



sunshine health™

WHOLE you

2023 Summer Bulletin



In this Issue:

Don't Forget Shots!2

Catch a Ride –
For FREE!3

Keep the Flu Away4

Check in with a
Check-Up5

Understanding Trauma ...6

Lunches Kids Love7

Take the Sting Out
of Bug Bites8

Lower Your Child's Risk
of Diabetes9

Find Help Easily with
Sunshine Health's
Community Resources
Database10

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 gaming and stress and treating bug bites.

In case you missed it, check out our [Spring 2023 issue \(PDF\)](#). We hope you enjoy our latest edition and that it helps you take care of yourself and your whole child.

Don't Forget Shots!

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

The shots your child needs depend on their age and health. Their doctor can help you know which vaccines are right for them. They can also answer questions about how they work.



Source: [CDC](#)

Some vaccines give protection for life. Others are needed every year. Read below to learn about some of the most common vaccines for children.

- **Influenza (flu) vaccine.** Reduces your child's risk of getting the flu and spreading it to others. The flu virus changes often, so everyone 6 months and older should get a flu shot every year. Read more about the flu in another story later in this newsletter.
- **Chickenpox vaccine.** Doctors recommend two doses of the chickenpox vaccine. The first should happen when a child is between 12 and 15 months old. The second should happen when they are between 4 and 6 years old.
- **HPV vaccine.** Protects against HPV, or human papillomavirus, which causes cervical cancer. Doctors recommend this vaccine between ages 9 and 13. This is given in two doses, at least 146 days apart.
- **MMR vaccine.** Helps fight off measles, mumps and rubella. Doctors recommend two doses – the first at 12 through 15 months old and the second between 4 and 6 years old.
- **Td/Tdap vaccine.** Protects against tetanus (lockjaw), diphtheria and whooping cough. Doctors recommend this vaccine between ages 10 and 13.
- **Meningococcal vaccine.** Protects against diseases caused by bacteria, which can lead to life-threatening infections, like meningitis. Doctors recommend this vaccine between 11 and 13 years old.

Get rewarded: Your child can earn up to \$20 for getting certain vaccines through the [My Health Pays program](#).

For questions about vaccines, call your child's doctor. If you need help finding a doctor or have questions about your child's benefits, call Member Services at **1-855-463-4100** (TTY 1-800-955-8770). Someone can help Monday through Friday, 8 a.m. to 8 p.m. Eastern.

Catch A Ride – For Free!



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

You can also get three round trips per month for non-medical trips, like social outings or family visits.

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 **1-855-463-4100 (TTY 1-800-955-8770)**.

Keep The Flu Away

The flu shot is the best way to protect you and your child from serious illness. Talk to your child's doctor today about scheduling their flu shot.

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 your child, 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 my child the flu?

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

When and where can my child and 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

Does your child 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** at **1-855-463-4100** (TTY 1-800-955-8770) with any health questions. Unless your child has a very high fever or trouble breathing, you do not need to go to the emergency room.
- If your child is sick, keep them home from school if possible.
- Teach your child to always cover their mouth when they cough or sneeze. Your child should try to coughing into their elbow or have them use a tissue.
- Have your child wash their hands often with soap and warm water. Carry hand sanitizer with alcohol in it.
- Your child should try not to touch their eyes, nose or mouth without clean hands.
- If someone around your child is sick, they should keep their distance.
- Keep the house clean. Remember to wipe down doorknobs and other surfaces that could be carrying germs.
- Your child should wear a mask if they are sick and can't stay home, or if they are around someone else who is sick.

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

Check In With A Checkup

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 years old

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 0-30 months earn \$10 per visit, per year. Members ages 3-21 years earn \$20 per visit, per year.



According to the National Child Traumatic Stress Institute, more than two-thirds of children have experienced a traumatic event by the age of 16.

Trauma can take many forms and may look different in every child depending on the type of trauma, the chronological and developmental age when the event occurred, and the support the child received following the event.

If you feel your child is showing signs of trauma or traumatic stress, we can help. At Sunshine Health, we will connect you to professionals who are trained in helping children and their families deal with traumatic stress.

If you think your child has symptoms of traumatic stress that interfere with their daily functioning, you should talk to a mental health care provider.

Call **988** right away if your child is experiencing a mental health emergency. 988 is like 911 for mental health. Dial 988 for confidential, free support from a trained mental health counselor.

If you need help finding a doctor or have questions about your child's benefits, call Member Services at **1-855-463-4100** (TTY 1-800-955-8770). We can help Monday through Friday, 8 a.m. to 8 p.m. Eastern.



You can also call **Sunshine Health's 24-hour Behavioral Health Crisis Line** at **1-855-463-4100** (TTY 1-800-955-8770). You can reach the [National Mental Health Hotline](#) at 1-866-903-3787 and the [National Suicide Prevention Hotline](#) at 1-800-273-8255.



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 banana and apple slices with peanut butter.

Take The Sting Out Of Bug Bites

As you and your child 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 child's 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 child's 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 your child does get a bug bite, here's what to do:

- If it hurts, give them 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 give them an antihistamine tablet, like Benadryl.
- If it's swollen, put an ice pack on it.
- If your child gets a rash, fever or body aches, the bug bite may be serious. Call your child's doctor, urgent care or dermatologist right away and let them know what is happening. **You can also call the Nurse Advice Line at 1-855-463-4100 if you are unsure what to do.**

REMEMBER: Your child gets \$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 your child may need if they get bitten, like pain relievers, antihistamines, anti-itch creams and ice packs.

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



Lower Your Child's Risk Of Diabetes

Diabetes is a condition that affects blood sugar and the way the body uses food for energy.

It is becoming more common in children. The good news is that there are simple ways to lower your child's risk. 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 help your child build.



1 EAT HEALTHY.

Healthy, high-protein foods like fish, nuts, and beans can help keep your child's 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 child's blood sugar and blood pressure in good range. They can start slow – even small changes can make a difference. Talk to your child's doctor to come up with an exercise plan that works for them.

4 WATCH WEIGHT.

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

Questions about your child's risk of diabetes?

Make an appointment to talk to their doctor today. If your child is already diagnosed with diabetes, ask their doctor about:

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

Get rewarded for comprehensive diabetes care: Child Welfare Specialty Plan members 13-20 years old can earn \$20 a year for completing both an HbA1c test and a retinopathy screening (dilated eye exam).

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

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 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 1-855-463-4100, 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 1-855-463-4100, 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 1-855-463-4100 (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 1-855-463-4100 (TTY 1-800-955-8770).



1-855-463-4100
(TTY 1-800-955-8770)
Monday-Friday, 8 a.m.-8 p.m. Eastern

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