



# WHOLE you



## 2021 Spring Bulletin

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## Your healthy source for living well.

Hello! **This is the new issue of *Whole You* from Sunshine Health!**

Make sure you check out our last issue for tips on how to stop smoking, the right kind of sleep for better health, DIY decor ideas and more.

In this issue of *Whole You*, you'll find pieces on **foods that fight stress**, **how to protect your skin** and **better-for-you BBQ habits**. You'll also find **daily hacks to make your life easier**, **a crossword puzzle** and useful info on **the food benefits you have through your health plan**.

As our world faces new challenges, doctor's offices have changed to adapt, just like all of you. Learn what to expect.

Enjoy. **We hope this helps you take even better care of the whole you!**



## Fight Stress with These Delicious Superfoods

Many of us carry the impact of stress in our bodies. But did you know certain foods may help put you more at ease? Here are five ways you can use food to beat stress and reduce some of the tension you feel.



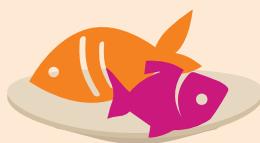
**1 Add Avocado.** Adding B-rich avocados to your diet can improve your mood. Avocados also contain monounsaturated fat and potassium — nutrients that can help lower blood pressure. This creamy, delicious fruit also has been shown to ward off hunger. This means you are less likely to grab an unhealthy treat when you start feeling the pressure. Try a tasty turkey sandwich or salad for lunch and top it off with some avocado slices!



**2 Bring Blueberries.** These tiny berries pack a powerful punch. They contain high levels of phytonutrients and an antioxidant called anthocyanin that has been linked to improved thinking. They're also rich in vitamin C — another natural stress buster. Toss a few in your morning yogurt or pack in your lunch for dessert!



**3 Nosh on Nuts.** Many nuts like almonds, walnuts and pistachios may boost your immune system. They are rich in vitamin E and zinc. Nuts also contain B-vitamins that help your body combat stress. Spread some almond butter on a piece of whole wheat toast for a morning treat!



**4 Feed on Fatty Fish.** Are you tense or anxious? A diet rich in omega-3 fatty acids helps keep your cortisol and adrenaline levels from rising when you feel this way. Eat fish like salmon, herring and albacore tuna to keep stress at bay. Pair a grilled or baked fillet with your favorite green veggie for a simple, stress-fighting meal.



**5 Fill Up on Oatmeal.** This complex carbohydrate helps your brain produce serotonin. Serotonin is the feel-good chemical that can help you overcome stress. Go with thick-cut instead of instant oatmeal to enjoy more beta-glucan, a soluble fiber that keeps you fuller. When you feel full, you are less likely to crave a sugary treat that could spike your blood sugar. Make a big batch on the weekends, then heat it up during the week for a quick and easy meal or snack.

## How to Get the Most From Your Coverage: **Access Food You Need**

Many people are worried that they won't be able to get the food they need to be healthy. This issue can especially affect those who have chronic health conditions. Through Sunshine Health, you have access to a number of benefits that can help with food concerns you may be facing. Be sure to know what these benefits are so that you can get all the nutrients you need.

### Personalized Support

The Sunshine Health [Community Resource Database](#) connects you to local support. Find social service programs in your community to help find food.

### Care Coordination

The Care Coordination team can assist members with social needs such as transportation, education, employment, housing, food, healthcare and behavioral health. Call Member Services at 1-855-463-4100 (TTY 1-800-955-8770) to find out more.

### My Health Pays® Rewards Program

Earn rewards when you complete healthy activities like annual screenings, tests and other ways to protect your health. You can use these rewards to shop for food at Walmart. Learn more about [My Health Pays](#) Rewards.



