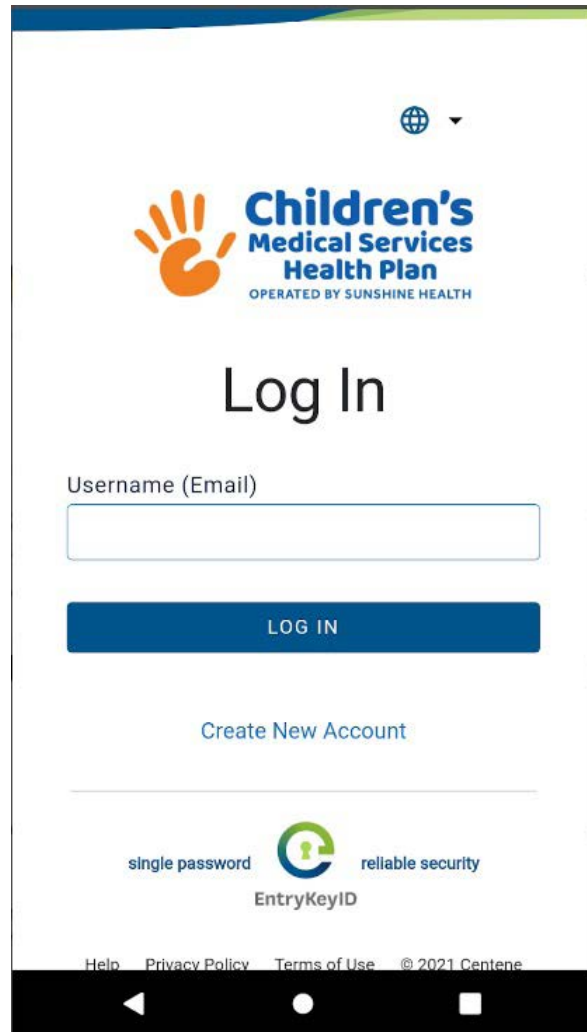
CMS Health Plan's mobile app makes it easy to find all your child's health plan information in one place – and right from your smart phone.

Download the app for your iPhone from the Apple App Store, or for your Android from Google Play. Just search "Children's Medical Services." Then create a member account using your child's Member ID and date of birth.

The app is available in English and Spanish. Here are a few things you can use it for:

- View your child's benefits and Member ID card
- Find your child a new doctor or specialist
- Find a nearby hospital or urgent care center
- Contact Member Services and other CMS Health plan resources

You can also search through our Health Library, view your child's My Health Pays rewards balance and more. Download today!



Which Shots Does Your Child Need?

No one likes to get shots. But they can protect against lots of viruses. The shots your child needs depend on their age and health. Your child's doctor can tell you which vaccines are right for them.

Some vaccines protect for life. Others are needed once a year. See the list below to read about some of the most common vaccines your child may need.



Chickenpox Vaccine. Doctors recommend two doses of the chickenpox vaccine. The first should happen when a child is between 12 through 15 months old, and the second should happen when they are between 4 and 6 years old.



Influenza (flu) Vaccine. Reduces your child's risk of getting the flu and spreading it to others. The flu virus changes often, so everyone 6 months and older should get a flu shot every year.



HPV Vaccine. Protects against HPV, or human papillomavirus, which causes cervical cancer. Doctors recommend this vaccine at age 11 or 12 years old.



MMR Vaccine. Helps fight off measles, mumps and rubella. Doctors recommend two doses – the first at 12 through 15 months old and the second at 4 to 6 years old.



Td/Tdap Vaccine. Protects against Tetanus (lockjaw), diphtheria and whooping cough. Recommended at age 11 or 12.



Meningococcal Vaccine. Protects against disease caused by bacteria, which can lead to life-threatening infections, like meningitis. Recommended at age 11 or 12, with a booster at age 16.

Have questions about vaccines? The best person to ask is your child's doctor. If you need help finding a doctor for your child, or have questions about their benefits, call Member Services at 1-866-799-5321 (TTY 1-800-955-8770). Someone is available to help Monday through Friday, 8 a.m. to 8 p.m. Eastern.



