



WHOLE you



2021 Winter Bulletin

In this Issue:

Clear the Air. Break the Habit.....2

Wash Your Brain With Sleep?.....3

How to Get the Most From Your Coverage: Telehealth Services.....5

How to Get the Most From Your Coverage: 24/7 Nurse Advice Line.....6

Spring Into Healthy Eating Habits.....7

DIY Decor to Make Your Home Your Temple.....8

Behavioral Health Is Part of Children's Well-Being.....9

Your healthy source for living well.

It's 2021! A whole new year and a whole new *Whole You* from Sunshine Health!

Be sure to check out [our last issue \(PDF\)](#) if you haven't already. We are excited to share more with you through this issue, where you'll see updates on how to stay connected and support your health.

This *Whole You* features tips on how to **quit smoking, sleep for better health and include more healthy habits in your day.** We shine a light on home life with some **DIY decor ideas and indoor winter fun for kids.** Plus, we'll offer insight on **mental health in children** and **how to get the most from your coverage with Telehealth Services.**

We hope you enjoy this issue. Be sure to check out our local group events and ways that you can get involved in your community.

Here's to taking care of the whole you this year. Until next time!



Clear the Air. Break the Habit.

Smoking and using other tobacco products are linked to many health risks for both smokers and nonsmokers. Even still, these habits are hard to quit. The good news is that once you stop smoking, you can get health benefits, no matter how long you've been a smoker.

Among the health issues linked to smoking is lung cancer. The risk of getting lung cancer as a result of smoking has been on the rise in recent years due to harsher chemicals in cigarettes.

You can take charge of your health by kicking your habit. Here are some steps to help you quit smoking:

Set a date to quit.

Schedule a date to quit seven to 14 days from today. Choose a time when you can relax and focus on this change. Holidays and other stressful times are probably not the best times to quit.

Learn from your past.

Think about what you did the last time you tried to quit. What worked? What didn't? Plan for the times, places and activities when you did smoke, like having a cup of coffee, after a meal or driving.

Get support and create a smoke-free life.

Tell others you are quitting. And set rules that keep other people from smoking in your house, car or in front of you. Take all cigarettes and ashtrays out of your car, home and workspace. You can also find a quit-smoking mobile app to help keep you honest with your progress.

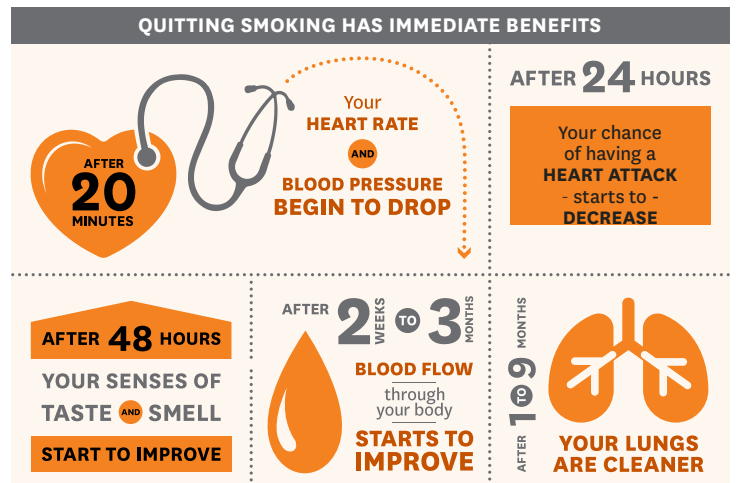


Talk to your doctor.

Contact your primary care provider (PCP) about your decision to quit. Your doctor may offer possible medications and products that can help you quit. Some work better than others. Ask for a recommendation.



We understand that quitting isn't easy. Your Sunshine Health benefits include a tobacco cessation program with helpful information and support. This includes quitting aids that can make your process smoother!



More info:
[cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)
[cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)
[cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm)
[cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)
[cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)
[cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm)

Wash Your Brain With ... Sleep?

Few things have the power to affect your mood and health like sleep. What might only seem like a minor problem when you're well-rested can feel like a total mind collapse if you've been up all night.

