



sunshine health™

WHOLE you

2023 Summer Bulletin



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Welcome!

By now you may be getting ready for the school year and fall activities. Welcome to another edition of Whole You, a newsletter from Sunshine Health.

In this issue, we're bringing you plenty of useful articles. You'll learn about diabetes and getting ready for flu season. You'll also get some ideas for healthy school lunches. Plus, read about well child visits and treating bug bites.



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 or Healthcare.gov to see Marketplace plan options.

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

Don't Forget Shots!

Immunizations, also called vaccines or shots, are one of the best ways to protect yourself and your family's health. They fight off lots of viruses that can make you sick.

Adult vaccines have a lot of benefits.



Below are tips to help you protect your health and the health of others.

- **Keep Records.** Keep track of your immunizations and put the information in a safe place. Having records can save you time and money by preventing unneeded shots. Ask your primary care provider to make sure you're current on your shots.
- **Stay Current.** Some immunizations require "boosters" to remain effective. Depending on your age and health, you may also be at risk for different diseases that vaccines help prevent. Certain shots, like the flu shot, are needed every year. Check with your healthcare provider to find out which vaccines can help you stay healthy.
- **Don't Worry.** Many people worry about getting shots. But you shouldn't. Vaccines are tested under strict regulations before they are deemed safe. Few people experience side effects. But those who do usually have mild ones like soreness at the spot of the shot. Speak with your healthcare provider if you have any concerns.
- **Stay Healthy.** Vaccines can help you stay healthy so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends and hobbies.

For questions about your vaccines, call your doctor. If you need help finding a doctor or have questions about your benefits, call Member Services at **1-866-796-0530** (TTY 1-800-955-8770). We can help Monday through Friday, 8 a.m. to 8 p.m. Eastern.

Source: [CDC](https://www.cdc.gov/)

Keep the Flu Away

Fall means flu season is on its way – and that means it’s time for flu shots. Doctors recommend the flu vaccine for just about everyone 6 months and older. It’s the best and easiest way to protect yourself, your family and your community. Plus, it’s free!

Why get the flu shot every year?

The flu viruses are always changing. Scientists predict which virus will be the most common each year so that flu vaccines can be tweaked to work as well as possible. Plus, protection from the shot weakens over time.

Can the flu shot give me the flu?

No. The flu vaccine is made from either inactive flu virus or none at all.

When and where can I get the flu shot?

Fall is the best time to get the flu shot. You can get them at doctor’s offices, clinics and health centers. Sometimes, flu vaccines are offered at school and workplaces, too.



Signs of the flu:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue or tiredness
- Vomiting
- Diarrhea (more common in children)

Have the flu? Here’s what to do:

- Visit the doctor or an urgent care. You can also call the **24-hour Nurse Advice Line 1-866-796-0530** (TTY 1-800-955-8770) with any health questions. Unless you have a very high fever or trouble breathing, you do not need to go to the emergency room for the flu.
- If you are sick, stay home from work and put off errands, if possible.
- Always cover your mouth when you cough or sneeze. Try to cough into your elbow or use a tissue.
- Wash your hands often with soap and warm water. Carry hand sanitizer with alcohol in it.
- Try not to touch your eyes, nose or mouth without clean hands.
- If someone around you is sick, keep your distance.
- Keep the house clean. Remember to wipe down doorknobs and other surfaces that could be carrying germs.
- Wear a mask if you are sick and can’t stay home, or if you are around someone else who is sick.

The flu shot is the best way to protect yourself from serious illness. Talk to your doctor today about scheduling your shot.

Sources: [CDC](#), [APIC](#)

TRANSPORTATION BENEFITS

Catch a Ride – For FREE!

Did you know that you can get free rides to and from their doctor's appointments?

You can also get escorts (when medically necessary) and transfers between hospital or facilities.

Just call ModivCare at 1-877-659-8420 (TTY 1-866-288-3133). Call Monday through Friday, 8 a.m. to 5 p.m.

Eastern. Note: All rides must be scheduled at least 24 hours (one business day) in advance.

If you have questions about [transportation services](#) or need help scheduling a ride, contact Member Services at **1-866-796-0530** (TTY 1-800-955-8770).

Take the Sting Out of Bug Bites

As you enjoy the last days of summer, remember, there are still bugs out there. And while most are harmless, some bugs can spread illnesses and cause uncomfortable reactions. The best thing to do is keep bites from happening in the first place with bug spray or insect repellent cream.

Make sure to choose a bug repellent with at least 20% DEET, like OFF! DEET is the ingredient in these products that keeps bugs away. Sprays and creams with 20% DEET should provide up to six hours of protection from mosquitoes and other flying insects.

Don't forget to apply the spray to your clothing, too. Some bugs can bite right through it. You can use regular bug spray or a product with 0.5% permethrin, which is specially made for clothing. But make sure you do not put this type of bug repellent directly on your skin. Only use it on clothes, then let them dry for at least two hours. Always read instructions on bug repellents to make sure you're using them the right way.

