



sunshine health™

WHOLE you

2024 Winter Bulletin



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Welcome!

As 2024 continues, we welcome you to another edition of *Whole You* — a newsletter from Sunshine Health.

What are your goals for this year? This issue has some tips for keeping your goals and reaching them. To help, we'll explore ways to eat healthy and discuss heart disease and tips to quit smoking. We'll also look at different ways to get help when you're sick. Dinner plans? Check out our meatball recipe.

Don't forget about your Medicaid redetermination. It's the eligibility process you must go through to keep your Medicaid coverage and the time to renew coverage is different for everyone. Please visit [Myflfamilies.com/Medicaid](https://myflfamilies.com/Medicaid) to see if you still qualify for Medicaid. If you no longer qualify, don't worry — our [Ambetter](#) plans could be an option. Read more about it in the article in this edition.

Did you miss our last issue? Check out our [Fall 2023 \(PDF\)](#) issue.

Important: Keep Your Coverage!



Annual Medicaid renewal:

It's happening now. And for Medicaid members, that means redetermination — in other words, the process you need to go through to confirm your eligibility. These steps are different in different states, but no matter where you live, once a year, your state will need to make sure that you're still eligible for coverage.

HERE ARE THREE IMPORTANT THINGS TO KNOW:

1. You may get a letter from the Department of Children and Families (DCF) before your Medicaid anniversary. This letter will explain how to verify that you are still eligible.
2. If you are eligible for Medicaid, you can keep your Sunshine Health coverage or choose another plan. If you are no longer eligible for Medicaid, you can

check out our Marketplace options at [Ambetter.SunshineHealth.com/redetermination](https://SunshineHealth.com/redetermination) or healthcare.gov. If you are a Dual member who no longer qualifies for Medicaid but are still eligible for Medicare, view our Wellcare Medicare plan options at Wellcare.com/Florida.

3. If you don't get a letter or you don't know your anniversary date, you can confirm your eligibility with DCF online.

HAVE YOU MOVED OR CHANGED YOUR PHONE NUMBER?

Make sure your state has your current contact information. You can do that by visiting your MyACCESS account. Sunshine Health cannot process your renewal for Medicaid coverage, but we can answer any questions you may have about the process. Fill out this [Contact Form](https://Contact), and we will reach out to you.

Got Goals?

As the new year continues, it can be hard to keep up with your resolutions.

Here are some tips to help you set and keep objectives for the new year.

Start with your “why.” Do you want to eat healthier? Exercise more? Whatever goal you set, think about why it matters to you. Maybe it’s to have more energy, be there for your family, or to just feel better. Keep that reason in your mind as you work toward your goal.

Keep it real. It’s great to dream big. But big changes can take time. So, if you have a big goal, break it up into smaller mini goals. This will help you stay on track and not give up.

Celebrate success. Think about healthy ways to celebrate your progress. Maybe you treat yourself to a stroll through your local library, download a new workout playlist, take a selfie to track your progress or arrange a walk with friends.

Keep things positive. Embrace the power of positivity as you commit to your goals. Focusing on small victories and maintaining a hopeful mindset will only fuel your motivation.

Remember the water. Water is an important part of many health goals. Try drinking a 12-ounce glass of water before and after every meal. You’ll feel fuller longer — and it’s good for your brain and kidneys too.



Stay open to change. Life isn’t perfect. We’ll always have things that get in the way of our goals. Don’t give up or be upset if you need to change things up. Making progress however you can is a win.

Speak up and team up. Share your goals with people who care about you. Or team up with friends or a group who shares the same goals. Having other people who know what you’re working toward will help you stay motivated.

Need Care? Who Do You Call?

Let's say you have a terrible earache or a bad cold. Who should you call? Your primary care provider (PCP) is a great choice.

It's important to have a good relationship with your PCP and to visit your doctor at least once a year, even if you are feeling well. Your PCP can also help if you have a cold, earache, sore throat or rash and can help with sprains, minor cuts or burns. Your PCP is also a good choice if you have stress or anxiety.