Don't forget: Your child can earn rewards for healthy behaviors through the My Health Pays program. They'll get \$20 on a Visa Prepaid card for getting both the Tdap and Meningococcal vaccines. Visit SunshineHealth.com/CMS-Rewards for more information.

Source: Centers for Disease Control and Prevention, "Vaccines and Immunizations," retrieved from: <https://www.cdc.gov/vaccines/index.html>

Stay Hydrated, Drink Up!

Water plays a major role in the human body. Having enough of it is key for your child's health. But it can be hard to stay hydrated, especially in the summer. That is why we have these tips to help them get enough water every day.



Mix
it up

If your child doesn't like the taste of water or wants some variety, there are ways for you to spice it up. You can use sugar-free flavor drops or add in some fresh fruit or a splash of fruit juice. Check out the flavored water options at the store. Try sparkling water if your child wants something bubbly like soda.

Use a
reusable
bottle

Bring a reusable bottle wherever you and your child go. It will work as a reminder to drink water. Let your child pick out their own water bottle. You can let them decorate it with stickers to make things more fun!

Don't wait
till you're
thirsty

If your child is thirsty, they are already dehydrated. Try to make a drinking water routine to avoid this. Make a schedule to get glasses in throughout the day. You can also pair drinking water with other activities, like meals, going to bed, waking up and going to the bathroom.

Sources:

[Tips for drinking more water - Mayo Clinic Health System](#)

[6 Simple Ways to Stay Hydrated - Scripps Health](#)

[12 Simple Ways to Drink More Water](#)

Keep Cool this Summer

It's important to remember that overheating is a real health risk. Heat exhaustion happens when the body is not able to cool itself down. Drinking water, resting in a cool place, removing extra clothing and avoiding the hottest parts of the day can help your child stay safe in the sun this summer.

Getting too hot can be deadly if it's ignored. Look out for these signs when your child is playing outdoors:

Early Signs

Look out for sweating, tiredness, thirst, irritability or muscle cramps. Some of these signs may seem minor, but take them seriously. The best thing to do is get your child out of the heat and have them drink water.

Heat Exhaustion

If nothing is done, your child's overheating will get worse. They may vomit or feel nauseous, weak or dizzy. They may have a headache or notice that their urine is darker. At this point, your child should stop all activity, drink water, take off extra clothing and move to a cool place. If they are not better after an hour of cooling off, call a doctor.

Heatstroke

Heat exhaustion can lead to heatstroke, which comes with some scary symptoms. They include fever, hot and dry skin, fast and shallow breathing, a rapid but weak pulse, irrational behavior, confusion, seizures and loss of consciousness. Call 911 and find medical help right away if you think your child has heatstroke.

Sources:

[How to avoid overheating during exercise: MedlinePlus Medical Encyclopedia](#)
[Heat exhaustion - Symptoms and causes - Mayo Clinic](#)
[Heatstroke - Symptoms and causes - Mayo Clinic](#)



Ways To Stay Cool

1

Drink water

2

Rest in a cool place

3

Remove excess clothing

4

Avoid hottest part of the day

A Quick Summer Meal

Getting together with friends or family this summer? We have the pasta salad dish for you to serve up. It's tasty and takes hardly any time at all!

Remember, what we list is just one way to do it. You can change the pasta shape or use other vegetables. Be as creative as you like.



Instructions

1. First, bring a pot of water to boil. Add salt as desired.
2. Next, place pasta in the pot to be cooked according to package instructions, then drain water.
3. Toss the pasta into a large bowl with the Italian dressing, cucumbers, tomatoes, and green onions.
4. In a separate bowl, mix the Parmesan cheese and Italian seasoning. Then mix into the large bowl with the salad.
5. Finally, cover and refrigerate until ready for serving.

