



WHOLE you



2023 Winter Bulletin

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Welcome!

As we enter into a new year, we welcome you to another edition of Whole You, a newsletter from Sunshine Health.

We have plenty of helpful tips to start the new year strong. You'll learn more about key information on heart disease, healthy alternatives to your favorite snacks, and why wellness visits are so important.



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.

In case you missed it, check out our [Fall 2022 issue \(PDF\)](#).

The Basics of Medicaid Redetermination



Redetermination is the verification process a Medicaid member must go through to keep their coverage. Here's what you need to know:



Redetermination has been stopped for more than two years because of the public health emergency caused by COVID-19. This means Florida stopped requiring Medicaid members to renew their healthcare coverage.



Redetermination will soon resume, which means you must make sure the Florida Department of Children and Families (DCF) has your correct contact information.



*Look for a letter from DCF in **a yellow striped envelope** in the mail. It will come about 45 days before your Medicaid anniversary, explaining how to verify your eligibility.*



If you don't receive a letter, you can check your contact information with DCF at [Myflfamilies.com/Medicaid](https://myflfamilies.com/Medicaid). You can also visit a local DCF office. Find a list of locations at myflorida.com/accessflorida.

Sunshine Health cannot process your Medicaid renewal, but we are here to answer any questions you may have about this process. Fill out a Contact Form at SunshineHealth.com/Redetermination and we'll contact you with answers.

Stay Well with Wellness Visits

In the past, people only went to the doctor when they, or someone they knew, was sick. But, we now know that even if you seem healthy, it doesn't mean that you are. And if we can stop illnesses early, we can reach better outcomes. That's why preventive care has become a big part of healthcare today.

Making yearly checkups, often called wellness visits, a part of your regular routine is always recommended.

But why are they so important? These visits give doctors the chance to monitor your health for any changes. That allows for an increase of successful treatments. Another benefit of regular visits is that your doctor can review your overall health. Your provider can review prescriptions, check vaccine statuses, examine your body and give lifestyle advice. Finally, wellness visits help start a relationship with your doctor. The more your doctor knows you and your history, the better your treatment can be.

Visits are a great time to ask questions, raise concerns and learn more about how to care for your health. Plus, with My Health Pays Rewards, there's never been a better time to make a trip to the doctor. When you complete healthy activities, you earn dollar rewards that can be used towards paying for childcare, rent or grocery shopping. Visit SunshineHealth.com/rewards to learn more about this exciting benefit.

Sources:
[The Importance of Regular Check-Ups](#)
[Five reasons why you should get an annual checkup | UT Physicians](#)
[5 Reasons Why Annual Physical Exams Are Important - Virtua Primary Care, NJ](#)



QUESTIONS TO CONSIDER:

- ***Am I due for any vaccines?***
- ***Are there any screenings you think I should get?***
- ***Does my family history put me at risk for any illnesses?***
- ***Are there lifestyle changes I should make?***
- ***Do I need any changes to my prescriptions?***
- ***Can you explain my test results?***
- ***Are the symptoms I'm experiencing normal?***
- ***Do I need a specialist? And will I need a referral?***
- ***Will I need a follow-up visit?***

[5 Questions to Ask Your Physician at an Annual Physical Exam](#)
[Top 9 Questions to Ask at Your Annual Physical Exam | Oak Street Health](#)
[10 Questions To Ask At Your Yearly Physical](#)

Keep Your Heart Pumping

Heart disease is the leading cause of death in the United States. About 1 in 4 deaths are caused by heart disease.

With lifestyle changes, and in some cases medicine, you can prevent and reduce your risk for heart disease.

Here's some key info to remember:



RISK FACTORS:

Major factors that can lead to heart disease are high blood pressure, high cholesterol and smoking. About half of people in the United States have at least one of these three risk factors. But that's not the only thing that can put you in danger of heart disease. You can be at a higher risk if you have diabetes, are overweight, have an unhealthy diet, are physically inactive and/or use alcohol excessively.

WARNING SIGNS:

When it comes to heart disease, it can be tough to watch for symptoms. It can take a heart attack, heart failure or an arrhythmia to get a diagnosis. Symptoms may include chest pain, upper body pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, dizziness, shortness of breath, fluttering feelings in the chest or swelling of body parts.

DIFFERENCES BETWEEN SEXES:

Men and women experience heart disease in different ways. Men typically feel chest pressure with a heart attack, while women experience nausea, sweating and body pain. Men also tend to develop heart disease at a younger age and have a higher risk of coronary heart disease than women. Women, in contrast, are at a higher risk of stroke, which often occurs at an older age.

STAYING HEALTHY:

Some causes of heart disease can't be prevented. But there are things you can control to reduce your risk. Keep an eye on high blood pressure and cholesterol, make sure to exercise and eat a diet that's low in salt and saturated fat. Ask your doctor about more ways you can stay healthy.

Sources:

[About Heart Disease | cdc.gov](#)
[Heart disease - Symptoms and causes - Mayo Clinic](#)
[Heart Disease: Risk Factors, Prevention, and More Review Article Gender differences in cardiovascular disease](#)

[Why are women at higher risk for stroke than men? | Brain | UT Southwestern Medical Center](#)
[Heart Disease: 7 Differences Between Men and Women](#)

Keep Moving All Year Round

It can be hard to stay physically active as the new year gets underway.

But moving our bodies is one of the most important things we can do for our health. Here are a few unique ways to get your body moving.