To find a PCP or pharmacy near you, visit our [Find-A-Provider Tool](#). If you're not sure where to go for the care you need, our 24/7 nurse advice line can help you at [1-866-796-0530](tel:1-866-796-0530) (TTY [1-800-955-8770](tel:1-800-955-8770)).

But what if you have quick questions about medicines or your health? Many of us might not think of our local pharmacist. We should. Your pharmacist is there to provide good advice at no cost to you, helping you manage your prescriptions and health.

Ask your local pharmacist about:

- Your prescriptions or over-the-counter medicines
- Side effects from medicines and how to handle them
- Medication refills
- How your medicine works
- Which medicines are safe to use with each other
- How to stay on track using your medicines
- Over-the-counter medicines when you have a cold or the flu, a headache or a sore throat
- Questions about vaccinations
- How to use blood pressure monitors, inhalers or glucose monitors

For more information about where to go for your care, visit [Accessing Care](#).

Eat Right to Stay Healthy

We all know the feeling of cravings.

People want “comfort food,” which tends to be high in calories and fat. What can you do to eat healthy? Here are some tips to eat better while satisfying some of those cravings:

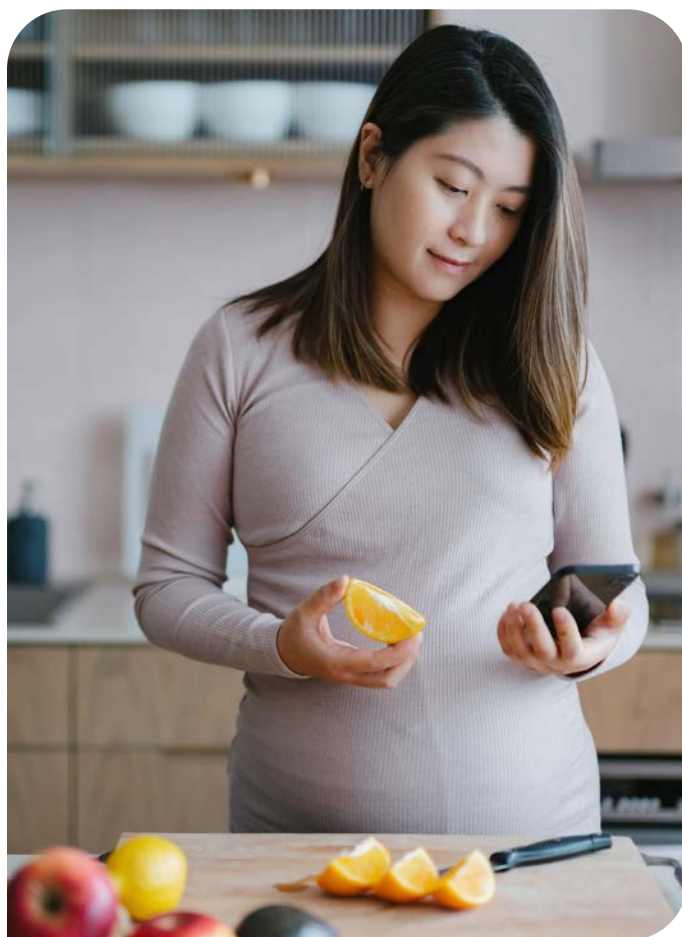
Tea up. A steaming cup of tea or even hot water can provide satisfying warmth and comfort and make you feel full.

Fill the soup pot. Use those vegetables at the bottom of your crisper drawer. Toss them in a soup pot with greens, lentils, beans, whole grains and even some lean protein. Add healthy clear vegetable or meat broth (avoid cream) for a satisfying meal that you can enjoy for days.

Peel some sunshine. Oranges are the perfect standalone healthy snack, or you can add them into a salad with greens like Swiss chard, collard greens or kale.

Eat your broccoli. Maybe as a kid you weren't a fan of broccoli, cauliflower or Brussels sprouts. It's time to give these treasures another chance. Try tossing them with a bit of olive oil, salt and pepper and browning them in the oven — delicious!

Make a smart swap. Many of us crave fatty foods. If that's you, you can add a healthy twist and still satisfy your craving. For instance, instead of regular mac and cheese, use whole-grain pasta and add some veggies and a lean protein, like chicken.



