



# WHOLE you



## 2021 Fall Bulletin

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## Your healthy source for living well.

Welcome to a new issue of **Whole You**, a newsletter from Sunshine Health. We hope you can use this to improve your child's well-being and learn more about their health plan benefits.

In this issue, you'll find ideas for activities you can do with your child and recipes you can make with the family. You'll learn how your living conditions can impact your child's health, and about the importance of child well visits.

If you didn't see our [last issue](#), check it out. You won't want to miss our tips on where to take your child for care, how to be more eco-friendly, and the value of behavioral health services.

We hope this helps you take better care of your whole child. Enjoy!

# Four Easy and Fun Family Activities

This time of year is busy for everyone. But you can still find ways to sneak in more time for family fun. We've got some great ideas for family activities that can all be done from the comfort of your own home. That means you don't have to break the bank to enjoy some time together. Get ready for your family's next Friday night in:



**1 Plan a movie night.** Pick up everyone's favorite movie snacks. Pop some popcorn. It's time to watch a movie or two. Can't get your family to agree on a movie? Check out a new release or something classic from your public library.



**2 Make a meal together.** Nothing brings people together like a good meal — except for a meal you've all made together. Pick some easy dishes that everyone can help with, like a healthy twist on pizza, which you'll read about later on in this issue.



**3 Pitch a blanket tent and camp indoors.** Staying in doesn't mean you can't go camping. Just grab some pillows and blankets. Use them to build a tent in the living room.



**4 Set up a scavenger hunt.** The great thing about doing a family scavenger hunt is that you get to pick the rules. You can hide things inside the house or just use items you already have lying around. You can write riddles for your checklist or use pictures if you have little ones still learning to read.



# A Healthy Twist on Family Pizza Night

Pizza is a fun meal that the whole family can agree on. It's fun to eat and even easier to make. Topping a pizza is a great way to get the entire family to help with dinner. But before you make your shopping list, here are some tips to make your tomato pie a little bit healthier:

## Grab a veggie crust.

Rather than using a regular pizza crust, try a frozen veggie crust made from cauliflower or broccoli.

## Try a sugar-free sauce.

You don't have to skip the sauce to make it healthier. Grab a sugar-free option at the store. Or even a no-sugar-added one instead.

## Go easy on the cheese.

Cheese is a good source of protein and calcium, but everything is best in moderation.

## Load up the veggies.

Go crazy with the vegetable toppings. Let the family pick out their favorites and sneak in a couple of your own.



*Tip: Save time by stopping by the salad bar at the store to grab fresh, pre-cut veggies!*



# Get the Most From Your Child's Coverage

Sunshine Health can help get your child the support and care they need. Check out a few of the benefits below.



## Find a Provider/Pharmacy

Search our [network of providers](#) to find a doctor close to you. You can browse your child's [pharmacy benefits](#).



## Care Management

Your child will be paired with a care manager who can give them specialized attention and help you find resources to improve their health. Call Member Services at 1-855-463-4100 (TTY 1-800-955-8770) to be connected.



## My Health Pays<sup>®</sup> Rewards Program

Earn [rewards](#) when you complete healthy activities like an annual Well Child Visit, immunizations and more.



## Free 24-hour Nurse Advice Line

Get answers to your health questions and help set up doctor appointments. You can call for help caring for a sick child or answers to health questions. Reach the Nurse Advice Line any time, toll-free at 1-855-463-4100 (TTY 1-800-955-8770).



## Transportation Assistance

Your child's benefits cover non-emergency rides for covered services, like doctor visits. Set up rides by calling ModivCare at 1-877-659-8420 (TTY 1-866-288-3133) between 8 a.m. and 5 p.m. Monday through Friday.

# Where You Live Can Affect Your Health

Repeated health problems can be frustrating, especially if you're unable to figure out what's causing them. If your child is having repeated issues, it could be linked to your home.

Walls that are damp or moldy can trigger breathing problems. Older homes may have things like asbestos that can harm your family.

If you are a renter, it's your right to have a safe place to live. And the good news is, there is help!

The U.S. Department of Housing and Urban Development has a [Resource Locator Tool](#). It helps find housing resources in your state.

[The Centers for Disease Control and Prevention](#) has additional information and resources.

Sunshine Health can help you find local resources for housing needs. Get in touch with Member Services by filling out [the form](#) on our website or by calling 1-855-463-4100 (TTY 1-800-955-8770).



## Symptoms of an Unhealthy Home



Trouble breathing



Throat irritation



Wheezing and sneezing fits



Increased number of asthma attacks



Eye irritation



Recurring headaches



Aches and pains

# Five Hydration Hacks

It's easy to forget to do basic things like drinking water. While there's no official number for how much plain water you should drink in a day, there are some positive effects to making it a daily routine. Drinking water helps prevent dehydration. But it also helps improve your mood and clears your thinking.

## 1 Start your day with water.

Most of us reach for a cup of coffee before our feet even hit the ground. When you go for your cup of joe, grab a second cup to fill with water. Pour one for your child, too, and make it something you do together.

## 2 Carry a water bottle with you.

Using a refillable water bottle is a great trick to making sure you're hydrating throughout the day. If you keep it with you, you're more likely to drink it. Send your child to school with their own water bottle, too.

## 3 Mix things up with some fresh fruit.

If you get bored with drinking plain water, try adding some fruit. The more common ones are lemon or lime. But why stop there? If more flavor is what you're missing, add berries, melons or even pineapple. The rainbow of colors will make drinking water more fun for your child.

## 4 Serve water with your meals.

Instead of pairing your meals with sugary drinks, pour yourself and your child some water. Meals can act as milestones to stay hydrated throughout the day.



## 5 Schedule water breaks.

Use your phone or computer to set reminders to take a break and get another cup of water. Take a moment to refresh and rehydrate yourself.

More info: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

# The Importance of Well-Child Visits

Well-Child checkups are appointments that allow your child's doctor to track their growth and development. They also give you the chance to ask questions to keep your child healthy.

In the infant and toddler stages of growth, your child's body and mind are going through lots of changes. It's important that they have at least six checkups before they are 15 months old so the doctor can catch any problems early.



## When making doctor's appointments, follow this schedule:

- 1 month
- 2 months
- 4 months
- 6 months
- 12 months
- 15 months

As your child grows, they will not need to see the doctor as often. But they should have at least one checkup a year. At this appointment, you can talk to the doctor about their development and ask any questions you have.



## Some good questions to ask are:

- Is your child up to date with their immunizations?
- Is your child on track with their growth and development?
- Should your child take a lead poisoning blood test before they are 2 years old?

If your child needs a well checkup, make sure to call their doctor and schedule an appointment.

If you have questions or need help, call Child Welfare Member Services at 1-855-463-4100 (1-800-955-8770), Monday through Friday, 8 a.m. to 8 p.m. We can help you find a doctor and get a ride to the appointment.



Sunshine Health 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 1-855-463-4100, 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 1-855-463-4100, 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 Sunshine Health, 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 1-855-463-4100 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Sunshine Health, 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 1-855-463-4100 (TTY 1-800-955-8770).