



WHOLE you



2020 Summer Bulletin

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Your healthy source for living well.

We are excited to bring you a new issue of **Whole You** from **Sunshine Health**. We hope our last issue gave you some ideas to improve your well-being. Stay updated on your health this season with *Whole You*!

In this issue, read tips for **dressing to impress at work** and **feeding your family on a budget**. Learn how to **fight tooth decay** and **keep up with vaccinations**. Get in the fall spirit and take a close look at the **trees in your neighborhood**. We'll also offer advice on how to get the most **value from your health plan** and **make your resume pop**.

You can expect more content for the **Whole You** in our next issue.

Now you can have access to your health plan ID card on your phone! Download your ID card at the Apple App Store or Google Play by searching for "Sunshine Health."



7 Tips for Preventing Tooth Decay in Little Ones

Diapers, feeding, sleep times. There's a lot to keep track of with babies and young children. Don't forget oral health. Follow these seven practices to protect your little one.



- 1 Wipe gums.** After each feeding, grab a piece of gauze or a wet washcloth and clean your child's gums to remove bacteria buildup. Be gentle!
- 2 Don't dip.** Never coat children's pacifiers with honey or sugar to get them to use it. Protect gums and teeth by using only freshly washed pacifiers.
- 3 Begin brushing.** Once the first tooth emerges, start with a child's soft toothbrush and use a tiny amount of kid-friendly toothpaste. (The size of a grain of rice. At age 3, you can use a bit more—the size of a pea.) Don't forget to use non-fluoride toothpaste until they can spit on their own.
- 4 See a dentist.** Schedule the first dentist appointment when the first tooth comes in but no later than the first birthday.
- 5 Limit snacking.** When your child is able to eat solid food, start choosing sugar-free or unsweetened snacks. Healthier, teeth-friendly snack choices are fruits and vegetables, low-fat cheese and water.
- 6 Use water.** Be sure to rinse or brush your child's teeth after they have high-sugar food or drink. When possible, give your child water instead of juice.
- 7 Schedule checkups.** It's hard to spot tooth decay in infants without a full dental exam. Small, white spots can appear on their gums above the upper front teeth but they may not be visible to you. If you suspect your child has these symptoms, contact a pediatric dentist.

Dress to Impress at Work

Looking sharp on the job can make you more confident. Being polished isn't the most important thing, of course. But a bit of extra confidence can help your work performance—really. Follow some of these tips to make sure you're dressed to impress!

Dress for the job

How you dress at work should depend on factors like a dress code, your job and company culture. To begin, make sure your clothes meet company guidelines. Next, consider what you do daily. You should wear comfortable clothes for those tasks. Finally, what is your company culture like? Take your cues from that on whether to dress more casual or formal.

Invest in the basics

As you build your work wardrobe, keep it simple. Choose base neutral colors like black, gray, white or beige. Find a few well-made items to wear often. You can make these the center of your wardrobe; use accessories to make them more versatile.



Try hand-me-downs

You don't need to ruin your budget. A great way to find high-quality items is to organize a clothing swap with friends or visit secondhand stores. Look for clothes that will last a long time. Do this by paying attention to material: If it's a fabric blend, select a high ratio of natural fibers like cotton and wool to synthetics. For example, you would want a cotton piece of clothing to be at least 60% cotton. Other quality signs include metal zippers, spare buttons and solid stitching and seams.