Source:
[Simple Pasta Salad Recipe | Allrecipes](#)

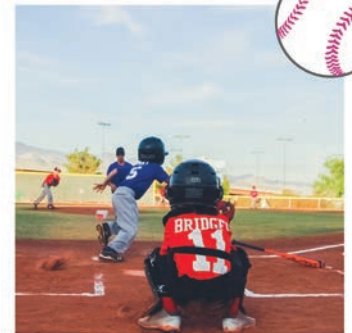
Ingredients

- 1 (16 ounce) package of rotini pasta
- 1 (16 ounce) bottle of Italian dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch of green onions, chopped
- 4 ounces of grated Parmesan cheese
- 1 tablespoon of Italian seasoning

Fun In The Sun



Outside play is so important for your child. Spending time in the sunshine comes with many health benefits and can also improve their mood. Maybe you want to get outside more often this summer, but you aren't sure what to do. Luckily, we have some ideas!



MORE ACTIVE

- **Basketball.** Hoops can often be found at local parks. This is a great game for your child to play alone or with friends.
- **Swimming.** Take a break from the summer heat and find a community pool. Remember to always put safety first. As a CMS Health Plan member, your child can receive up to \$150 per year for swimming lessons. Contact their Care Manager for more information.
- **Cool down.** There are plenty of other water activities that are just as fun as swimming – and you don't need access to a pool. Set up a sprinkler or slip-n-slide for your child to play in.

LESS ACTIVE

- **Sidewalk chalk.** Does your child like being creative? Let them play with sidewalk chalk. Draw a landscape together or let them invite some friends over for a drawing contest.
- **Sensory play.** Sensory play can help stimulate your child's senses and improve their motor skills. Bubbles, play dough, finger paint and sand are great options.
- **Make music.** Get creative and make music with your child using objects you find around the house. Pots and pans can work as drums, for example. Fill a plastic bottle or container with beans or rice to create a shaker.
- **Have a picnic.** Pack up some snacks and lay out a big blanket at the park. Watch for birds, squirrels and other animals while you eat together.

WHOLE you

Need a Ride? Let Us Pick You Up

We know how important your child's health care is to you. We also know the importance of safe, reliable transportation to get that care. That is why CMS Health Plan provides non-emergency medical transportation services.

Our partner, Medical Transportation Management (MTM) can help get you and your child to and from all medical appointments. MTM even provides up to two round-trip rides to non-medical appointments each month. All these rides are no cost to you and your child.

Scheduling rides is easy. Just call MTM at 1-844-399-9469 (TTY 711) between 8 a.m. and 7 p.m. Eastern, Monday through Friday and 8 a.m. to 5 p.m. Eastern on Saturday. **NOTE: Rides must be scheduled 24 hours (one business day) in advance. This includes day of call but not day of ride appointment.**

For questions about MTM benefits, please call your child's CMS Health Plan Care Manager at 1-866-799-5321 (TTY 1-800-955-8770), Monday through Friday, 8 a.m. to 8 p.m. Eastern.



