



WHOLE you



2022 Summer Bulletin

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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 well. This edition has plenty of great information to help you enjoy your life to the fullest. For one, you can look forward to getting better sleep. There are also plenty of tips on how to get active and stay healthy. Just make sure to stay hydrated! Plus, there is a pasta salad recipe that is easy and tasty.

Soon, you will need to act to renew your Medicaid coverage. Visit myflorida.com/accessflorida to confirm your contact information is still correct. If the Florida Department of Children and Families does not have your current contact information, you may miss important updates.

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

A Good Night's Rest

Jumping into your bed after a long day is a great feeling. Sleep is one of our body's most important functions. Yet people around the world still struggle to get enough hours of sleep.

Not getting sleep can increase your risks for things like obesity and heart disease, and it can have a negative impact on mental health. But it does not have to be this way. By using good habits, it is possible to get better sleep. Following these tips will get you back on track to getting those hours you need.

Create a routine. If you create calming habits, your body will recognize the pattern and know that it is time to sleep. That way your mind can move into a state of rest. Try going to bed and waking up at the same time, having a cup of hot tea each night, taking a nightly bath, or reading a book before bed.

Quiet down. Make your bedroom as calm, comfortable and dark as you can. Turn off electronic devices like televisions and phones. Try using a free white noise app on your phone. Anything that will keep your room relaxing.

Watch what you eat and drink. Before bed make sure to not consume large meals, caffeine, tobacco or alcohol. Try not to go to sleep hungry or stuffed, as the discomfort from either might keep you up in the night. Remember that foods and drinks with caffeine and alcohol can affect the quality of your sleep.

Exercise during the day. Get some exercise. Being active during the day can help you fall asleep more easily at night. But do not work out close to bedtime as it can keep you up.



Sources:

[Are You Getting Enough Sleep?](#)

[1 in 3 adults don't get enough sleep | CDC Online Newsroom](#)

[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 yourself from getting sick? A flu vaccine. It is easy to get and free to you as a Sunshine Health member.

Experts say everyone 6 months and older should get a flu vaccine each year. It helps protect you and those around you, especially people who have health conditions that put them at higher risk of getting seriously sick.

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

The best time to get your flu shot is by the end of October. You can get it at your doctor's office, a pharmacy or health center. Sometimes, flu shots are offered at work or school.

Search for a doctor or a pharmacy with our [Find A Provider tool](#).

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 to help you get enough water every day.



Mix
it up

If you do not like the taste of water or want 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 available from the store. If you are craving a soda you can try 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. If you see the bottle in your room or in your bag, you will be reminded to hydrate.

Don't wait

If you feel thirsty, you might already be dehydrated. Try to make a drinking routine within your everyday tasks, for example you can have a glass after every meal, before going to bed, or every time you go to the bathroom. What's important is that you steadily drink water throughout the day.

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 ages 7 to 13 earn \$20 for each annual visit to their Primary Care Provider. Visit SunshineHealth.com/Rewards for more information.

Questions? Call your child's doctor or Care Manager. You can also reach Member Services at 1-866-796-0530 (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

Grabbing some food and drinks with loved ones is a great way to spend an evening. 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. What we have listed 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 your 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 be prepared.

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

Healthy Aging Month is here. Decisions we make impact our health as time goes on. Smart choices now can save you time, money, and stress in the future. So here are some helpful tips to keep you feeling your 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 skin color, be sure to wear sunscreen when you plan to be outside for a long time. Sunscreen helps shield against harmful UV rays, sunburns, and skin cancer. You can also help by regularly washing your face and moisturizing. Putting these into your routine will help reduce acne and early skin aging.



Protecting Your Sight

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



Don't Skip Brushing

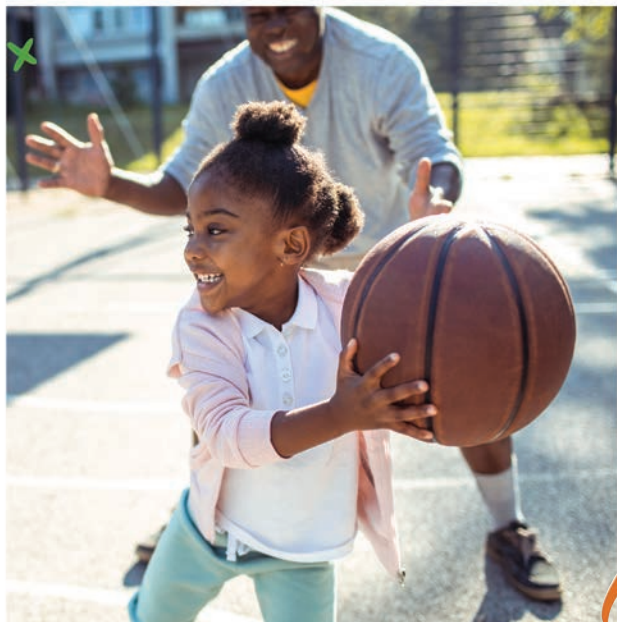
People assume that a decline in dental health always happens as you age. But in reality, you can protect yourself from things like gum disease and tooth loss. Brushing your teeth and flossing daily are the best places to start. Regular cleanings are also very important.



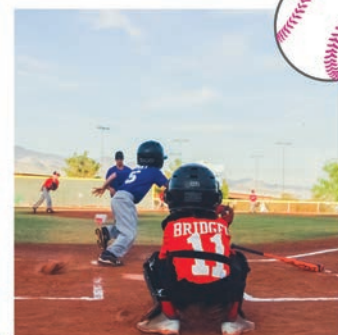
Keep Your Heart Healthy

The risk of heart diseases goes up with age. Make sure you have annual checkups with your doctor, even if you feel healthy. Exercise regularly, eat nutritious foods, and find ways to manage your stress to keep your 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 great option that's also good for your health. Here are a few fun ideas:



- **Basketball.** Wherever you go, basketball hoops can be found almost anywhere. You can bring people and play a pickup game together. Or you can go to the courts solo to shoot hoops and practice your aim.
- **Baseball.** Once you get a game of baseball going, it is an exciting way to spend an afternoon. If you're not feeling up to a game, you can play catch with a ball and some gloves.
- **Swimming Pools.** Take a break from the heat and go to your local community pool! Work on cannonballs with friends and relax with a lemonade in your hand. A day swimming at the pool is sure to bring hours of fun. Remember, Sunshine Health will cover up to \$200 a year in swimming lessons for members ages 21 and younger.
- **Chalk Drawing.** Feeling artistic? Use your creativity with sidewalk chalk. If you want a less physical activity, this is the perfect way to go. Have some fun with the kids or have a drawing contest with friends.
- **Beach Volleyball.** When you do not want to dive into cold water, volleyball is a great way to spend your time. And you do not have to be at a beach to play. Plenty of outdoor spaces and public parks have sand volleyball areas where people can play.



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 1-866-796-0530, 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 1-866-796-0530, 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 1-866-796-0530 (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 1-866-796-0530 (TTY 1-800-955-8770).