



# WHOLE you



## 2020 Fall Bulletin

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## Your healthy source for living well.

**A new year is on its way. While you wait, here's a new *Whole You* from Sunshine Health!**

Our last issue covered a number of health topics, but there's always more to explore. Read on to stay updated on your well-being this season.

In this issue of *Whole You*, prepare for the holidays with tips for **budget holiday decor** and **festive cooking with kids**. And, speaking of kids, we'll take a look at the best ways to **ward off nightmares for your little ones**, which you might choose to do with some help from our article on **skygazing**. Plus, read up on **support while pregnant, diabetes awareness, and where to go for care when you're sick or injured**.

Until next time! Take care—of the **whole you**.



## Give Your Baby the Best Start



When you are pregnant with your future child, you want to take the best care of yourself and your baby. Going through so many changes in such a short period of time can cause stress. It helps to know what to expect! Below are a few points to keep in mind.

### Get Care Early

It's a good idea to see your doctor as soon as you think you are pregnant. Getting care early can help you have a healthier baby. Your first prenatal visit will give you valuable news about your baby. Your doctor will likely do blood tests and an ultrasound. These tests will check the health of your baby and determine the due date. Your doctor will also give you a list of the dos and don'ts while pregnant.

### Keep Regular Doctor Visits

Regular doctor visits will be a part of your life when you're having a baby. It is important to go to all of your prenatal visits, even if you are feeling good.

Your prenatal visits will happen:

- During the first 32 weeks of your pregnancy: Every four weeks
- From weeks 32-36 of your pregnancy: Every two to three weeks
- From week 36 until the end of your pregnancy: Once per week

You can write down questions for your doctor as soon as you think of them. Bring your list to each visit. Your doctor will give you healthy steps to take along the way. You may discuss shots you need and the right kind of food and exercise. You will also learn about body changes, how to prepare for labor and the arrival of your new baby.

### Keep It Up

The doctor visits don't stop after you give birth. Your new baby should see the doctor three to five days after birth and again before turning one month old. During these visits, your baby's doctor will check to see how your baby is growing and answer your questions. Be sure to also set up an appointment for your postpartum visit. It should take place about four to six weeks after your baby is born. During this visit, your doctor will check on how your body is healing.

There are many resources you can have through Sunshine Health. Be sure to use them! With the right support, you and your baby will be as healthy as possible during and after your pregnancy.



**Complete a Notice of Pregnancy (NOP) to get all of your benefits from Sunshine Health. This is the first step to getting important care for your child, before and after delivery. Plus, you can earn up to \$20 in My Health Pays® rewards!**



**Use our Start Smart for Your Baby® program to get support during and after your pregnancy!**

# Simple Steps to Prevent or Manage Diabetes

Over a million Americans are diagnosed with diabetes each year. Below are five lifestyle changes you can make to help prevent or manage this condition in your daily life.

- 1 Eat the Rainbow.** Experts say to fill half your plate with fruits and veggies at every meal. Each color brings with it unique nutrients, like fiber, potassium and vitamins. Branch out and try new produce to keep things fun!
- 2 Stay Active.** Studies have shown that people who exercise have lower glucose levels, and they're able to process sugar better than those who only take a diabetes drug. It can be hard to get moving when you feel tired, but it will give you more energy! Talk to your doctor about the right exercise plan for you.
- 3 Size Matters.** Estimate portion sizes by using items around the house. Your palm or a deck of cards are about the size of the recommended serving for lean meats (three ounces). A half-cup of whole-grain pasta or brown rice is similar to the size of a tennis ball. And you can use your thumb to help you visualize a one-ounce serving size. That's the serving size for cheese.
- 4 Smart Changes.** When you change the way you eat, focus on what you can have. Find easy substitutions. Olive and avocado oils for butter. Whole-wheat pasta and bread for white. Beef jerky and nuts for potato and tortilla chips. Fish for beef. Sparkling or flavored water over soda and juice. These simple swaps make a huge impact over time.

- 5 Prepare a Plan.** Write out weekly menus. Make shopping lists. Put time on the calendar for exercise. Sign up for an exercise class. Buy healthy snacks. Schedule your annual doctor visit and diabetes testing. By planning ahead, time crunches and daily stress won't derail you.
- 6 Regular Doctor Visits.** Regular visits with your doctor help make sure you are getting your labs checked to check on your Diabetes. Regular eye exams are important to check for vision changes



*Ask us about our Diabetes Care Management program and benefits available to help you manage your condition. Also, earn up to \$40 in My Health Pays® rewards when you work toward diabetes management!*

## 4 Tips for Holiday Cooking with Kids

As we near the time for major holidays, you may be thinking more and more about food. Making and preparing meals or treats together is a special way to bond with family. When you cook with your kids, you can teach them a ritual or recipe that will become a beloved holiday tradition. Here are four tips to help as you treasure this time with your little ones.

