



WHOLE you



2022 Winter Bulletin

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Your healthy source for living well.

Welcome to another brand-new issue of Whole You, a newsletter from Sunshine Health.

We are very excited to share this issue with you and your child. It's filled with great advice and tips for how to finally quit old habits and start new, healthier ones. Plus, there's a delicious recipe.

Did you miss our [last issue](#)? There was an interesting article about how to get the most out of your child's health plan, tips for staying hydrated, a recipe for pizza with a healthy twist and more.

We hope you enjoy this issue and that it helps you take better care of your whole child. Enjoy!

Tips for Getting Care Quickly

The fewer roadblocks, the better when your child needs to see a doctor. We've put together some quick tips for getting care fast.



Try Telehealth

Telehealth is when you connect with a provider virtually, over a computer, tablet or phone. It's a great option when you don't have the time or transportation to get your child's doctor's office. Contact your child's doctor to ask about their telehealth options. Visit SunshineHealth.com/CW-telehealth to learn more.



Be On Time for Appointments

If you do make an appointment, it's important to be on time. That way, you won't miss the chance to see the doctor and get the treatment your child needs.



Keep Doctors in the Loop

If your child sees more than one provider, make sure to notify each doctor about all medications, tests and visits to other doctors. That way, your child's care is coordinated, no time is wasted, and they can get the right help quickly.



Call Your Child's Care Manager

Your child's care manager is a great resource if you need help finding care. They can answer your questions and help you schedule an appointment with the right provider for your child's symptoms.



Visit a Walk-In Clinic

If your child is too sick to wait for an appointment, go to a walk-in clinic. Providers in these offices can treat your child for common illnesses, like a cold or stomach bug.

Commit to Quit Smoking

A new year means new resolutions. Make 2022 the year to finally kick that smoking or vaping habit. There are so many benefits to quitting, including how much it can improve overall health.

Quitting can be hard, so it's important to be prepared. We have a few simple steps to share that will help make it all a little bit easier.

Plan a quit date

If you're not ready, rushing will only set you/your child up for failure. Pick a date to quit and take some time to mentally prepare.

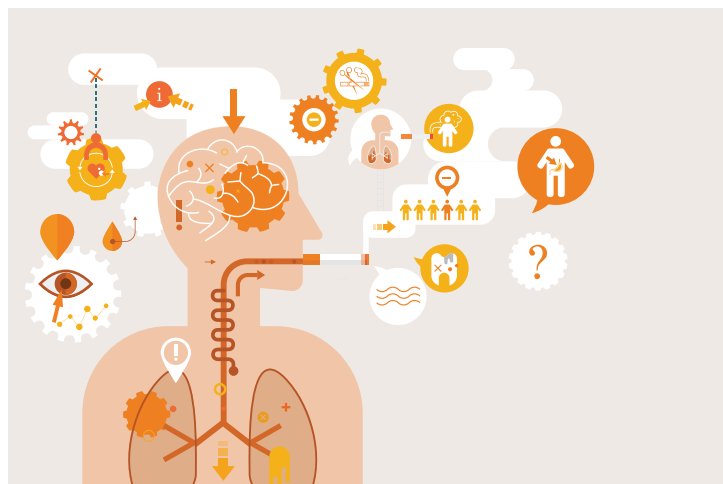
Calculate the savings

Smoking and vaping are expensive habits. The website SmokeFree.gov reports that smoking a pack a day costs about \$2,200 a year. Maybe more, depending on location.

Find your reason

There are so many good reasons to quit smoking. But finding one that keeps you/your child motivated is important. It could be something as simple as wanting to be healthy for yourself or loved ones. Having a reason will help you/your child push through the stressful and hard times.

More info: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/steps-to-prepare.html>



Know your triggers

Being aware of the things that push you/your child to smoke can help you better manage those triggers. Then, if you find yourselves in those situations, you will be ready to handle them.

Fight cravings

Cravings will happen. Knowing how to manage your/your child's urge to smoke will make all the difference. Find distractions and ways to curb the cravings until they pass.

Don't be afraid to ask for help

There is no shortage of tools out there to help you/your child stop smoking. Talk to a doctor. Look for support from a Quit Coach, Quitline, support texts, or even phone apps. Quitting is a personal decision, but it doesn't have to happen alone.



NEED MORE OF AN INCENTIVE?

Sunshine Health offers rewards when you quit smoking or vaping. Visit SunshineHealth.com/CW-Rewards to learn more.

Spring into Good Health

Health goals often are things like eating better, being more active, losing weight or joining the gym. While all those are great to aim for, there is more to taking care of ourselves. Don't just think about your child's physical health, but their holistic health as well. Here are a few ways:



Be creative.