Good health starts with healthy habits. And sleep matters. It can help prevent serious health issues like diabetes, heart disease and obesity. Alzheimer's, stroke and dementia have also been linked to sleep problems.

Scientists have long asked why we spend so much of our lives asleep. Some research suggests that our brains, when we rest, are like dishwashers. They use this time to clear out toxins that have built up.

Even if we know enough about sleep to know we should get more of it, most of us don't get enough. Sleep myths are common. One is the belief that you can adapt to very little sleep with time and practice.

Another is that you can "catch up" on lost sleep and it's just as good as getting regular sleep each night. (It's not.)

CONTINUED ON NEXT PAGE

Improve memory

Improve your grades

Sharpen attention

Improve focus

Spur creativity

Curb inflammation

Be a winner

Live longer

Lower stress

Have a healthy weight

Wash Your Brain With ... Sleep? (Continued)

Here are some quick sleep tips to follow, from the American Academy of Sleep Medicine:

- Keep a set sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least seven hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid caffeine in the late afternoon or evening.
- Avoid alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Age Group	Recommended Hours of Sleep per Day
Newborn (0-3 Months)	14-17 Hours
Infant (4-12 Months)	12-16 Hours (Including Naps)
Toddler (1-2 Years)	11-14 Hours (Including Naps)
Preschool (3-5 Years)	10-13 Hours (Including Naps)
School Age (6-12 Years)	9-12 Hours
Teenager (13-18 Years)	8-10 Hours
Adult (18-60 Years)	7+ Hours
Adult (61-64 Years)	7-9 Hours
Adult (65+ Years)	7-8 Hours

More info:
health.com/condition/sleep/11-surprising-health-benefits-of-sleep?slide=d0d75075-3bbc-4dab-abf4-acc55bf278d#d0d75075-3bbc-4dab-abf4-acc55bf278d
cdc.gov/sleep/about_sleep/how_much_sleep.html
sleepeducation.org/essentials-in-sleep/healthy-sleep-habits
nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency
npr.org/sections/health-shots/2013/10/18/236211811/brains-sweep-themselves-clean-of-toxins-during-sleep
sciencemag.org/news/2013/10/sleep-ultimate-brainwasher
sleepfoundation.org/articles/you-cant-catch-sleep



How to Get the Most From Your Coverage: **Telehealth Services**

It's good to know all of your options when it comes to medical care. And it's good to know that Sunshine Health offers Telehealth Services at no cost to you — so you can see the doctor without leaving home.

Telehealth is your easy, 24-hour access to in-network providers for non-emergency health issues. Get medical advice, a diagnosis or a prescription. Do it all by phone or video. And, have easy access through your mobile device!

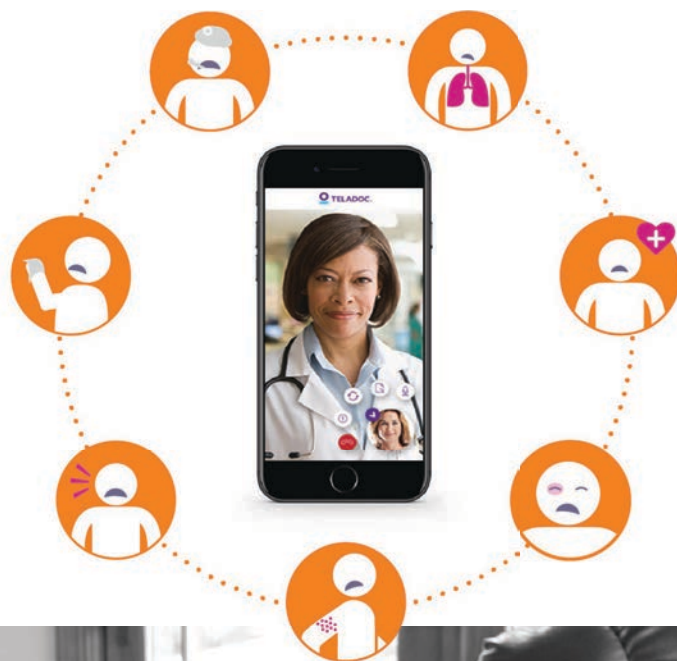
A normal doctor visit can take weeks or months to get into. Telehealth allows you to get the same quality care on your time.