1. **Safety First.** Make sure you teach your kids good habits on cooking safety. Before you start, teach them to be clean from germs. Whoever is cooking should begin by washing their hands in warm, soapy water for 20 seconds. To measure time, sing “Happy Birthday” twice. You’re all set!
2. **Cover the Basics.** As children are just getting started in the kitchen, keep things simple. Give them basic tasks to master first. For example, let them get items from the pantry, crack an egg or measure out an ingredient.
3. **Think of Age.** There may be tasks your child is better suited to based on their age. Below is a set of suggested tasks for different age ranges:
  - Three to five year olds: mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
  - Six to seven year olds: shuck corn, use a vegetable peeler, crack eggs, measure ingredients
  - Eight to nine year olds: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
  - Children 10 and older: slice or chop vegetables, microwave foods



4. **Go Slow.** Practice makes perfect! Your child will likely need some time to learn these new skills. Let them get better over time with some trial and error. It’s helpful to explain the reason for what you’re doing as you go, such as baking versus broiling or the reason you’re cooking certain dishes differently.

## Make Your Home Festive on a Budget

Home decor is a fun part of the holiday season. When you make your living space more festive, you add to the warmth of these special times. But you don't need to max out your budget. There are so many options for DIY projects that allow you to make decorations yourself. You can even turn it into a group activity and craft them with loved ones!

### Focus on Small Accents

Add small touches to your space for a classic look. By choosing a simple theme for your home's holiday face—like live greenery, metallic accents and ribbon—you can be festive without going over the top.

### Repurpose Nature

Want to decorate your tree? Add flair to a shelf? Recycle what already exists in nature. Pick up some glitter and spray paint in colors that match your theme—like gold or silver—and get creative. You can use it to coat pine cones, pine needles or twigs. Or head to the store for citrus fruits. Oven-dried lemon, orange, lime and grapefruit slices make beautiful ornaments!

### Go Thrifting

Thrift stores carry a wealth of useful items. You may hit the jackpot and find a full set of decorations that you love. Or you may have to get inventive. There may be items that you can dress up yourself. For example, you can find vases, old ornaments or fake plants and spray paint them to match your other accents.

### Let There Be Lighting

Small changes can create a big effect. Lighting, for example, makes a huge impact on mood. Find simple string lights to use for your final touch. The colors don't have to be anything crazy—white or clear will work just fine! Then hang them around your home and enjoy a warm, dreamy atmosphere.

More info: [apartmenttherapy.com/interior-designer-holiday-decor-tips-and-ideas-36685433](http://apartmenttherapy.com/interior-designer-holiday-decor-tips-and-ideas-36685433); [bybrittanygoldwyn.com/tips-for-holiday-decorating-on-a-budget/](http://bybrittanygoldwyn.com/tips-for-holiday-decorating-on-a-budget/)



Few things connect you with the wonder of nature more than looking up at the night sky. Depending on where you live, you can see a lot of interesting things. And it's a free, fun experience to share with family.

## Here are some tips for skygazing:



**Get up high and avoid the lights.** If you live in a city, go to a park or up on a surrounding hill. Try to stay away from street lights.



**Take time to let your eyes adjust.** After 15 minutes in the darkness, you'll be able to see better.



**You don't need a telescope.** You'll be surprised how much you can see with the naked eye. If you have a pair of binoculars, take them! They're great for seeing details on the moon.



**Look online for free apps.** There are many easy-to-use apps for your phone that will help you locate objects in the sky.

## What can you see?



**Stars, stars, stars!** If you live somewhere away from city lights, you'll be able to see a lot of stars. But anywhere you live, you should be able to see the constellation of Orion this time of year. Look for the distinctive line of three stars in the southern sky that form Orion's belt!



**Planets.** How can you tell a planet from a star? Stars twinkle, and planets don't! Look for Mars from October through December. It actually has a slightly reddish color. You can spot Jupiter during this time, too. You can even see Saturn's rings with an inexpensive telescope.



**Meteors.** Want to see a shooting star? There are two times this fall you might be able to. From early October to early November, Earth will pass through the Orionid meteors. And November is the best time to see the Leonid meteor shower. Good luck!



**The International Space Station.** You can actually see this man-made laboratory pass overhead at certain times. It looks just like a slowly moving star! Visit this NASA website to see viewing chances in your zip code: [spotthestation.nasa.gov](http://spotthestation.nasa.gov).



## Know Where to Go for Care

You want to take good care of yourself and your family. Part of this is knowing where to go when one of you is hurt or sick. Read on to learn more about the treatment you need for different issues. This way, you can get the right care at the right place and the right time.