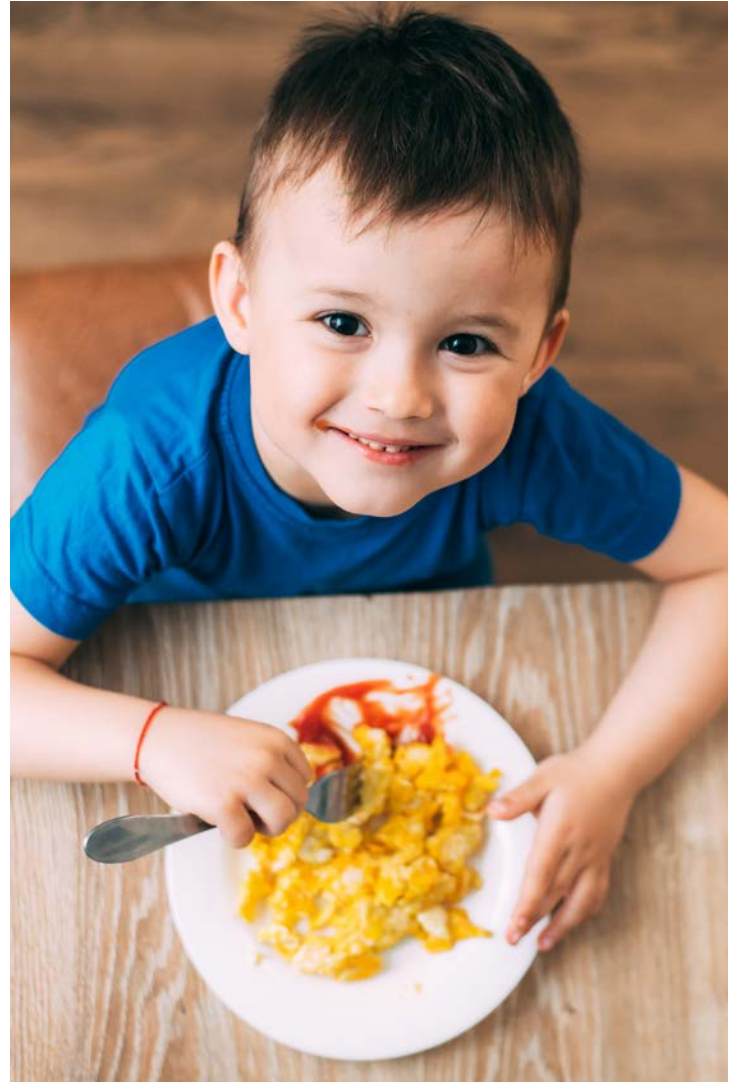
3 Foods to Start Your Day Right

Starting the day with a healthy breakfast will set your child up for a better day. Foods that are high in protein will give them more energy, support their growth and build up their muscles. Here are a couple of good breakfast options to try.

1 Oatmeal. Oatmeal is full of protein and fiber that will keep your child full until lunchtime. There are lots of ways to make it. You can use milk instead of water for even more protein. You can also sprinkle fresh fruit or cinnamon on top to mix it up. If your child prefers a savory breakfast, you can use oatmeal as a base for cheese, veggies, lean meats and more to up the flavor.

2 Eggs. Eggs are one of the more affordable sources of protein. They pack important nutrients, like B2, B12 and D vitamins, as well as iron and zinc. Eating eggs can boost your child's immune system and help with brain and liver function. For a quick, on-the-go breakfast, try making hard-boiled eggs the night before. Just make sure to sneak some veggies in, too!

3 Greek yogurt. Greek yogurt is great for your child's muscles and bones, as well as their hair and skin. Try creating yogurt bowls together. Start with plain Greek yogurt as the base and add whatever healthy toppings you like. Fresh fruit and granola are tasty options.



Don't forget: Your child could qualify for up to \$250 per year in housing assistance, plus up to \$75 a quarter for healthy food items. Visit SunshineHealth.com/members/CMS/benefits-services.html for more information. Contact your child's Care Manager to see if your child is eligible.

New School Year Checklist

Lots of changes can come with your child starting a new school year. Here's a handy checklist to help you get your child what they need to have a successful start.

- Go to open house to meet your child's teacher and other parents.
- Set up communication with your child's teacher(s) right away. Join any apps they use and make sure you know the best way to contact them.
- Create a parent portal account. Check it weekly to keep up with your child's grades.
- Find a secondary contact at school. This should be someone you trust who you can call if you can't reach your child's teacher.
- Join your child's school Facebook and Twitter pages and visit the school's website often to keep up with important updates and news.
- If you need help, ask for it! Start with your child's teacher, then go to the principal. If you are not being heard, contact your local district representative.
- Answer the phone. Save the school's phone number so you know to answer.
- Keep a notebook where you keep important information, like notes on phone calls, dates, names and details on behavior incidents.
- Have your child's paperwork on hand. Includes: 504 plan, behavior intervention plan (BIP), individualized education plan (IEP), health care plan, etc.
- If you think your child needs a special education plan, tell your child's teacher that they have special needs and ask what is available.
- Make sure your child's school has your contact information, including address and phone number, as well as all your child's medical records and allergy/medication information.
- Feel like your child needs more help? Wait two weeks for your child and their teacher to get settled then ask the teacher to meet one-on-one.



