



sunshine health™

# WHOLE you

2024 Winter Bulletin



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# Welcome!

As 2024 continues, we welcome you to another edition of *Whole You* — a newsletter from Sunshine Health.

What are your goals for this year? This issue has some tips for keeping up with your goals and reaching them. We'll also explore ways to eat healthy and how to have fun outside. We'll also look at different ways to get help when your child is sick. Dinner plans? Check out our iron-rich meatball recipe that your kids will love.

Have you received your child's [new Member ID Card](#) in the mail? Their new Member ID Card went into effect on January 1, 2024, and has their updated pharmacy information on the front of the card, including the Pharmacy Benefit Manager (PBM). If you have not received the card in the mail, you can print your child's ID card on the [Secure Member Portal](#). Remember to always bring your child's ID card to doctor's appointments.

In case you missed it, check out our [Fall 2023 Issue \(PDF\)](#).



# Benefit Spotlight: Care Grant

***Expanded benefits are extra goods or services we provide to you, free of charge.***

One of these expanded benefits is the Care Grant, which is available for members aged 0-21.

Eligible members receive up to \$150 per calendar year per child for services or supplies for educational use, social use or physical activities. This includes using the funds for tutoring, gym memberships, swimming lessons, sports equipment or supplies, art supplies or workbooks.

Questions about care grants or other expanded benefits? Visit our [Benefits](#) web page or reach out to Member Services at [1-855-463-4100](tel:1-855-463-4100).



## Got Goals?

### *As 2024 continues, it can be hard to keep up with resolutions.*

Here are some tips to help you and your child set and keep objectives for the new year.

- **Start with your “why.”** Do you and your child want to eat healthier? Exercise more? Whatever goal you and your child set, think about why it matters. Maybe it’s to have more energy, be there for your family, or to just feel better. Keep that reason in your mind as you work toward your goal.
- **Keep it real.** It’s great to dream big. But big changes can take time. So if you or your child have a big goal, break it up into smaller mini-goals. This will help you both stay on track and not give up.
- **Celebrate success.** Think about healthy ways to celebrate your child’s progress. Maybe treat yourself and your child to a stroll through the local library, take a fun picture together to track the progress or arrange a day out with friends.
- **Keep things positive.** Embrace the power of positivity as you and your child commit to your goals. Focusing on small victories and maintaining a hopeful mindset will only fuel your family’s motivation.
- **Remember the water.** Water is an important part of many health goals. Try drinking a 12-ounce glass of water before and after every meal – encourage your child to do the same. You’ll both feel fuller longer — and it’s good for the brain and kidneys too.
- **Stay open to change.** Life isn’t perfect. We’ll always have things that get in the way of our goals. Don’t give up or be upset if you need to change things up. Remind yourself and your child that making progress however you can is a win.
- **Speak up and team up.** Share your goals with people who care about you and your child. Or team up with friends or family who share the same goals. Having other people who know what you’re working toward will help you and your child stay motivated.

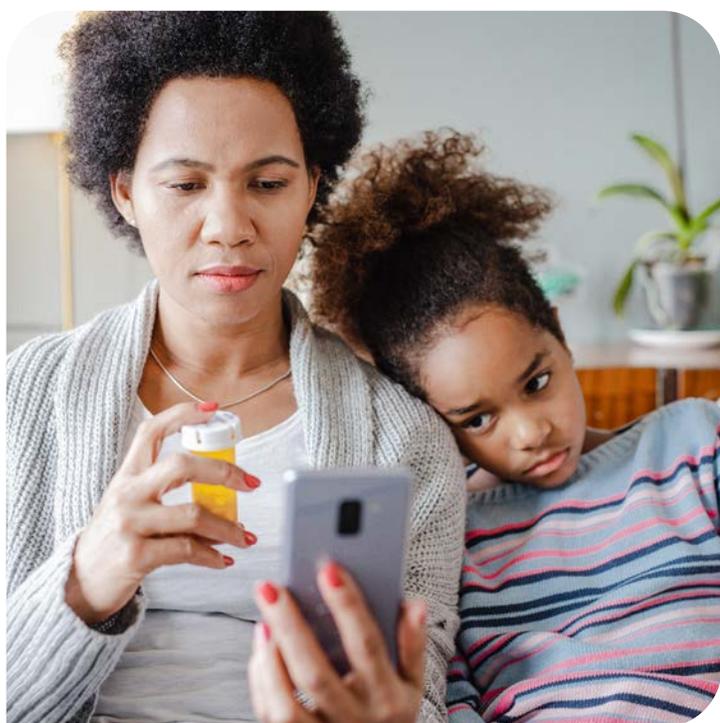


## Need Care? Who Do You Call?

### ***Let's say your child has a terrible earache or a bad cold. Who should you call?***

Your child's Primary Care Provider (PCP) is a great choice. It's important to have a good relationship with your child's PCP and to visit your child's doctor at least once a year, even if they are feeling well.