### Free 24/7 Nurse Advice Line

Medical experts can answer your health questions and help set up doctor visits. Use this option if you need help caring for a sick child or to know if you should see your PCP.

### Free 24/7 Virtual Care

Get expert care by phone or video. Use anytime and anywhere. For less severe health issues such as sinus problems, colds, skin problems or the flu.

### Primary Care Provider (PCP)

Your PCP is your main doctor. If you don't need medical care right away, you can call the office and schedule your visit. This kind of care is for when you need a vaccine, a yearly checkup or help with colds or the flu. You may also visit for health issues like asthma or diabetes.

### In-Network Urgent Care Center

Go here if your PCP's office is closed and you need care for a health issue that is noncritical. This includes flu symptoms with vomiting, ear infections, high fevers and sprains.

### Emergency Room (ER)

Consider all of your options before you go to the ER. This care option is for issues that are life-threatening. This includes:

- broken bones
- bleeding that won't stop
- labor pains or other bleeding (if pregnant)
- shock symptoms (sweat, thirst, dizziness, pale skin)
- drug overdose
- ingesting poison
- bad burns
- convulsions or seizures
- trouble breathing
- sudden inability to see, move or speak
- chest pains or heart attack symptoms
- gun or knife wounds



# Five Tips to Help Kids Ward Off Nightmares

Nightmares can cause anxiety on top of sleep loss. They may occur because a child sees or hears something that frightens or confuses them, leaving their imagination to fill in the blanks. Here are five tips to help your child keep bad dreams at bay.

**1 Listen and Reassure.** If your child calls out in the middle of the night, provide a hug and a sense of security. This can go a long way. Remind them that they're safe, at home and that nothing bad is happening to them. Take some deep breaths together and let them tell you about the nightmare. If needed, check out the closet or under the bed to show it's safe. Give extra snuggles and remind them that it was just a dream.

**2 Do Some Day Prep.** If your child's nightmares are consistent in storyline, character or setting, address fears during daytime activities. Read a book together that has the fear in the storyline but ends happily. Look for games or puzzles with the feared animal or character. These can help your child explore why they are scary and calm their mind at night.

**3 Get Creative.** Sometimes you have to go on a monster hunt! Leave enough time before bed to search the room for monsters together with flashlights. Hang up a "no monsters allowed" sign on the door or go shopping and let your child pick out a new night-light. Let your child take to bed whatever helps create a feeling of safety—even if it's the family dog!

**4 Reinforce Routine.** Bedtime routines lower stress. If bad dreams happen often, take the same steps each night to help calm your child. Turn on the night-light, check under the bed, peek in the closet and read a happy story. These are easy steps to add to your child's bedtime routine to help relieve anxiety.

**5 Face the Fear.** Often the best way to address a fear is to face it head-on. Seeing or doing something "in real life" may help your child understand the difference between a nightmare and reality. If the fear is fantasy-based, work together to rewrite the ending. The two of you can come up with silly ways to change the dream. Let your child know that they get to choose how the story goes!





## MAKE THE MOST OF YOUR HEALTHCARE VISITS

Use this sheet to help get ready for your next doctor’s visit and then to help you afterward. Preparing before, and following through after, can help with your health. Here are four ways you can make the most of your next appointment.



**ASK QUESTIONS.** Before any appointment you have with a doctor, write down the questions about your health. If you’re feeling unsure about anything, it’s OK to speak up. Here are some ideas for questions you can ask and a spot for you to write the answers.

How is my health? Are there any other problems or issues I am worried about? \_\_\_\_\_

What medicines do I take? What are each of my medicines for? \_\_\_\_\_

What types of exercise are OK for me? What types are not? Why? \_\_\_\_\_

Are there foods I need to eat more of? Are there any I should eat less of? Why? \_\_\_\_\_

What can I do to make sure my health is good in the future? \_\_\_\_\_

Write any more questions you have here: \_\_\_\_\_



### BRING SOMEONE, IF YOU CAN.

If you need help filling out forms or remembering what your doctor says, see if you can bring a trusted relative or friend to your appointment. If you can’t bring someone along, ask for information about your health or your treatment that you can bring home to share with that person.



### TURN TO TRUSTED SOURCES.

If something on the internet seems too good to be true (or too bad to be true!), that may be the case. Look to state and U.S. government health agencies, universities and medical colleges, nonprofit organizations, and nationally-known health news sources for reliable information. Ask yourself: Who’s promoting this? What’s in it for them? What are they trying to get out of this?



### BUILD YOUR LITERACY SKILLS.

Would you like to read better? Or is English not your first language? There are lots of local classes and groups for adult learners. Start by searching the National Literacy Directory for a program near you at [nld.org](http://nld.org).