Use Telehealth for:

- Colds, flu and fevers
- Rash, skin conditions
- Sinuses, allergies
- Respiratory infections
- Ear infections
- Pink eye



Not sure whether to schedule a doctor visit? Call our Free 24/7 Nurse Advice Line at 1-855-463-4100. Medical experts can talk to you about your health concerns and help you set up a doctor visit if you need one.



How to Get the Most From Your Coverage: **24/7 Nurse Advice Line**



It's good to know all of your options when it comes to medical care. And it's good to know that Sunshine Health offers the 24/7 Nurse Advice Line at no cost to you. So you can get medical advice without leaving home!

Our free 24/7 Nurse Advice Line allows you to get quick, expert answers to your health questions from registered nurses. These nurses have spent lots of time caring for people. Now they are eager to help you.

Use the 24/7 Nurse Advice Line to:

- Find a primary care provider (PCP)
- Talk about concerns while caring for someone who is sick
- Determine the best place to go for care — your PCP, the ER or somewhere else
- Schedule a ride to a medical visit
- And more!

A normal medical visit can take weeks or months to get into. You may not even be sure whether you need one. This simple, fast and free benefit is a great place to start if you are unsure of the best care option for you or a loved one. Or, if you just want the comfort of hearing a medical expert on the other end of the line!

Spring Into Healthy Eating Habits

If you're unhappy with the way you eat — because you want to change your health, your mood or your body — a good place to start is with getting to know yourself better.

Be honest. When you assess your true eating habits, you're more likely to be able to make and keep healthy changes. Do you find yourself reaching for sweets when you're stressed? Are you skipping breakfast? Is lunch a quick run to a drive-thru?

Don't forget to give yourself credit for the good eating habits you already have! Do you eat when your body tells you to? Do you enjoy what you eat? These are healthy habits, too! You can build on these as you keep making healthier food choices.



Find details about **Sunshine Health's [Healthy Rewards](#)**.



More info:
[cdc.gov/healthyweight/losing_weight/eating_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)
[cdc.gov/healthyweight/losing_weight/getting_started.html](https://www.cdc.gov/healthyweight/losing_weight/getting_started.html)
[cdc.gov/healthyweight/losing_weight/keepingitoff.html](https://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html)
[cdc.gov/chronicdisease/resources/infographic/healthy-summer-tips.htm](https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer-tips.htm)
[cdc.gov/healthyweight/healthy_eating/cutting_calories.html](https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html)
[health.harvard.edu/staying-healthy/why-stress-causes-people-to-overeat](https://www.health.harvard.edu/staying-healthy/why-stress-causes-people-to-overeat)

Get support.

See if a co-worker, friend or family member is also interested in making healthy changes. Together you can share recipes and advice.

Take notes.

Consider keeping a food diary or use an app to track your current eating habits.

Have fun.

Suggest activities with friends that aren't food-focused. Maybe a walk through the park or a night of dancing.

Use add-ons.

Add more fruits and vegetables to both your meals and snacks. Whether it's a sliced banana on your favorite cereal or a salad for lunch, it's all good!

Make it easy.

Keep healthy snacks nearby, like air-popped popcorn or dry-roasted mixed nuts. Or, find a recipe you like and make your own!

Be patient.

Know that changing your eating habits will not happen overnight. Don't beat yourself up if you have a "bad" day. This is about learning new ways to enjoy food and making small changes over time.

DIY Decor to Make Your Home Your Temple

Your home is where you want to be able to feel safe and relaxed. It's where you can be you. It makes sense, then, that you would also want your home to reflect your unique style — to make it even more like your personal temple, away from the outside world.