Encourage your child to be creative. Painting, dancing, baking or building something around the house are great activities to reduce anxiety and stress.



Just breathe.

Yes, breathing is something we all do without thinking about it. But sometimes, pausing to do it thoughtfully can be helpful. Try doing a quick, 10-minute breathing exercise with your child. It will help you both relax and improve your focus.



Continued on next page.

Spring into Good Health (Cont.)



Don't forget breaks.

Add breaks to your child's routine. Take a walk around the block when they finish their homework – or let them add bubbles to their bath for a little relaxation before bed.



Back to the basics.

Make sure your child drinks enough water to stay hydrated and that they get plenty of sleep. Make time for outdoor playtime. You might be surprised to see how much these little things can help your child feel better.



3 Ways to Subtract Added Sugar from Your Child's Diet

Most foods we eat contain natural sugars. The bigger problem is with added sugars. So, what can you do to cut back? Here are three quick and easy tips to help you be more aware of how much added sugar you have each day.

1

Swap out the sugary drinks.

When we think about sugar, the first thing that probably comes to mind is dessert. But many drinks like sodas, juices, even coffees and teas, are loaded with added sugars. Try replacing one of your child's sugary drinks with a glass of water. Trading even one of those drinks a day can have a big impact on their diet.

2

Feast on fruits.

Everyone gets a sweet tooth sometimes. Next time your child has the urge for something sweet, offer them a piece of fruit instead. Fruits can satisfy their sweet craving and are a good source of vitamins and nutrients.

3

Look at the labels.

When you go to the grocery store, be cautious of how things are marketed to you. Foods that may seem "healthy" – like granola or protein bars – can be packed with added sugars. Nutrition labels now include how much added sugar is in food. Check how much sugar comes from the ingredients versus how much is being added.

More info:

<https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>



Load Up on Veggies with Soup

Busy? Soup is a great option. It's quick and can pack lots of veggies and protein. Plus, leftovers can be kept in the freezer to reheat later.

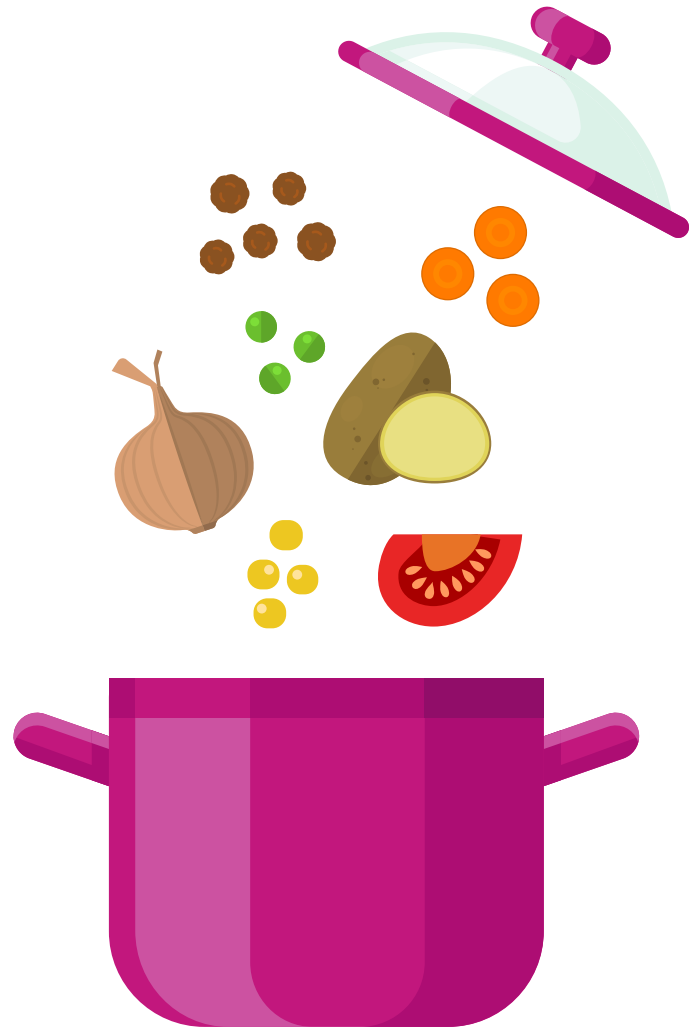
For this issue, we've got a delicious and savory Vegetable Beef Soup recipe.