# What You Need to Know About COVID-19

Coronavirus Disease 2019 (COVID-19) is a disease that causes respiratory illness in people and can spread from person to person. People of all ages can be infected. Older adults and people with pre-existing medical conditions like asthma, diabetes and heart disease may be more likely to become severely ill if infected.

**Many details about this disease** are still unknown, such as treatment options, how the virus works, and the total impact of the illness.

**The symptoms of coronavirus include** mild to severe respiratory symptoms. Symptoms include fever, cough, and shortness of breath and lower respiratory illness. COVID-19 can be contagious before a person begins showing symptoms.

**If you have been exposed** or begin showing symptoms of the virus or flu, contact your healthcare provider or health department immediately.

**Likewise, Influenza (the flu)**, a contagious respiratory illness caused by the influenza viruses (Type A and Type B), has high activity in the United States at this time. Everyone six months of age and older should get a flu vaccine.

**As the pandemic has left millions needing help**, Sunshine Health provides key [Member Resources](#) to find information on housing assistance, financial assistance and other topics.

**To find help in your area**, search for free or reduced cost COVID-19 specific services in your community such as unemployment, food, housing, care and more with our zip code lookup tool. Visit Sunshine Health's [Community Resource Database](#).

**Our lives and routines have changed because of COVID-19.** Many activities we enjoy are limited. Here are some tips to help you create [positive new habits](#) in our new world.





This information is available for free in other languages. Please contact our customer service number 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.

#### Notice of Non-Discrimination

Sunshine Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Sunshine Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Sunshine Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Sunshine Health at 1-855-463-4100 (TTY 1-800-955-8770). If you believe that Sunshine Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Grievance/Appeals Unit Sunshine Health, P.O. Box 459087 Fort Lauderdale, FL 33345-9087, 1-855-463-4100 (TTY 1-800-955-8770), Fax, 1-866-534-5972. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Sunshine Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

**Spanish:** Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Sunshine Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-855-463-4100 (TTY 1-800-955-8770).

**French Creole:** 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).

**Vietnamese:** 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).

**Portuguese:** Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Sunshine Health, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-855-463-4100 (TTY 1-800-955-8770).

**Chinese:** 如果您，或是您正在協助的對象，有關於 Sunshine Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-855-463-4100 (TTY 1-800-955-8770)。

**French:** Si vous-même ou une personne que vous aidez avez des questions à propos d'Sunshine Health, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-855-463-4100 (TTY 1-800-955-8770).

**Tagalog:** Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Sunshine Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-855-463-4100 (TTY 1-800-955-8770).

**Russian:** В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Sunshine Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-855-463-4100 (TTY 1-800-955-8770).

**Arabic:** للتحدث م مترجم إذا كان لديك أو لدى شخص تساعد أسئلة حول Health Sunshine ، لديك الحق في الاتصال للحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. 1-855-463-4100 (TTY 1-800-955-8770).

**Italian:** Se lei, o una persona che lei sta aiutando, avesse domande su Sunshine Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami l' 1-855-463-4100 (TTY 1-800-955-8770).

**German:** Falls Sie oder jemand, dem Sie helfen, Fragen zu Sunshine Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-855-463-4100 (TTY 1-800-955-8770) an.

**Korean:** 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Sunshine Health 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-855-463-4100 (TTY 1-800-955-8770) 로 전화하십시오.

**Polish:** Jeżeli ty lub osoba, której pomagasz, macie pytania na temat planów za pośrednictwem Sunshine Health, macie prawo poprosić o bezpłatną pomoc i informacje w języku ojczystym. Aby skorzystać z pomocy tłumacza, zadzwoń pod numer 1-855-463-4100 (TTY 1-800-955-8770).

**Gujarati:** જે તમને અથવા તમે જમે ની મદદ કરી રહ્યા હોય તેમને, Sunshine Health વવશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વવના તમારી ભાષામાં મદદ અને માવહતી પ્રાપ્ત કરવાનો અવિકાર છે. દુભાવષયા સાથે વાત કરવા માટે 1-855-463-4100 (TTY 1-800-955-8770) ઉપર કોલ કરો.

**Thai:** หากท่าน หรือ ผู้ที่ ท่าน ให้ความช่วยเหลือ อยู่ใ้ ขณะนี้คือ ากถามเกี่ยวกับ Sunshine Health ท่าน นมสึ ทิ ธที่ ี่ ะได้รั้บความช่วยเหลือ และขอ้ มลู ในภาษาของท่าน น โดยไม่เ่ สยิ ค่า ่ ใช้จ่าย ่ ยใด ๆ ्हัง สนี้ หากต้องการใ้บ้ รกิ ารลา่ ม กรณ ่าโทรศัพทต์ ติ ต่อ ทที่ มายเลข 1-855-463-4100 (TTY 1-800-955-8770).