If you get a bug bite, here's what to do:

- If it hurts, take acetaminophen or ibuprofen. Follow the directions on the label.
- If it itches, put an ice pack on it or use an anti-itch cream like hydrocortisone. You can also take an antihistamine tablet, like Benadryl.
- If it's swollen, put an ice pack on it.
- If you get a rash, fever or body aches, the bug bite may be serious. Call your doctor, urgent care or dermatologist right away and let them know what is happening. You can also call the **Nurse Advice Line at 1-866-796-0530** if you are unsure what to do.

REMEMBER: You receive \$25 per month to spend on certain over-the-counter items at CVS Pharmacy. These include two types of OFF! bug spray, as well as the items you may need if you get bitten, like pain relievers, antihistamines, anti-itch creams and ice packs.



Source: [American Academy of Dermatology Association](#)

Kids Need Regular Check-Ups

Well Child visits, or yearly checkup exams with your child's primary doctor, are a great way to stay on top of your child's general health.

They are general health check-ups to make sure your child is growing and developing as expected. You can ask questions and learn more about your child's health.

Exams may include:

- Health and developmental history
- Hearing screening (when age appropriate)
- Vision screening (when age appropriate)
- Dental screening
- Developmental screening
- Age-appropriate testing (Ex. blood lead test before 12 and 24 months)
- Age-appropriate guidance
- Immunizations (when needed)
- Treatment (as needed)

All children 3 and older should see their primary care doctor once a year until they turn 21. Babies and younger children need to go a bit more often.

Exam schedule:

- After birth
- 3-5 days old
- By 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 24 months old
- 30 months old
- Once a year from 3-21

Looking for a primary care doctor? Use our [Find-A-Provider Tool](#).

Don't forget! Your child can earn a cash reward for completing a Well Child visit each year through the [My Health Pays Program](#). Members ages 3-21 years earn \$20 per visit, per year. Members aged 0-30 months earn \$10 per visit, per year.

Questions? Call your child's doctor. 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.



Lower Your Risk of Diabetes

Diabetes is a condition that affects blood sugar and the way the body uses food for energy. Over a million Americans are diagnosed with diabetes each year. Two of the most common causes of diabetes are being overweight and not getting enough exercise. Let's look at some healthy habits you can build.

1 EAT HEALTHY.

Healthy, high-protein foods like fish, nuts and beans can help keep your blood sugar at a good level. Things like bread, sweet cereals, pasta and fast-food can make their blood sugar levels too high.

2 DRINK SMART.

Try switching out sweet, caffeinated drinks with water or low-sugar juice made from real fruits. Swap whole milk for 1% or skim milk.

3 MOVE.

Exercise can help keep your blood sugar and blood pressure in good range. You can start slow – even small changes can make a difference. Talk to your doctor to come up with an exercise plan that works for you.

4 WATCH WEIGHT.

If you are overweight, work with your doctor to come up with a healthy weight loss plan. Losing weight will help you have more energy and reduce your risk of serious issues from diabetes, like heart disease and stroke.



Questions about your risk of diabetes? Make an appointment to talk to your doctor today. If you are already diagnosed with diabetes, ask your doctor about:

- **Diabetes care:** Learn more about how to manage your diabetes and get help making a care plan and medication schedule.

Get rewarded for comprehensive diabetes care:

Medicaid members aged 18-75 years can [earn \\$25 a year](#) for completing both an HbA1c test and a retinopathy screening (dilated eye exam).

Lunches Kids Love



It's back-to-school season and getting everyone ready to start the day can be a huge task. With these five tips, the lunches you pack can help your kids adopt healthy eating habits and try new foods:

1 DINNER FOR LUNCH.

Boost protein and cut sodium. Instead of sandwiches with deli meat, use leftover meat from last night's dinner. Make a few tortilla roll-ups ahead of time with shredded chicken or ground turkey, cheese, lettuce and a little hummus. Cut them into small slices to make them bite-sized and fun to eat.

2 ADD SOME CRUNCH.

Pair cheese with crispy treats like apples, celery and unsalted nuts. Celery topped with meat or cheese is healthy and easy to eat.

3 SKIP THE CHIPS.

Low-salt popcorn, veggie straws or whole-grain crackers are better choices than the standard bag of chips. Always check labels and don't buy brands that are high in sodium or added sugar.

4 TAKE A DIP.

Make an easy, healthy veggie dip with Greek yogurt or use smashed avocado or hummus. Slice veggies into pieces for easy dipping.

5 GIVE THEM A FRUIT BOOST.

Fruits help kids fight off sickness. Give them a bright berry fruit salad, make a fun fruit kabob or pack yogurt, fruit and granola in separate containers so they can build a parfait. You can also pack cottage cheese and peaches for them to snack on, or bananas and apple slices with peanut butter.

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 [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 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).