Ingredients

- 2 pounds ground chuck
- 1 small, sweet onion, chopped
- 1 teaspoon table salt
- ½ teaspoon black pepper
- 3 (14-oz.) cans reduced-sodium beef broth
- 3 (29-oz.) cans mixed vegetables with potatoes, drained and rinsed
- 3 (14½-oz.) cans diced new potatoes, drained, and rinsed
- 1 (15-oz.) can sweet peas with mushrooms and pearl onions, drained and rinsed
- 2 (26-oz.) jars tomato, herbs, and spices pasta sauce
- 1 (14½-oz.) can diced tomatoes with sweet onion

Instructions

1. Brown ground chuck and onion in a large soup pot over medium-high. You might want to do this in batches. Stir for 5 to 8 minutes or until meat is cooked all the way through.
2. Drain it well and return to your pot. Stir in salt, black pepper, and beef broth while you bring it to a boil.
3. Stir in all the mixed vegetables. Bring to a boil. Then, cover and reduce heat.
4. Let it simmer for at least 20 minutes or until fully heated.



More info:

<https://www.southernliving.com/recipes/chunky-vegetable-beef-soup-recipe>

Everyday Ways You Can Meditate

Emotional and mental health are just as important as physical health. One of the best ways to improve them is with meditation. Even a quick, five-minute session can help manage stress and anxiety. The best part about meditation is that it can be done anywhere, and it can be casual. If you and your child are new to meditation, we've got some simple ways to can sneak it into your daily routine.

- 1 Breathe deeply.** Focus all your attention on your breath. Acknowledge the feeling as you inhale. If your mind wanders, just bring your focus back to breathing deeply and slowly.
- 2 Scan your body.** Close your eyes and concentrate on the feeling in each part of your body. Be aware of any sensations — is there pain, tension or looseness?
- 3 Focus on the positive.** Take a moment to think about all the good things in your life that bring you gratitude and joy. You can make a list of them, or just close your eyes and picture them.
- 4 Repeat an affirmation.** Concentrating on an affirmation can help calm your mind and alleviate anxiety. If you can, combine this with a walk outside to relax and get a bit of exercise.
- 5 Read and reflect.** Set aside time to read a short passage or poem. Then take a few moments to think about it. This can slow you down and pull you out of the distractions of your day.



After trying a few of these, check out some more formal practices. There are free guided meditation videos online. Or you can take a yoga class that includes some mindfulness elements.

More info: <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



WHOLE HEALTH

Don't forget to also take advantage of your child's myStrength Benefits. It's an online tool provided by your child's health plan to find them help for stress, anxiety, chronic pain and more. . Visit Sunshine Health's [myStrength](#) website for more information.

Extend a Helping Hand and Donate Blood

Every two seconds, a person in the U.S. needs blood, according to the American Red Cross. Donating is a simple and safe process that can save lives. But there are also a lot of health benefits for the person donating. Here are a few reasons you/your child should consider it.

Reduce risks

Studies show donating can help lower your risk of heart attack and stroke. The thickness of your blood can be harmful to the cells lining your arteries. Regular donating can help reduce your blood thickness.

Burn calories

After you've given blood, your body needs to replace it. Making new blood cells requires a lot of energy, which is why it can help burn more calories.

Mini checkup

Before you donate, staff will make sure you're in good health. They will check your pulse, blood pressure and body temperature. This is a good chance to see what's going on in your body, but it shouldn't replace seeing your doctor.

A lasting impact

Take a moment to think about the people your donation will help. It's a simple gesture that can have a long-term effect on those who need it.



Donating blood can help **lower your risk of heart attack and stroke.**



Every two seconds **a person in the U.S. needs blood.**

Show Your Heart Some Love

The heart is one of the most important organs in the body. Keeping it healthy can impact overall health and well-being. Here are a few tips and habits to help keep your/your child's heart pumping at its best.

1

Eat Your Heart Out.

Find ways to add heart-healthy foods to your/your child's diet. Try topping a salad with fish high in omega-3s, like salmon, trout or tuna. Replace regular snacks with berries, walnuts or almonds.

2

Get a Move On.

The American Heart Association says a minimum of 20-30 minutes of daily exercise can help prevent heart disease. Take a walk or try an online workout class to get moving.

3

Stand Up.

Sitting too much can be bad for your heart, so don't forget to stand up and stretch. A little movement can go a long way. Moving around will get blood flowing.

4

Relax.

Stress can directly impact cholesterol and blood pressure levels. Both are contributors to heart disease. Finding ways to help manage stress is key. A calm mind helps protect the heart.

5

Wine Down.

A glass of red wine, in moderation, can be good for the heart. Try pairing it with a small serving of dark chocolate to unwind and enjoy a moment of your day. Talk to a doctor for specific health guidance.





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).