Put your spin on it

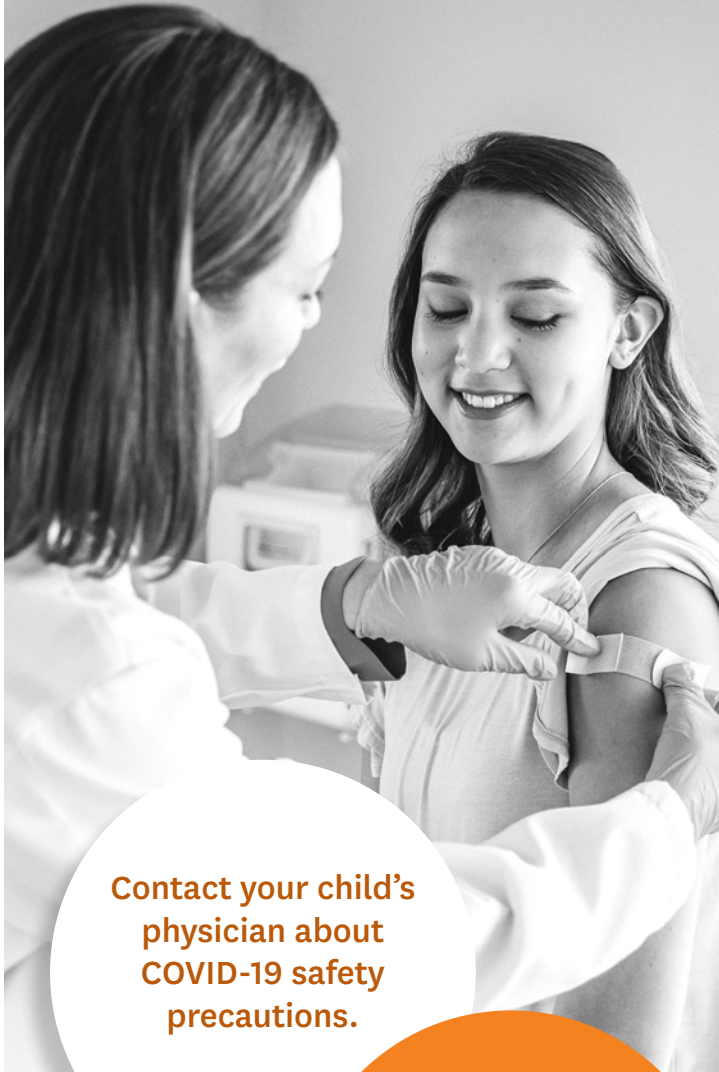
Do you wear a uniform to work? If so, you may have some limits to what you can do to your look. It's OK! Just get creative. Depending on your company's rules, you may still be able to add some personal style with unique jewelry, hairstyles or accessories such as ties or socks. Do what you can to feel like you—and shine!

More info: <https://www.mic.com/articles/171359/build-a-perfect-work-wardrobe-without-spending-a-fortune-5-ways-to-look-professional-at-the-office>



National Immunization Awareness Month

Staying current on shots is important for you and your kids. Protect your health and the health of others by following these vaccination tips.



Contact your child's physician about COVID-19 safety precautions.

Start Smart for Your Baby can help guide you when you make vaccine decisions for your baby!

More info: <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>

- 1 Keep records.** Keep track of shots you and your children receive. Store the records in a safe place. This can save you time and money. It can also help you avoid getting a shot you don't need. Can't find the records? Talk to your primary care provider.
- 2 Stay current.** Even if you got all your shots as a child, some require "boosters" to remain effective. Depending on your age and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, shots for things like the flu are needed annually.
- 3 Don't worry.** Shots are tested before they are deemed safe for use. Few people have side effects. Those who do usually have only mild and temporary ones like soreness or redness where the shot was given.
- 4 Travel safe.** Don't travel outside of the country without checking about the shots you or your kids may need. Certain countries may expose you to diseases your current shots don't protect you from. Try not to wait until the last minute. Some shots can take several days or even weeks to take effect. The CDC's website is a great resource to make sure you're covered.
- 5 Be aware.** Vaccines can help you avoid common illness like the flu and whooping cough. These can have serious effects on people around you like children and others with asthma, diabetes or heart disease. The shots you need depend on your age, medical history and even your job. Be sure to talk to your doctor to find out which ones are right for you and your family!.

Feed a Family of 4 on \$200 a Month

Housing and food are the biggest expenses for many families. When budgets are tight, you can give yourself some relief to cut meal costs. If you aren't in the habit of planning and prepping food, it can be hard. It's second nature—once you get into the habit. Use these tips to get started.

