

WHOLE you



2022 Summer Bulletin

In this Issue:

A Good Night's Rest	2
Flu Season is Here Again	3
Drink Up and Stay Hydrated	4
Kids Need Regular Check-Ups	5
Benefits of Breastfeeding	6
A Quick Veggie Pasta	7
Keeping Cool in Late-Summer Heat	8
Aging Well	9
Fun in the Sun	10

Your healthy source for living well.

Hello! Summer is coming to a close as we welcome you to another edition of Whole You, a newsletter from Sunshine Health.

We hope this issue finds you and your child well. This edition has plenty of great information to help you enjoy your life to the fullest. We share tips for better sleep and ideas for staying active. Just make sure to stay hydrated! Plus, there is a pasta salad recipe that is easy and tasty.

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

A Good Night's Rest

Jumping into bed after a long day is a great feeling. Sleep is one of our body's most important functions – especially for growing children.

Not getting enough sleep can increase your child's risks for things like obesity and heart disease, and it can have a negative impact on mental health. But with good habits, it is possible for them to get better sleep. Try these steps.

Create a routine. If you create calming habits for bedtime, your child's body will recognize the pattern and know that it is time to sleep. That way their mind can move into a state of rest. Try nightly bath time or reading together before bed. Going to bed and waking up at the same time each day will help your child get better rest, too.

Quiet down. Make your child's bedroom as calm, comfortable and dark as you can. Turn off electronic devices like televisions and phones. Try using a free white noise app or play soothing music – anything that will keep their room relaxing.

Watch what your child eats and drinks. Make sure your child doesn't eat a big meal or have caffeine before bed. Both can make it hard to fall asleep and stay asleep. Your child also shouldn't go to bed hungry, as hunger can also disrupt sleep.

Exercise during the day. Exercise is so important for your child's health. Plus, 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](#)

Flu Season is Here Again



In Florida, flu season usually runs from October to May. The best way to keep your child from getting sick? A flu vaccine. It is easy to get and free to them as a Sunshine Health member.

Experts say everyone 6 months and older should get a flu vaccine each year. It helps protect the person who gets the shot and those around them. Win-win!



Don't worry – your child can't catch the flu virus by getting the flu vaccine. And remember that they still need a flu shot, even if they got a COVID-19 vaccine because the viruses are different.

The best time for your child to get a flu shot is by the end of October. You can make an appointment with their doctor or go to a pharmacy or health center. Sometimes, flu shots are offered school.

Search for a doctor or a pharmacy at FindAProvider.SunshineHealth.com.

For more information on the flu and flu vaccines, visit the Sunshine Health [Flu Shot](#) web page.

Drink Up and Stay Hydrated

Water plays a major role in the human body. Having enough of it is key for your health. Everyone knows to drink water, but it can be hard to stay hydrated. Here are some tips on how to 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 a flavor enhancer, add some fresh fruit, or mix in a bit of fruit juice. There are also flavored water options. If your child wants soda, you can try giving them a flavored carbonated water to avoid sugar and caffeine.

**Use a
reusable
bottle**

Bring a reusable bottle wherever you go. Keeping that bottle around is more than just convenient. Your bottle will work as a reminder to drink plus you'll always have some if your child is thirsty.

Don't wait

Feeling thirsty is a sign of dehydration. Try to make a drinking routine within everyday tasks. For example, your child can have a glass first thing in the morning, after every meal or before going to bed.

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](#)

Kids Need 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, Sunshine Health 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 old



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 to their Primary Care Provider. Members 15-20 years old earn \$20 for each annual visit. Visit SunshineHealth.com/CW-Rewards to learn more.

Questions? Call your child's doctor or Care Manager. You can also reach Member Services at 1-855-463-4100 (TTY 1-800-955-8770) Monday through Friday, 8 a.m. to 8 p.m. Eastern.

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

Benefits of Breastfeeding

Breastfeeding is recommended by doctors as the best way to feed your baby. Not only does it promote a bond between mother and child, but it also has health benefits for both.

Remember, a fed baby is the best baby. If breastfeeding doesn't work for you, formula can get your baby the nutrition they need. If you do want to try breastfeeding, here are some benefits:

Prevent Illness. A mother's milk contains antibodies. These can help babies develop a strong immune system to help keep them from getting sick. Research shows breastfed babies are safer from asthma, obesity, Type 1 diabetes and sudden infant death syndrome.

Lower Risk for Mom. Breastfeeding doesn't just help babies. Women who breastfeed their children can reduce their risk of breast and ovarian cancer, Type 2 diabetes, and high blood pressure. It has also been shown to help with postpartum depression.

Cost-Effective. Getting the right formulas and bottles can be expensive. Breastfeeding is free.

No Waiting. You can feed your baby anytime, anywhere. You do not have to worry about mixing formula or preparing bottles. Breastfeeding can be a source of comfort for babies when traveling or when their normal routine has been disrupted.

Best Nutrition. Breast milk is the best way for babies to get their nutrition. As the baby grows, the mother's milk will change to her baby's needs. Breastfed babies are also less likely to become obese.



