



sunshine health™

# WHOLE you

2023 Spring Bulletin



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# Welcome!

As 2023 continues to move along, spring is in the air once again. Welcome to another edition of Whole You, a newsletter from Sunshine Health.

In this issue, we’re bringing you plenty of useful and informative articles. You’ll learn more about how to manage stress, tips on preventing skin cancer and the importance of prenatal and postnatal visits.



**Don’t forget about your Medicaid redetermination.** It’s the eligibility process you must go through to keep your Medicaid coverage. Please visit [Myflfamilies.com/Medicaid](https://myflfamilies.com/Medicaid) to see if you still qualify. If you no longer qualify for Medicaid, don’t worry — our Ambetter plans could be an option. Visit [Ambetter.SunshineHealth.com](https://Ambetter.SunshineHealth.com) or [Healthcare.gov](https://Healthcare.gov) to see Marketplace plan options.

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

# Centering Your Mind

*In life, we all experience ups and downs. And many of us face issues that aren't easy to deal with. That's why in our day-to-day lives it's crucial to be able to identify and manage stress.*

***Stress is a normal human reaction to situations your body finds to be overwhelming.***



Sources:

[Stress: Signs, Symptoms, Management & Prevention](#)  
[Tips for Coping with Stress|Publications|Violence Prevention|Injury Center|CDC](#)  
[5 tips to manage stress - Mayo Clinic Health System](#)  
[Stress Relievers: Tips to Tame Stress - Mayo Clinic](#)

Stress happens when you experience pressure from changes or challenges and your body produces physical and mental responses to those scenarios. Although stress helps you adjust to new and potentially dangerous situations, too much of it over time can wear down the mind and body. Long-term or chronic stress can lead to symptoms like aches and pains, exhaustion, high blood pressure, digestive problems, anxiety and depression. And often people will try to manage it with unhealthy habits such as procrastination, craving sugary or salty snacks, drinking alcohol and smoking.

But there are healthy ways we can help ourselves cope with stress. Learning how to manage your stress takes practice, but you can do it easily with time. **And with mental health benefits from Sunshine Health, such as Family Therapy Services, we can help you on your journey to managing the concerns in your life.** Here are a few helpful ways you can manage and relieve stress:

**Exercise:** Working out has been proven as one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off. Consider looking up a simple routine to do when you wake up in the morning.

**Eating Healthy:** Along with exercise, nutrition is important as well. Stress can deplete certain vitamins such as A, B complex, C and E. Proper eating helps your body and mind feel better, which allows you to better combat stress.

**Meditation:** Stopping and taking a few deep breaths can help instill a sense of calm, peace and balance. Relieving that pressure can benefit your mental well-being and your overall health. You can try some meditation programs online, on apps or at many gyms and community centers.

**Stay Connected:** Humans are social beings. Keep in touch with people who keep you calm, make you happy and are ready to help you out. And enjoying a shared activity allows you to find support and foster relationships that keep you grounded.

# Defending Your Skin

## ***Knowledge is your best defense when it comes to skin cancer.***

In the United States, about one out of five people will develop skin cancer by the age of 70. The more you understand it, the better you can prepare and protect yourself.

Skin cancer is the out-of-control growth of abnormal cells in the skin. The main types are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), melanoma and Merkel cell carcinoma (MCC). The two main causes of skin cancer are the sun's harmful ultraviolet (UV) rays and the use of products that produce UV light.

The good news is that if skin cancer is caught early, your doctor has high odds of eliminating it. Plus, as a Sunshine Health member, you can get rewarded for your wellness visits while also getting the care you need. Although it's hard to completely protect yourself from UV rays, it's important to be proactive in your skin protection. To help you, here are some key ways to prevent damage to your skin:

***Avoid long exposure to the sun.*** During the peak hours of the sun's strength, try to stay in the shade. This peak time is usually between 10 a.m. and 4 p.m. And remember, UV rays can still get to you during the winter months or on cloudy days. It also helps to avoid outdoor tanning and using UV tanning beds.

***Wear a broad-spectrum sunscreen.*** If you know you will be exposed to the sun for an extended period of time, it is important to apply sunscreen regardless of your skin tone. Look for sunscreen with a sun protection factor (SPF) of at least 30. Make sure to reapply about every two hours if you're sweating or swimming.

***Wear sun-protective clothing.*** Hats with wide brims and clothing that covers your arms and legs are helpful to protect your skin from harmful UV damage. You can also buy sunglasses that have UV protection as well.