Plan, plan, plan. You can't reach a goal if it isn't defined. Choose a budget and a meal plan. Stick to it. Do some internet research. You'll see that many people have had success with plans as frugal as \$200 a month to feed a family of four. That's \$50 a week. It can be done—and healthfully, too! Here's a sample menu:

Day 1

- (B) oatmeal with fruit
- (L) hummus with fruit and veggie sticks (carrot, apple, celery and cucumber)
- (D) baked chicken, corn on the cob, baked potatoes

Day 2

- (B) potato and egg hash
- (L) tuna salad with homemade crackers
- (D) savory bacon, onion and greens pasta skillet

Day 3

- (B) oatmeal with apples
- (L) peanut butter sandwiches and grapes
- (D) garden salad with chicken and bacon

Day 4

- (B) oatmeal with fruit
- (L) hummus with fruit and veggie sticks (carrot, apple, celery and cucumber)
- (D) minestrone soup with dinner biscuits

Day 5

- (B) potato and egg hash
- (L) tuna salad with homemade crackers
- (D) chicken sandwiches, roasted potato wedges, carrots

Day 6

- (B) oatmeal with apples
- (L) peanut butter sandwiches and grapes
- (D) simple spaghetti and garden salad

Day 7

- (B) oatmeal with fruit
- (L) egg salad with biscuits
- (D) veggie fried rice

Use coupons. Don't worry! You don't need to spend hours cutting coupons. But pay attention to what you buy often. If you can find coupon deals for those items, use them. Check out the local newspaper and its website. You could also find good sales in your grocery store ad. Another option is coupon apps on your phone. (There are also apps that will help you plan your meals based on the foods you buy.)

More info:

<https://fcaa.org/how-to-feed-a-family-of-4-on-50-a-week/>
<https://dontwastethecrumbs.com/one-week-50-meal-plan-for-a-family-of-four/>
<https://clark.com/shopping-retail/how-i-fed-my-family-on-50-a-week/>
<https://www.supercook.com/#/recipes>
<https://www.moneycrashers.com/discount-grocery-stores/>

Shop at discount supermarkets. These stores provide bulk options that can be less expensive than regular stores. If you know you will be eating a lot of something that will stay good for a long time—like peanut butter or cereal—get it here.

Make things easier on yourself. Does work keep you too busy during the week to cook? Try cooking ahead of time and freeze the food. You can put dinner in a slow cooker in the morning, and it will be ready when everyone gets home! The more convenient plan you create, the more likely you will stick to it.

WHOLE you

Use All Your Health Plan Benefits

Do you know about all the benefits your coverage provides? They go beyond medical care. Get the most from your health plan with additional member benefits like:

My Health Pays[®] Rewards Program

Earn rewards when you do healthy things like getting your annual checkup. And you can spend your rewards at places like Walmart*. [Check out our video on the My Health Pays program.](#)

Transportation Services

If you need a ride to your doctor, we can help! Don't miss another appointment. We'll help you get to your health-related visits.

*This card may not be used to buy alcohol, tobacco, or firearms products.



5 Resume Tips for Landing That Job

Hiring managers review lots of resumes and LinkedIn profiles. After a while, they all look the same. Don't let yours get lost! Follow these five tips to make sure you get a second look.

- 1 Write in a human voice.** Being professional doesn't mean you need to write like a robot. Avoid formal language and write in a conversational way.
- 2 Copy what you admire.** Do some Google searches for the resumes of successful people. Study their LinkedIn profiles. Meet with contacts whose careers interest you and ask for advice. This will help narrow down the feedback and ensure that it's relevant to you.
- 3 But don't be afraid to color outside the lines.** Anyone can look up a resume template on the internet. Give yourself permission to put your own flare on your resume or LinkedIn profile. What makes you a unique candidate for this job?

4 Make it relevant. Maybe you are applying to a job in a new field. That's okay if you don't have tons of experience. Figure out which aspects of your old job could help you in this new position. Focus on these job responsibilities and talk about how they might help in the new job.