Your child's PCP can also help if they do have a cold, earache, sore throat or rash and can help them with injuries like a sprain, minor cut or burn. Your child's PCP is also a good choice if they have stress or anxiety. Remember to bring your child's [new Member ID Card](#) to all of their appointments.



To find a PCP and pharmacy near you, visit our [Find-A-Provider Tool](#). Most doctors have an on-call physician after-hours to assist you with any questions regarding your child's health. If you can't get in touch with their primary care doctor, our 24/7 Nurse Advice Line can help at [1-855-463-4100](#) (TTY [1-800-955-8770](#)).

But what if you have quick questions about your child's medicines or health? Many of us might not think of our local pharmacist. We should. Your pharmacist is there to provide good advice at no cost to you, helping you manage your child's prescriptions and health.

Ask your local pharmacist about:

- Your child's prescriptions or over-the-counter medicines
- Side effects from medicines and how to handle them
- Medication refills
- How your child's medicine works
- Which medicines are safe to use with each other
- How to keep your child on track with their medicines
- Over-the-counter medicines when your child has a cold or the flu, a headache or a sore throat
- Questions about vaccinations
- How to use blood pressure monitors, inhalers or glucose monitors

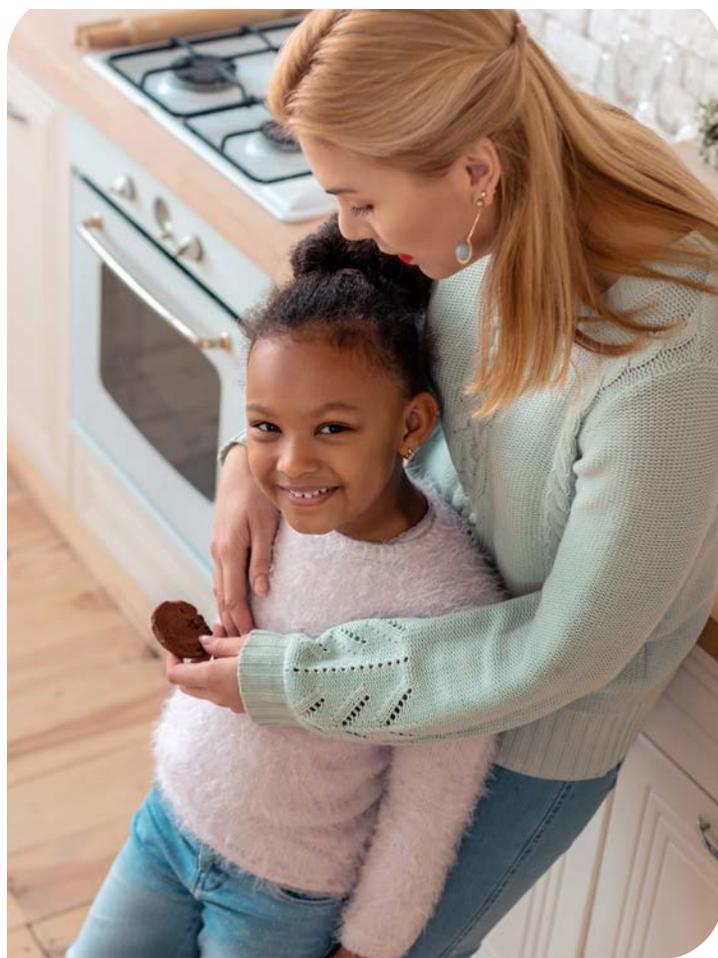
For more information about where to go for your child's care, visit [Accessing Care](#).

# Self-Care For Caregivers

*The physical and emotional demands of caring for a loved one can be exhausting and even lead to burnout.*

To ensure that you are providing the best care possible to your child and loved ones, you need to maintain your own health and well-being. Here are tips for handling some of the common challenges for caregivers:

- **Take time for yourself and your own needs.** Stress can manifest in many ways, including impatience, loss of appetite, difficulty sleeping or loss of focus. Do a “self-check-in” and note changes in your mood.
- **Eat a well-balanced diet.** Drink plenty of water and use some of the tips from this newsletter on how to eat healthy.
- **Exercise.** Take short walks daily or at least three times a week. During these walks, listen to guided relaxation recordings or relaxing music.
- **Set limits.** Don’t overload your daily to-do list – if able, let friends and family help with household chores, meal prep and more. Don’t forget to add short rest periods between activities.
- **Share your feelings.** Keep lines of communications open among your loved ones and your child’s healthcare team. Caregiver Support Groups may also be available in your area. Check out our [Community Resources Database](#) to find resources near you.



Source: [UCSF Health](#)

# Getting Kids to Play Outside

As the weather warms up, it's time to put the tablets down and encourage your little ones to move playtime outside and enjoy some fresh air. Here are a few fun ways you can bring the outdoors into your children's everyday activities:



**Provide Options.** Struggling to get the kids off the couch? Give them a couple of options when choosing something to do outside. Making children feel like they are in charge is key. Children like to be part of the decision-making process. Create an outdoor bucket list with fun, outdoor activities. Help them check things off as the months go on.