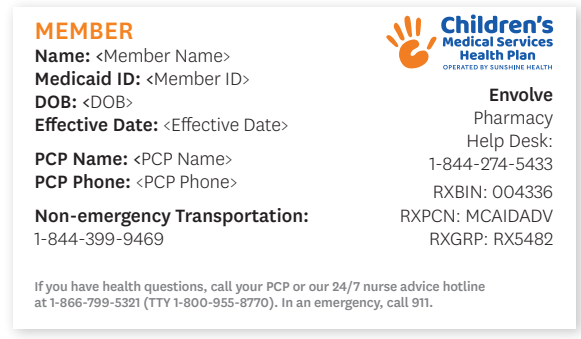
Emergency Planning Resource Guide

Are you prepared for disasters? Make sure that your loved ones are healthy, safe and secure at all times. Disaster planning is easier than you might think when you follow these three simple steps:

1 Build a Kit.

Items to include in your kit:

- Cash
- Cell phone and charger
- Flashlight
- Radio (hand-crank or battery-powered with extra batteries)
- Water
- First-aid kit
- Non-electric can opener
- Canned goods
- Dried foods (such as granola or dried fruit snacks)
- Medications
- Check medical supplies, including food, formula, tubings, catheters, trach cannula, mickey buttons, insulin needles, etc. If supplies are low, order more now.
- If you have a medical alert tag or bracelet, wear it.



- Electronic and hard copy of important documents:
 - Small identification (ID) card or bracelet with key information
 - Member ID card
 - Child's plan of care including diagnosis, treatment, diet, medications and doses and schedules for medications and/or the use of medical devices
 - Service plan
 - Ventilator settings if needed
 - Medical history
 - List of medications
 - Emergency contacts
 - Individualized Education Plan (IEP)
 - Guardianship papers
- Special foods or formulas
- Extra diapers
- Extra batteries for devices (such as hearing aids or other communication devices)
- Face mask/covering, disinfecting wipes, hand sanitizer, gloves

Continued on next page.

2 Make a Plan.

Communicate your plan with your family

- Where will you go?
- How will you contact each other?
- What should your child do if you become separated?
- Write down your plan and make sure all family members have a copy.

Transportation

- Identify your preferred shelter location and how you will get there. A great resource is [ready.gov/disability](https://www.ready.gov/disability).
- Let child care and school staff know who can pick up your child if you can't.



3 Be Informed & Get Involved.

- If your child uses electricity dependent medical equipment, you must plan for what to do if power is lost.
- Create a network of relatives, friends or co-workers to help you — show your kids where you keep your list of “in case of emergency” contacts.
- Talk with your children about the various types of weather-related watches and warnings.
- Visit snr.floridadisaster.org to register your child for a shelter or hospital.
- Download the free Red Cross Emergency App to your phone to receive text alerts when there is a weather alert in your area
- Show your children where your home's smoke detectors are and what they sound like when you test them. Remember to change smoke alarm batteries once a year.
- Children who need a ventilator should always have a resuscitation bag (Ambu bag).
- When power is restored, make sure to check the settings on all your devices and equipment.
- Register with your utility company for priority reconnection service, if available.

RESOURCES



Download the CMS Health Plan Mobile App: Access your child's member ID card, find a provider and hospitals on the go! Available on Apple's App Store or Google Play.



CMS Health Plan Secure Member Portal: Access your child's plan of care and service plan including your emergency plan at SunshineHealth.com/login.



24 Hour Nurse Advice Line: Nurses are available 24 hours a day, 7 days a week at **1-866-799-5321** (TTY 1-800-955-8770).



CMS Health Plan Member Services: Our staff are available to help answer all of your questions — call us at **1-866-799-5321** (TTY 1-800-955-8770) Monday-Friday, 8 a.m. to 8 p.m.



Community Resource Database: Sunshine Health's Community Resource Database can connect you with local, community-based services like transportation, food and childcare. Call 1-866-775-2192 or visit CommunityResources.SunshineHealth.com for more information.



24-Hour Behavioral Health Crisis Line: If your child is having a behavioral health crisis, call us for help at **1-866-799-5321** (TTY 1-800-955-8770).



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).



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

Important managed care plan information
Address correction requested
Electronic service requested

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



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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