5 Keep it short and sweet. When it comes to resumes and LinkedIn profiles, less is usually more. Focus on the most important parts of your career history. Make resumes visually simple and no longer than one page. LinkedIn profiles can be pulled from what's in your resume.

More info:

<https://www.forbes.com/sites/lizryan/2018/02/10/ten-resume-writing-rules-youre-allowed-to-break-now/#1eb6a68d669d>

<https://www.forbes.com/sites/lizryan/2018/01/18/ten-things-recruiters-look-for-in-your-linkedin-profile/#2ce457e0c385>





This information is available for free in other languages. Please contact our customer service number 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.

Notice of Non-Discrimination

Sunshine Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Sunshine Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Sunshine Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Sunshine Health at 1-866-796-0530 (TTY 1-800-955-8770). If you believe that Sunshine Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Grievance/Appeals Unit Sunshine Health, P.O. Box 459087 Fort Lauderdale, FL 33345-9087, 1-866-796-0530 (TTY 1-800-955-8770), Fax, 1-866-534-5972. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Sunshine Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Spanish: Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Sunshine Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-796-0530 (TTY 1-800-955-8770).

French Creole: 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).

Vietnamese: 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).

Portuguese: Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Sunshine Health, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-866-796-0530 (TTY 1-800-955-8770).

Chinese: 如果您，或是您正在協助的對象，有關於 Sunshine Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-866-796-0530 (TTY 1-800-955-8770)。

French: Si vous-même ou une personne que vous aidez avez des questions à propos d'Sunshine Health, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-866-796-0530 (TTY 1-800-955-8770).

Tagalog: Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Sunshine Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-866-796-0530 (TTY 1-800-955-8770).

Russian: В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Sunshine Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-866-796-0530 (TTY 1-800-955-8770).

Arabic: لتحدث م تخرج إذا كان لديك أو لدى شخص صرحت ساعداً من حول Health Sunshine ، لديك الحق في .
ببعض الحصول على المساعدة ولخدمات الضرورية بلغتك من دون أي تكلفة.
1-866-796-0530 (TTY 1-800-955-8770)

Italian: Se lei, o una persona che lei sta aiutando, avesse domande su Sunshine Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami il 1-866-796-0530 (TTY 1-800-955-8770).

German: Falls Sie oder jemand, dem Sie helfen, Fragen zu Sunshine Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-866-796-0530 (TTY 1-800-955-8770) an.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Sunshine Health 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-866- 796-0530 (TTY 1-800-955-8770) 로 전화하십시오.

Polish: Jeżeli ty lub osoba, której pomagasz, macie pytania na temat planów za pośrednictwem Sunshine Health, macie prawo poprosić o bezpłatną pomoc i informacje w języku ojczystym. Aby skorzystać z pomocy tłumacza, zadzwoń pod numer 1-866-796-0530 (TTY 1-800-955-8770).

Gujarati: જે તમને અથવા તમે જમે ની મદદ કરી રહ્યા હોય તેમને, Sunshine Health વવશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વવના તમારી ભાષામાં મદદ અને માવહતી પ્રાપ્ત કરવાનો અવિકાર છે. દુભાવષયા સાથે વાત કરવા માટે 1-866-796-0530 (TTY 1-800-955-8770) ઉપર કોલ કરો.

Thai: หากท่าน หรือ ผู้ที่ ท่าน ให้ความช่วยเหลือ อยู่ใ้ ขณะนี้คือ ากถามเกี่ยวกับ Sunshine Health ท่าน นมสี ที ธที่ ี่ ะได้ร้บความช่วยเหลือ และขอ้มลู ในภาษาของท่าน น โดยไม่เ่สยิ ค่า ใช้จ่าย ่าง ยใดๆ หัง สนี้ หากต้องการใ้บ้ รกิ ารลา่ ม กรณ ่าโทรศัพทต์ ดี ต่อ ทที่ มายเลข 1-866-796-0530 (TTY 1-800-955-8770).