## Protect Yourself: Prevent Skin Cancer

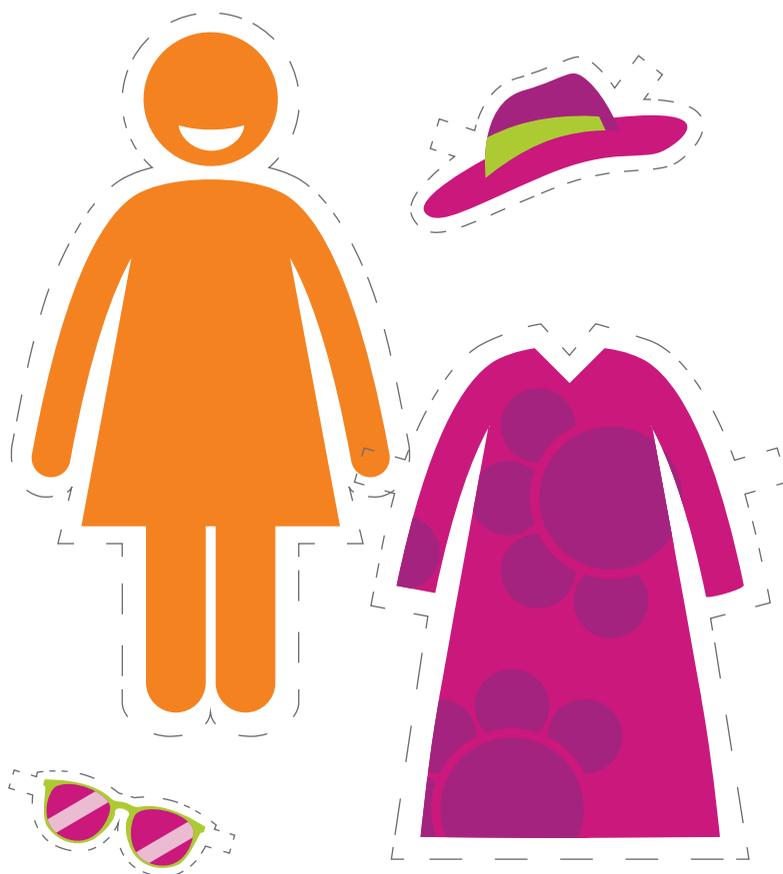


Nice, sunny days are meant to be enjoyed. Don't let your fun in the sun be spoiled by harmful ultraviolet (UV) rays and skin damage. When you protect yourself from UV rays, you lower the risk of skin cancer. You also slow early aging!

Practicing smart sun protection in warmer months is a good way to get into habits that you should have all the time. The danger of UV rays is year-round, even on cloudy or cold days — and even when you're inside but near windows! UV rays can also reflect off snow, water and concrete. Put simply, if your skin is exposed and you aren't in a windowless space, you can get exposure to UV rays.

Here are ways you can protect your skin:

- Choose sunscreen with a sun protection factor (SPF) of 15 or higher. Apply it at least 15 minutes before sun exposure. Use it on all exposed skin. Reapply it every two hours if you are sweating or swimming.
- Wear long sleeves, long pants and longer skirts. Some materials are better than others at protecting you from the sun. An easy way to gauge how well it can protect you is to hold up the material to the sun. The more light that you can see through it, the less it will protect you from harmful UV rays. Also, dark and bright colors will protect you more than lighter colors like whites and pastels.
- Put on a hat with a full brim when you spend time outdoors. This will help protect your face, ears and neck. Keep in mind that a hat with a partial brim, like a baseball cap, can shield only part of you. And straw hats aren't as effective for blocking out UV rays.
- Sport shades. Sunglasses help guard your eyes from UV rays. They also protect the skin around your eyes from sun exposure. Buy a pair you like and wear them whenever you're outside.
- Avoid being outside during the hottest times of the day. Always look for shade during peak daytime hours (10 a.m. to 4 p.m.). Find a tree or an outdoor umbrella to shield yourself.



If you work outside, play sports or simply like to spend time outdoors, be extra aware of any changes in your skin. A new growth or an uneven patch of skin can be an early sign of an issue. Set up a visit with your primary care provider (PCP) if you see any changes in your skin or have questions about your risks.

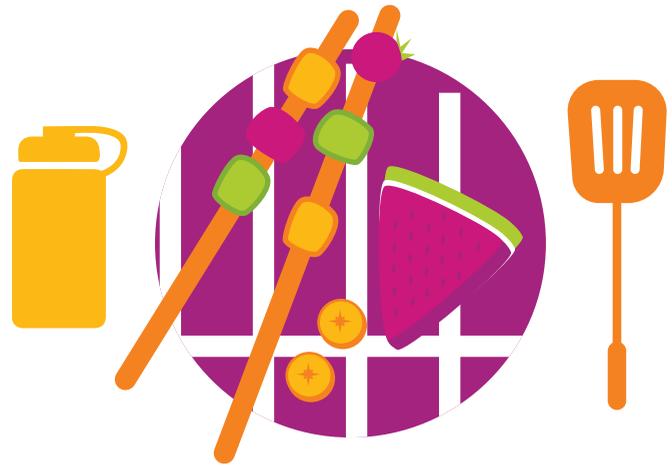
More info:  
[cdc.gov/cancer/skin/basic\\_info/what-is-skin-cancer.htm](https://www.cdc.gov/cancer/skin/basic_info/what-is-skin-cancer.htm)  
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[skincancer.org/blog/dress-to-protect-5-things-that-affect-how-well-your-clothes-block-uv-rays/](https://www.skincancer.org/blog/dress-to-protect-5-things-that-affect-how-well-your-clothes-block-uv-rays/)

## Up the Flavor (and Your Health!) at Your Next BBQ

Summer is here, and so is BBQ season. With a few smart changes, you can have a feast that's as healthy as it is tasty. Here is a list of dishes that are light, refreshing and good for you.