1 TRY A CLASS

If you own an electronic device with an internet connection in your home, think about taking an online fitness class. There are many free or low-cost options out there. YouTube is one of our favorites. You can also check around your area for cardio, Pilates, dance, yoga or other workouts done through services like Zoom.

2 EXPLORE THE MALL

If you live near a mall or indoor shopping area, that can be a great option for indoor walks. You can use the vast open areas to get your steps in for the day and relax a bit.

3 VOLUNTEER WORK

One way to stay active is to volunteer! Look for work that involves physical activities, such as helping out at a gym or community center. Volunteering is a great way to help others while helping yourself. And you can see what kind of work is needed in your area.

4 DO YOUR CHORES

It's not the most fun answer, but doing chores can count toward physical activity indoors. Sweeping, vacuuming, moving furniture, and other cleaning can all get your heart pumping. You can even add workouts into your routine. Try doing squats as you load and unload your laundry. You'll be staying active and knocking things off your to-do list.



Sources:

[How to Stay Active in Cold Weather | American Heart Association](#)

[6 Tips to Stay Active This Winter | DNPAO | CDC](#)

[11 ways to stay active in winter | Heart and Stroke Foundation](#)

[5 ideas for staying physically active at home](#)

Switching it Up: Tips for Healthier Snacking

We all know the feeling of cravings. There are those delicious snacks and meals out there that we would do anything to get our hands on. However, more often than not, the food we crave can be unhealthy for us. It's thought that around 50% of people experience unhealthy cravings, which can quickly derail your health journey.

Luckily, there are many healthier options that can feel just as indulgent as your favorite junk food. Fresh fruit is considered nature's candy and dark chocolate is actual candy that is a great source of antioxidants. Here are more snacks you can try the next time you're feeling a craving.

Healthier Snacks:

- Fresh Fruit
- Greek Yogurt
- Dark Chocolate
- Plantain Chips
- Trail Mix
- Oatmeal or Cream of Wheat
- Hummus With Vegetables
- Sweet Potato Fries
- Baked Tortilla Chips
- Cottage Cheese

Sources:

[The Scientific Reason Why We Crave Unhealthy Foods](#)
[Here's the Deal With Your Junk Food Cravings](#)
[18 Healthy Foods to Eat When Cravings Strike](#)
[29 Healthy Snacks That Can Help You Lose Weight](#)
[Serotonin: What Is It, Function & Levels.](#)



Healthy Dental Habits Can Lead to a Healthy Life

Achieving healthy teeth takes a lifetime of care, but can also lead to a lifetime of benefits. It's crucial to take steps every day to take care of your teeth and prevent problems. This involves getting the right oral care products, as well as being mindful of your daily habits.

Remember, even with good at-home dental care, it's still important that you see the dentist. The dentist can assess your teeth and give you more tips for taking care of your teeth.

Call your dentist to schedule a checkup and take control of your oral health.

Here are some tips to keep in mind when you're taking care of your teeth:



BRUSH

Make sure you brush your teeth at least twice a day. Use a soft-bristled toothbrush and replace it every three or four months.



USE FLUORIDE

Using fluoride toothpaste will help protect your teeth from cavities.



LIMIT SUGAR

Try to cut down on sugary snacks and drinks. These foods fuel bacteria growth.



FLOSS

Floss every day to remove food and bacteria from your teeth.

Stay Safe with Safe-Sex Tips

Pleasure is important, but keeping yourself protected is, too.

Sex can come with some risks and life-altering consequences if you're not prepared for them. Here are some helpful tips so you can have fun and stay safe:

TALK FIRST: Before engaging in sexual activities, think twice about your new partner. Consider discussing your sexual histories. And whether you have one or multiple partners, be sure to set boundaries and clear expectations. Don't forget to be aware of you and your partner's body. Look out for sores, blisters, rashes, or other symptoms and talk to your doctor about any concerns.

USE CONDOMS: If you aren't looking to start a family, you should use a condom every time you have sex. It can protect you from Sexually Transmitted Diseases (STDs), Sexually Transmitted Infections (STIs) and help to prevent pregnancy. Condoms are widely available, hormone-free, come in male and female varieties and can easily be carried with you wherever you go. Just make sure you get the right condom for you. Improper sizes can lead to condoms failing and materials like latex can cause issues for those who are allergic.

AVOID SUBSTANCES: Before engaging in sex, avoid using drugs or alcohol. These substances can alter your state of mind and might lead you to participate in higher-risk sex.

CONTRACEPTIVES: Along with a condom, there are other ways to prevent an unplanned pregnancy. Women can take oral contraceptive pills, use an intrauterine

device (IUD), a hormonal implant or injection or an emergency contraceptive pill. Talk to your doctor about what's best for you.

SEX MYTHS: A key part of having safe sex is knowing what not to do. A common myth is that condoms protect against all STDs. Although very effective, condoms do not work 100% of the time against all diseases. Another myth is that the pull-out method won't get a woman pregnant. The pull-out method is not a form of birth control. All men secrete fluid during sex and studies have shown that these fluids contain active sperm. Be sure to stay informed on best practices so you can be wary of other false sex myths.



Sources:
[9 types of contraception you can use to prevent pregnancy \(with pictures!\) | Queensland Health](#)
[Contraception and Preventing Pregnancy | HHS Office of Population Affairs](#)
[Safer Sex \("Safe Sex"\) | Reduce Your Risk of Getting STDs](#)
[Top Ten Safer Sex Tips - Our Bodies Ourselves](#)
[Safer Sex Guidelines | Johns Hopkins Medicine](#)
[Six Common Myths About Safe Sex | LeBauer Healthcare](#)



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).