Are you currently pregnant?

Visit Pacify.com/Sunshine-Health to sign up for support as your baby grows, including:

- 1 Lactation services, or breastfeeding support
- 2 Doula services, or support through pregnancy, birth and newborn care
- 3 24/7 crisis line

Learn more about breastfeeding and Sunshine Health's resources for new mothers, check out our [Healthy Moms = Healthy Babies newsletter](#).

Sources:
[August is National Breastfeeding Month - Reliant Medical Group](#)
[Breastfeeding Benefits Both Baby and Mom | DNPAC | CDC](#)

A Quick Veggie Pasta

Cooking together is a great way to spend time with your child. But you don't want to spend all day cooking. What you need is something simple and tasty.

We have just the answer for you: pasta salad. This is just one way to do it. You can change the pasta or use other vegetables. Change it up however you want!



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

Keeping Cool in Late-Summer Heat

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. But if heat exhaustion is ignored, it can turn into a heatstroke and become life-threatening.

That is why it is so crucial to look out for subtle signs of heat exhaustion. But not to worry, we have your back. Here is a list of signs to watch out for so you can keep you and your child safe.

Early Signs

Look out for sweating, tiredness, thirst, irritability, or muscle cramps. Some of these signs may seem minor, but it is important to take them seriously. When someone has heat exhaustion at this stage, they should get out of the heat and drink water.

Heat Exhaustion

If not helped, the condition will get worse. Symptoms such as nausea or vomiting, headaches, weakness, dizziness, a darkening of the urine, or cool and moist skin will start to show. The affected person should stop any activity, drink water, take off extra clothing and move to a cool place. If the person is not better after an hour of cooling off, call a healthcare provider.

Heatstroke

In the final stages, heat exhaustion can lead to heatstroke. If someone has heatstroke, they may show signs of a fever, hot and dry skin, fast and shallow breathing, rapid but weak pulse, irrational behavior, confusion, seizure, or loss of consciousness. Find medical help right away and call 911 or your local emergency number if you think someone 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

Aging Well

It is never too early to think about your health. Even small decisions we make impact our health as time goes on. Smart choices now can save time, money and stress in the future. So here are some helpful tips to keep your child feeling their best.



Sources:

[11 ways to reduce premature skin aging](#)

[How Do You Keep Your Teeth Strong as You Age? | Kiss Dental](#)

[Best Way to Age-Proof Your Vision | Johns Hopkins Medicine](#)

[Heart Health and Aging](#)



Skincare is Healthcare

Our skin is a vital part of our health. No matter your child's skin color, be sure they wear sunscreen when outside for a long time. It helps shield against harmful UV rays, sunburns and skin cancer. You can also teach your child how to wash their face and moisturize, which will help reduce acne and skin problems as they grow.



Protecting Your Sight

Sun exposure may lead to an increased risk of cataracts, which cause blurry vision. Make sure your child wears sunglasses outside. Wearing a hat can help, too. Remember, Sunshine Health will cover glasses or contact lenses if prescribed by your child's doctor. Contact your child's Case Manager for more information.



Don't Skip Brushing

People assume that a decline in dental health always happens as you age. But your child can protect themselves from things like gum disease and tooth loss starting now. Brushing and flossing daily are the best places to start. Regular cleanings are also very important.



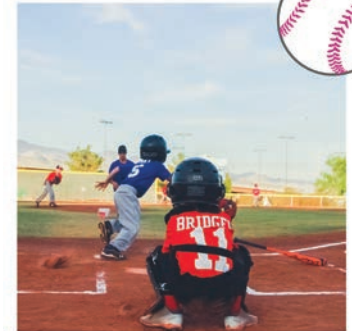
Keep Your Heart Healthy

The risk of heart diseases goes up with age. But your child can start working against it now. Make sure they have annual checkups with their doctor, even if they feel healthy. Encourage them to exercise and make sure they are eating nutritious foods to keep their heart strong.

Fun In The Sun



Picture this: It's a beautiful day, the sun is shining and you're looking something to do. Getting outside into the sunshine and fresh air is a fun option that's also good for you and your child's health. Here are a few fun ideas:



- **Basketball.** Wherever you go, basketball hoops can be found almost anywhere. Take your child to the park for a one-on-one game. Or bring some of their friend's along so they can play together.
- **Baseball.** Baseball is an exciting way to spend an afternoon. If your child isn't feeling up to a game, try playing catch with a ball and some gloves.
- **Swimming Pools.** Take a break from the heat and go to your local community pool! Your child can work on cannonballs with friends or relax in the sun.
- **Chalk Drawing.** Is your child artistic? Let them show off their creativity with sidewalk chalk. If you're looking for a less physical activity, this is the perfect way to go. Make a game out of it or work on a big picture together.
- **Beach Volleyball.** When you don't want to swim, beach volleyball is a great way to still spend time near the water. Public parks sometimes have volleyball courts, too.



Starting Oct. 1, 2022, Sunshine Health will cover up to \$200 a year in swimming lessons for members 21 years old and younger.



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).