**1 Skewer Smartly.** Replace meats that are high in saturated fat and cholesterol with your favorite veggies. Get creative and color your skewer with different nutrient-rich options like red and green tomatoes, yellow and orange peppers, and red onions. Craving protein? Choose leaner cuts of meat like skinless chicken breast or pork tenderloin. Marinate overnight in a store-bought or homemade marinade. It'll make everything more tender and flavorful!

**2 Dress to Impress.** Coleslaw is a staple at any cookout. But it is often not the healthiest dish of the day. Take a lighter approach and leave the mayo out. Instead, use olive oil, apple cider vinegar and lemon juice. Combine the shredded red and white cabbage, carrots and onions, and top with your new sauce!



**3 Go Green.** Serve baked kale chips. They're a low-calorie and nutritious snack. Prep is simple. Buy a bag of kale and pull apart the leaves to form smaller chip-size portions. Next, drizzle with olive oil, sprinkle with your favorite seasoning and pop in the oven for 10-15 minutes at 350 degrees or until the edges are brown but not burnt.

**4 Savor the Sweet.** If you're looking for a dessert that won't add inches to your waistline, gather your favorite fruits and let the grill do the work. Toss pieces of peaches, bananas, pineapples or watermelon on the open flame and watch their natural sugars caramelize into a tasty treat that everybody will love. Want to make it richer without breaking the calorie bank? Top the fruit with a half-cup scoop of frozen yogurt.

**5 Have H<sub>2</sub>O.** We all know that we need to drink more water. But it can seem boring. Mix things up and infuse your water with fruits and herbs for a nice flavor. Plus, you may get health boosts! A strawberry and sage combo may boost memory properties and lower blood pressure. Mixing lime and mint may help maintain bone and teeth strength. And watermelon and basil can offer antioxidants that may reduce the risk of cancer. How's that for a tall drink of water?

# 5 Hacks for Easier Living

Sometimes we can make our daily lives simpler — we're just not seeing how! Next time you're looking to solve an issue around your home, you can use items right in front of you to make a simple change. Here are some neat life hacks to try.



## Organize your pantry with old soda boxes.

A great way to keep canned goods visible and in one place is to recycle fridge packs of soda. Use scissors to make the opening big enough for a typical can. With craft glue and scrapbook or wrapping paper, you can give your boxes a more uniform look. Keep cans of the same food in one box for easy access.



## Freeze bacon strips this way.

Bacon is a great way to add flavor to dishes, but it only keeps in the fridge for about a week. Since you may only want to use one or two pieces at a time, a great way to cut down on waste is to freeze it in single slices. Coil your bacon slices up like Fruit by the Foot, then freeze them on a baking sheet until solid, about 30 minutes. Store coils in zip-top plastic bags. Slices can be thawed, microwaved or minced while still frozen.



## Use ice cubes to remove carpet dents left by furniture.

Moving around the items in your place can be a simple way to create a new vibe. When you have carpet or rugs, you'll want to find a way to remove those deep dents left behind by heavier objects. To do this, just place ice cubes along the length of the dent. Let the ice cubes melt overnight. In the morning, the carpet fibers should be back to normal. If they still need a little extra care, fluff the fibers with a fork or credit card.



## Use a candle or a bar of soap to fix sticking wooden drawers.

If you're having trouble with sticky wooden drawers, there's a fast solve. Remove the sticking drawers and rub a candle or a bar of soap along the tracks and where the drawers touch the dresser. That's it! Now it should be smooth sliding.



## Hide the paint smell with vanilla extract.

Giving your walls a fresh coat? Great! That strong paint smell can be a real downer, though. Mask the odor by adding one tablespoon of vanilla extract per gallon of paint. This will keep your home smelling nice without changing the color of your walls.