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



**Make It Friendly.** Make sure your outdoor space is safe for kids. You can set up a fence for small kids and remove all dangerous items. If playground equipment isn't an option, don't stress. Give children time to explore. Nature will give them plenty of entertainment.



**Enjoy Play – Rain or Shine!** Encourage your kids to play outside, even on rainy days. Make sure there is no thunder and lightning in the area first. A pair of rubber rain boots and old clothes go a long way. Don't be afraid to join in the fun. If your children see you splashing around, they'll be more likely to enjoy the mess!



**More the Merrier!** Make it a play date by inviting some of your child's friends over. Set up a weekly schedule to give them something to look forward to. Providing children time to interact with one another is a great way to help develop their social skills. Bringing more minds together helps expand kids' imaginations and creativity, which means more fun games to play outside!

# Eat Right to Stay Healthy

## *We all know the feeling of cravings.*

People want “comfort food,” which tends to be high in calories and fat. What can you do to make sure that you and your child are eating healthy? Here are some tips encourage your child to eat healthier:

- **Offer variety.** Incorporating fruits, vegetables, grains, protein foods and dairy in your child’s meals and snacks each day is a good way to keep them engaged in their healthy eating journey.
- **Mealtime connections.** By “unplugging” from your electronics while eating meals with your child, you’re not only focusing on your healthy foods but also on each other.
- **Make good nutrition easy.** Designate a spot in your pantry or fridge specifically for healthy snacks. Stock it with ready-to-eat fruits and vegetables, yogurt, nut butters and whole-wheat mini bagels and crackers.
- **Stay hydrated.** Have containers filled with water, milk, or soy alternatives in the fridge ready to take on outings to avoid buying vending machine sodas and other high-sugary drinks.
- **Make it a team effort.** Depending on their age, kids can peel fruits, assemble salads, measure, scoop and slice. Under your supervision, help them create and name their own side dish. You can also have them join you on your next trip to the grocery store and have them pick their favorite fruit or encourage them to try a new one.



Source: [USDA](#)

# Iron-Rich Meatballs Kids Love

Did you know that iron is a key ingredient that kids need for healthy brain development? It also supplies their muscles, tissues and cells with vital oxygen needed to function.

These meatballs are a delicious and easy way to ensure your child is getting the nutrients they need. Serve them over pasta, mashed potato or alongside some crusty bread to mop up all the deliciously rich tomato sauce.

## INGREDIENTS

### Meatballs:

- 1lb ground beef
- 0.2lb chicken livers, finely diced
- ½ brown onion, finely diced
- 2 tbsp chopped parsley
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp salt
- 1 tbsp olive oil

### Sauce:

- 700ml tomato puree
- 1 tbsp olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 tsp raw sugar
- ½ tsp salt
- Handful of fresh basil, torn (optional)



## STEPS

- 1** Mix the ground beef, chicken livers, onion, garlic powder, salt and dried herbs with your hands in a small bowl until well combined.
- 2** Roll tablespoonfuls of the mixture into balls and refrigerate for at least 20 minutes (this will help them keep their shape better when you cook them).
- 3** Roll tablespoonfuls of the mixture into balls and refrigerate for at least 20 minutes (this will help them keep their shape better when you cook them).
- 4** To make the tomato sauce: Add a drizzle of olive oil over medium heat in the same pan. Add the onion and garlic and cook until softened – scraping off any of the browned meat from the pan to incorporate it. Add the tomato purée and sugar and cook for 5 minutes.
- 5** Return meatballs to the sauce and mix to coat, then cook for a further 15 to 20 minutes, gently stirring occasionally, until the sauce is thick and rich in color.
- 6** Turn off the heat and stir through the basil, until the sauce is thick and rich in color.

Source: [KidSpot](#)



## Get Connected with Care Management

Does your child have special or complex medical needs? Sunshine Health offers Care Management services that may be able to help. If you or your child needs assistance with finding resources, specialists, or other support, they could be paired with a Care Manager to give them specialized attention. They can help you find resources to improve their health.

If you think that Care Management may be able to help your child, call Member Services at [1-855-463-4100](tel:1-855-463-4100) for more information and ask to speak to a Care Manager.

## Find Help with our Community Resources Database

***Do you need help finding food, housing or another resource? It's just a few clicks away.***

***The [Sunshine Health Community Resource Database](#) makes it easy to access free and reduced-cost programs and services in your area.***

The tool connects you to community-based organizations that offer different types of support. Finding help is easy with our free, online tool. 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



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](tel:1-855-463-4100) (TTY [1-800-955-8770](tel: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](tel:1-855-463-4100) (TTY [1-800-955-8770](tel: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](tel:1-855-463-4100) (TTY [1-800-955-8770](tel: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](tel:1-855-463-4100) (TTY [1-800-955-8770](tel:1-800-955-8770)).