Source: [Everyday Health](#)

Sweeten the deal. Dessert, anyone? Choose a square of dark chocolate. In small amounts, it can reduce your risk for heart disease. That's a win for your taste buds and for your heart!

Here's to the Quitters (Stop Smoking)

Anyone who has tried to stop smoking knows it's not easy.

Smoking becomes a part of our everyday life, from what we do with our hands to how we handle ourselves in social settings to how we relax or get through stressful times. Quitting is hard. But if you smoke, quitting is one of the best things you can do for your health, for your budget and for everybody around you.

Plus, when you complete four Tobacco Cessation Health Coaching Sessions, you'll receive \$20 as part our [My Health Pays® Rewards Program](#).

Quit for your life. It's the single most important thing you can do for the length and quality of your life. The minute you quit, your body benefits.



Quit for the money. Smoking costs you. And the price is going up. A pack-a-day habit will cost most smokers almost \$2,000 a year and sometimes more.

Quit for your loved ones. Cigarette smoke hurts everyone who smells it. There is no safe level of secondhand smoke. Kids who live with smokers get more colds and infections. Even in small amounts, cigarette smoke increases risk for coronary heart disease, stroke and lung cancer.

Quitting is important. But how can you do it?
Here are some tips to help you quit once and for all.

BEFORE YOU QUIT:

- Get rid of all your cigarettes, lighters and matches.
- Make a list of ways to distract yourself when you have cravings.
- If you get texts, emails or mailings from tobacco companies, opt out now.
- Tell people you are quitting. Ask them for support. If they smoke, ask them not to smoke around you.
- Have a friend or someone you can call for support when you have cravings.

ONCE YOU QUIT:

- Avoid places where you will be tempted to smoke.
- Keep things like straws, pencils and cinnamon sticks handy for times when you'd normally smoke.
- Avoid stores and other places that sell cigarettes.

WHEN YOU HAVE CRAVINGS:

- Pull out your list of ways to distract yourself.
- Talk with your doctor about medicine to help you quit or a higher dose if you need it.

[Tobacco Free Florida](#) offers more resources to help you quit.

Iron-Rich Meatballs You're Sure to Love!

Did you know that iron is a key ingredient for your health? It boosts your immune system, enhances your memory, and can even improve your athletic performance.

These meatballs are a delicious and easy way to ensure you're getting the nutrients you need. Serve them over pasta, mashed potato or alongside some crusty bread to mop up all the deliciously rich tomato sauce.

INGREDIENTS

Meatballs:

- 1lb ground beef
- 0.2lb chicken livers, finely diced
- ½ brown onion, finely diced
- 2 tbsp chopped parsley
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp salt
- 1 tbsp olive oil

Sauce:

- 3 cups tomato puree
- 1 tbsp olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 tsp raw sugar
- ½ tsp salt
- Handful of fresh basil, torn (optional)



STEPS

- 1** Mix the ground beef, chicken livers, onion, garlic powder, salt and dried herbs with your hands in a small bowl until well combined.
- 2** Roll tablespoonfuls of the mixture into balls and refrigerate for at least 20 minutes (this will help them keep their shape better when you cook them).
- 3** Heat the olive oil in a deep heavy-based frying pan over medium heat. Add the meatballs and cook for 6 to 8 minutes (or until browned and cooked through). Set aside.
- 4** To make the tomato sauce: Add a drizzle of olive oil over medium heat in the same pan. Add the onion and garlic and cook until softened – scraping off any of the browned meat from the pan to incorporate it. Add the tomato purée and sugar and cook for 5 minutes.
- 5** Return meatballs to the sauce and mix to coat, then cook for a further 15 to 20 minutes, gently stirring occasionally, until the sauce is thick and rich in color.
- 6** Turn off the heat and stir through the basil, until the sauce is thick and rich in color.

Source: [KidSpot](#)



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 other 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](tel:1-866-796-0530) (TTY [1-800-955-8770](tel: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](tel:1-866-796-0530) (TTY [1-800-955-8770](tel: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](tel:1-866-796-0530) (TTY [1-800-955-8770](tel: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](tel:1-866-796-0530) (TTY [1-800-955-8770](tel:1-800-955-8770)).