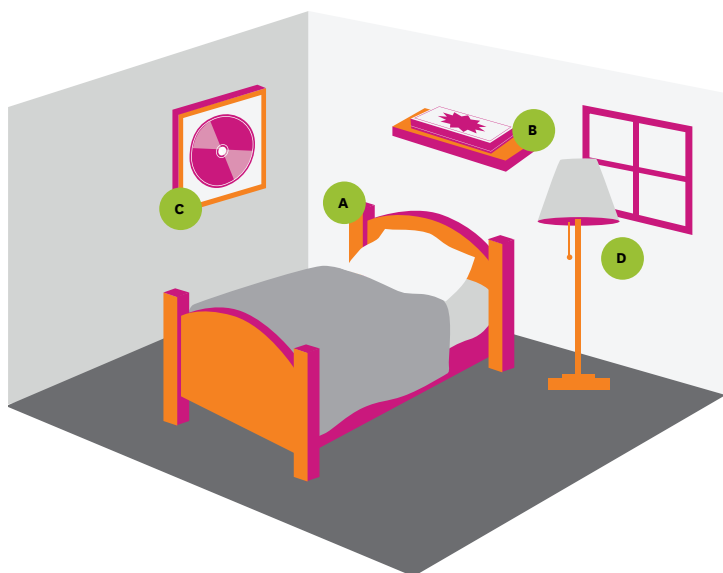
A great way to connect with yourself and your space is to get creative with your hands. You don't need to drop a lot of money on the newest decor. You can transform a room with simple changes. Give some of these DIY decor ideas a chance!

A Craft your own headboard. Want to give your bedroom a new look? It may be as simple as switching up the area behind your bed. There are many ways to do this even if you're looking for a fast project. Find a large tapestry that you love and hang it where a headboard would go. You can get the same effect with a floor-to-ceiling strip or two of removable wallpaper!

B Bring back old items. Use your imagination! Find some board games whose designs you enjoy and use them to decorate your walls or repurpose their boxes for a more unique storage option. Display your favorite trinkets in a vintage printer's tray. Add colorful paint to a drab chair or an old vase.

C Create art from art. Choose a piece of art that speaks to you. It doesn't need to be a painting — it could be an album or a sculpture. Let this inspire an entire statement wall in the room of your choice. This wall will be the focal point of the room. Use bold paint or wallpaper that matches this piece of art, and use accent pieces throughout the room that complement these colors.

D Let there be light (and life). Never underestimate the power of plants and lighting to change your space. Brighten up any room with a pop of color that a little green will provide. Change the mood of your place by using the glow from lamps and other light sources instead of the usual overhead kind. Or try "layering" light: combine lights at the level of the floor, the wall and the ceiling. Think table and floor lamps, hanging fairy or bulb lights and even candles.



More info:

apartmenttherapy.com/diy-headboard-hacks-267825

apartmenttherapy.com/easy-home-diy-projects-36251796

apartmenttherapy.com/home-decor-ideas-268030

luxemagazine.com/living/home/change-the-mood-in-your-home-with-lighting/

Behavioral Health Is Part of Children's Well-Being

It's good to know what can impact your child's behavioral health, also known as mental health or mental well-being. One in five children has a mental health condition.¹ Where your children live and their sense of safety affect their mental well-being. Without help, children can struggle at school and with others. This can impact their overall health in the long term. Some other areas that may impact your child's behavioral health include school, diet, family issues and genetics.

Stress from these things can cause mental strain. Sometimes it can be hard to tell if your child's behavior needs to be looked at by an expert. Some signs include:

- Major change in daily mood
- Change in school performance or behavior
- Constant worry
- Decline in sleep
- Frequent nightmares
- Increased aggression
- Frequent temper tantrums
- Less interest in school or favorite activities
- Shift to choosing to spend time alone
- Unexplainable headaches or belly aches

You can talk to someone if you are worried about your child. It may be hard to admit that your child is having problems. But you are not alone. Nearly 20 percent of American youth suffer from a mental disorder.² It is up to you to protect your child's health. It is just as important to check on their mental health as it is to check on their physical health.

Your child should get a well-child visit every year. Talk to your child's doctor if you notice a change in how your child learns, plays, speaks or acts. Ask for help early. This will help them be successful and avoid long-term health problems.

You have the right to seek care for your child. There are resources available to you no matter where you live or where you come from.



Mental Health America has a [parent test](#) that can help you decide if your child is showing signs of a behavioral health condition.



Resources are also available to help you find healthy food, housing or other needs that support your child's physical and mental well-being. Sunshine Health can help.

[Find community resources.](#)

¹Mental Health America

²The National Alliance on Mental Illness (NAMI)



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 1-855-463-4100, 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).