More info:  
[buzznick.com/20-life-hacks-genius/](http://buzznick.com/20-life-hacks-genius/)  
[thenshemade.com/2010/08/souper-storage-idea.html](http://thenshemade.com/2010/08/souper-storage-idea.html)  
[thekitchn.com/a-better-way-to-freeze-bacon-222182](http://thekitchn.com/a-better-way-to-freeze-bacon-222182)  
[southernliving.com/meat/bacon/how-to-freeze-bacon](http://southernliving.com/meat/bacon/how-to-freeze-bacon)  
[apartmenttherapy.com/how-to-remove-dents-in-carpet-with-ice-cubes-256870](http://apartmenttherapy.com/how-to-remove-dents-in-carpet-with-ice-cubes-256870)  
[familyhandyman.com/project/how-to-fix-sticking-wooden-drawers/](http://familyhandyman.com/project/how-to-fix-sticking-wooden-drawers/)  
[hgtv.com/design/decorating/design-101/7-painting-tricks](http://hgtv.com/design/decorating/design-101/7-painting-tricks)

## Try This Brain Teaser

Doing a word search puzzle is a fun way to spend some time. Plus, it keeps your mind active, so that means it's good for your brain health, too! Try this one and give your brain a little workout today!

W P F S F O E Q X Z W C Y Y P  
 A E I E B B O W G A E D R I S  
 T P P I D J G I L G F R N S D  
 E P Q R Y E R N A O E E V U N  
 R E I R E Q U B T B A K N E O  
 M R R E M T B D W P Y T N P M  
 E S I B S A N A P K I A X C L  
 L X L E C J R L Y E K R U T A  
 O S I U R T E S E O T A M O T  
 N A N L S V E G E T A B L E S  
 Z R T B M V Z A R T B P R U C  
 E E I M G W O Z V W V W Q D Z  
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 G L A T H A C A R R O T S W F  
 X T X K C H L Q H C I T K J T

- |             |            |
|-------------|------------|
| ALMONDS     | PINEAPPLE  |
| BLUEBERRIES | STRAWBERRY |
| CABBAGE     | TOMATOES   |
| CARROTS     | TURKEY     |
| KALE        | VEGETABLES |
| OATMEAL     | WALNUTS    |
| PEPPERS     | WATERMELON |



### Pharmacy facts

Sunshine Health wants to help members get the medications they need. [The Preferred Drug List \(PDL\)](#) is the list of drugs that Sunshine Health covers. You can also call 1-855-463-4100 to find out if a drug is covered. Your doctor or pharmacist can help you find medications that are covered.

## We Care About Quality

We want to improve the health of all our members. One way we do that is by improving the care we offer. Our [Quality Improvement Program](#) sets goals for quality and helps us check up on how we are doing. We also review the quality and safety of our services and care. We ask our members if they are satisfied with their care. If you'd like a paper copy of a report, call Member Services at 1-855-463-4100 (TTY 1-800-955-8770).

# In-Person Care During COVID-19: What to Expect

The COVID-19 pandemic has changed our lives. Going to the doctor may be different. When you get your annual checkup, things may be different. Learn what to expect at your next visit.

- 1 Screening.** To keep you and your family safe and healthy, your doctor may do a health screening before a visit. They will ask if you or your child have any COVID-19 symptoms. They may ask by phone and again when you arrive to make sure there are no changes. Office staff may take your temperature when you arrive. Your appointment may change if there are concerns. This is to keep you and others safe.
- 2 Face Coverings.** Facemasks help protect you, your family and office staff. You may need to wear a mask or face cover. Make sure it covers your mouth and nose. Kids may also need to wear one. If you have any concerns, ask the office about their policy.
- 3 Waiting Rooms.** Some offices still have waiting rooms. There may be fewer chairs and they may be spaced apart. Some offices may have you wait outside until a room is ready. There may also be changes at check-in. You may need to check in by phone or online.
- 4 Appointments.** Office hours may be limited. Extra visitors may not be able to come in. This helps reduce the number of people in the office at the same time. You may be asked to do a telehealth visit. This is to protect you, your child and office staff. Ask the office about changes and new rules.



- 5 Safety Measures.** Many offices are cleaning more often to help protect patients. Door handles, pens, chairs and other surfaces are regularly sanitized. You and your child may have to wait for a room because they are cleaning. Practice social distancing at your visit. Stay six feet away from others at check-in, in waiting rooms and in hallways. Use hand sanitizer and masks for your protection. Look for one-way signs and directions. They may be on the wall, floor or doors.

More info:  
[cdc.gov/coronavirus/2019-ncov/hcp/clinic-preparedness.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinic-preparedness.html)  
[cdc.gov/coronavirus/2019-ncov/daily-life-coping/doctor-visits-medicine.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/doctor-visits-medicine.html)  
[mayoclinic.org/disease-conditions/coronavirus/in-depth/how-to-safely-go-to-your-doctor-during-coronavirus/art-20486713](https://www.mayoclinic.org/disease-conditions/coronavirus/in-depth/how-to-safely-go-to-your-doctor-during-coronavirus/art-20486713)



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 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).