***Examine your skin from head to toe every month.*** Take time and make note of your body. Look for new moles, any change in color, or unusual skin on both sun-exposed and sun-protected areas. If you notice strange differences or growths over time, talk with your doctor immediately.



Sources:

[Skin Cancer 101](#)

[Skin Cancer Prevention](#)

[5 Simple Steps to Help Prevent Skin Cancer](#)

[What Can I Do to Reduce My Risk of Skin Cancer? | CDC](#)

[Melanoma Warning Signs](#)

# Time To Go on an Adventure

*Whether you're going for a quick walk or an all-day adventure, hiking can be a great way to get you and your family moving.*

But before you start blazing trails, it's important that you prepare and bring everything that you need. Thankfully, we have these tips to help you conquer any urban cityscape or forest:

## 1 KNOW YOUR ROUTE:

First and foremost, know where you're going. Check a map and see what you can expect from your trip before you leave. Sometimes parks will have information about trails on their website so you can plan accordingly. And for urban hikes you can do the same thing. Pick your own destination or "summit" to reach, then plan your route on a map.

## 2 GO LIGHT:

No matter the location, hiking doesn't require much. Make sure you wear the right shoes for your journey. Be sure to bring water, snacks, a first-aid kit, your fully-charged cell phone and a map. But remember, a heavy backpack can make hiking feel like a chore. Bring what you need and avoid overpacking by saving weight where possible.

## 3 REALIZE YOUR LIMITS:

When you're starting out, it's best to start small. If your destination has a map, pay attention to see if the trail has a difficulty rating. Be realistic about your limits and don't pick a route that scales a cliff or spans eight hours' worth of city blocks. Remember, choosing a hike with too much distance or elevation can leave you sore, or worse, stranded.

## 4 TELL SOMEONE:

While hiking is fun, it's also important to stay safe. Try to hike with a friend or family member and avoid going alone. Make sure someone knows where you're going, the route you plan on taking, and an estimated time to complete it just in case anything happens.

Sources:

[City Hiking Is What We Need Right Now: How to Get Started | GearJunkie](#)  
[9 Tips for Planning the Perfect Hiking Trip](#)  
[Planning Your Hike](#)  
[How To Plan A Hike: 7 Tips For Successful, Stress-Free Days on The Trails](#)



# Eating On The Go

***Some days, things are moving so quickly that you don't have time to make a proper meal.***

***You need that simple piece of food that'll get you through your next activity.***

We have a tasty and nutritious solution for you: homemade peanut butter granola balls! With a little bit of prep time beforehand, you can make these delicious snacks and put them in the fridge. Then, whenever you need a quick bite to eat, you can grab one or two of these. It's a fun activity for the whole family to get involved, especially kids. And they're also customizable. Feel free to add, substitute or change ingredients to what suits you and your family.

## **Ingredients:**

- 1 cup peanut butter
- 2/3 cup honey
- 2 1/3 cup oats
- 1/2 teaspoon salt
- 3 tablespoons cashews or almonds (Optional: crushed)
- 1/3 cup mini chocolate chips

## **Instructions:**

- 1.** First, stir together the peanut butter, honey, and a tiny bit of salt in a bowl. Mix until all ingredients are fully incorporated.
- 2.** Second, add the oats, chocolate chips and cashews or almonds. Stir again until everything is fully combined.
- 3.** Next, scoop the mixture into balls on a baking pan. You can also shape them into different shapes.
- 4.** Finally, chill them in the fridge for one hour, now you can grab a bite to eat whenever you want.

Source: [Homemade Granola Bars | Love & Lemons](#)



# Season of Savings

## Purchasing Fruits and Veggies (By Season)

With prices rising at the supermarket, it's important to save money where you can. And if you know which fruits and vegetables are currently in-season at the store, it can save you time, money and taste buds. Nobody wants dull and expensive strawberries.

So, we've compiled a general produce guide for you! You'll be able to see when prices are low and high for your favorite fruits and vegetables during the year. Just remember, prices and availability change from region to region. Be sure to ask your local store or farmer's market when something is in-season.

### Year-Round

BANANAS  
CELERY  
POTATOES  
AVOCADOS  
COCONUTS  
LEEKs  
OLIVES  
ONIONS

### Spring

PINEAPPLES  
MANGOES  
CHERRIES  
APRICOTS  
STRAWBERRIES  
ARTICHOKES  
RHUBARB  
BROCCOLI  
CAULIFLOWER  
LETTUCE  
ZUCCHINI  
ASPARAGUS  
SPRING PEAS  
OKRA

### Summer

APRICOTS  
BLUEBERRIES  
CANTALOUPE  
KIWI  
MANGOES  
PEACHES  
STRAWBERRIES  
WATERMELON  
RASPBERRIES  
PLUMS  
BLACKBERRIES  
FIGS  
PEPPERS  
CUCUMBERS

### Fall

APPLES  
CANTALOUPE  
MANGOES  
POMEGRANATES  
CRANBERRIES  
PEARS  
BUTTERNUT SQUASH  
EGGPLANT  
MUSHROOMS  
PUMPKINS  
SWEET POTATOES  
BROCCOLI  
CABBAGE  
TURNIPS

### Winter

GRAPEFRUIT  
LEMONS  
ORANGES  
TANGERINES  
PAPAYAS  
POMEGRANATES  
BROCCOLI  
BRUSSELS SPROUTS  
CABBAGE  
CAULIFLOWER  
MUSHROOMS  
SWEET POTATOES  
TURNIPS  
RUTABAGAS

Source: [Guide to Buying Fruits and Veggies by Month | The Budget Mom](#)

# Find Help with our Community Resource Database



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

*The online Sunshine Health Community Resource Database makes it easy to access free and reduced-cost programs and services in your area.*

The tool connects Sunshine Health members to community-based organizations that offer different types of support. Finding help is easy. All you have to do is visit [CommunityResources.SunshineHealth.com](https://www.sunshinehealth.com/CommunityResources) to 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

# Caring For New Moms

## *The connection between a mother and her child is a strong bond.*

*Becoming a mother can come with many emotions. Joy, stress and even fear. But many new and expecting mothers run into complications. And a lot of these cases are preventable.*

They involve issues such as severe bleeding after childbirth, infections and high blood pressure during pregnancy. The risk of these complications and others can all be reduced with the right prenatal and postnatal care.

**Prenatal care** is assistance that helps decrease risks during pregnancy and delivery. Regular visits help doctors monitor and identify any problems before they become serious. Babies of mothers who lack prenatal care have triple the chance of being born at a low birth weight. And low birth weight can lead to complications or death. It's important to see a doctor as soon as you know you are pregnant – Sunshine Health can connect expecting members to a OB-GYN through our [Find a Provider Tool](#).

Once a member knows they are expecting, they should make a **prenatal visit in the first trimester** on or before the enrollment start date or within 42 days of enrollment. Plus, when an expecting member logs into their [Secure Member Portal](#) account and fills out a Notice of Pregnancy form, they can receive one of the following rewards:



- **\$20 Notification of Pregnancy Form (first trimester):** Complete and sign a Notification of Pregnancy form within first trimester.
- **\$10 Notification of Pregnancy Form (second trimester):** Complete and sign a Notification of Pregnancy within second trimester.



# Caring For New Moms (Cont.)



**If you are pregnant and dealing with addiction, we are here to help.** When you complete 5 Medication Assisted Treatment visits before delivery and provide evidence of complete medication and counseling sessions, you can be awarded \$50.

**Postnatal care** helps new mothers adjust to the physical, social and psychological changes that result from giving birth. This period typically lasts six to eight weeks and involves getting proper rest, nutrition and vaginal care as well as instructions on caring for your new baby. It can also help with postpartum depression, a depressive state that can occur after giving birth. In the United States, about one in eight women experience symptoms of postpartum depression after giving birth. Sunshine Health recommends attending a **postpartum visit on or between 7 and 84 days after delivery.**

It's for these reasons that women should make sure to attend their prenatal and postnatal visits with their doctor. The assistance and monitoring performed during these visits is incredibly important to keep mothers and their babies healthy. And with Sunshine Health's benefits and the Start Smart for Your Baby program, we can help ensure you and your growing family gets the help they deserve. Talk to your doctor and ask what care is right for you. And visit our [Pregnancy Care](#) web page to get access to all the information you need.

Sources:  
[Importance of Prenatal and Postnatal care - Smile Foundation](#)  
[Pregnancy Care: Overview, Prenatal & Postnatal Care](#)  
[Prenatal and Postnatal Care Tips for Mothers | Norwich University Online](#)  
[Raising the Importance of Postnatal Care](#)  
[Postnatal Care](#)  
[Postpartum Depression - Symptoms and Causes - Mayo Clinic](#)  
[Maternal Mortality Rates in the United States, 2020](#)  
[Depression Among Women | CDC](#)



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).