

# WHOLE you



## 2021 Fall Bulletin

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## Your healthy source for living well.

Welcome to **Whole You**, a newsletter we hope you can use to improve your child's well-being and to learn more about their health plan benefits.

As you know, Sunshine Health recently began operating Children's Medical Services (CMS) Health Plan. There are no changes to your child's benefits. They will keep the same care manager, doctors and prescriptions. You will continue receiving a newsletter every three months.

But now your child gets even more great perks, like the **Engolve OTC Mobile App**. You can use it to order their over-the-counter medical products. Your child can also now use Sunshine Health's **My Health Pays® Rewards Program**, which pays dollar rewards for completing certain healthy activities. Learn more at [SunshineHealth.com/CMS](https://SunshineHealth.com/CMS).

In this issue of Whole You, you will find ideas for activities you can do with your child and recipes to make with the family. We will share tips on how you can get the most out of your child's asthma care and explain how your living conditions can affect their health.

You will learn facts about the flu shot and the COVID-19 vaccines. You'll find information on how to prevent and control childhood diabetes. And we'll walk you through the Partners in Care: Together for Kids program.

## Stay Connected and More!



Make sure to bookmark our website, [SunshineHealth.com/CMS](https://SunshineHealth.com/CMS), to keep up with important plan information. You can create your child's online member account at [SunshineHealth.com/Login](https://SunshineHealth.com/Login). It takes just a few minutes to sign up.

Look at everything you can do with your child's member account:

- Manage your child's My Health Pays<sup>®</sup> Rewards
- Find or change your child's doctor
- Get care through our virtual health services
- View your child's claims status and more!



Also make sure to download the Envolve OTC Mobile App. You can use the app to order your child's over-the-counter medical products and have them shipped right to your home.



Now, eligible CMS Health Plan members have a Legal Guardianship benefit. Members ages 17 to 18½ who are in a Skilled Nursing Facility or Private Duty Nursing setting, and whose parents are obtaining guardianship because the member cannot care for themselves, are eligible. Up to \$500 is available per eligible member per lifetime, only with prior approval.



Have questions? Call Children's Medical Services Health Plan **Member Services** at **1-866-799-5321** (TTY **1-800-955-8770**), Monday through Friday, 8 a.m. to 8 p.m. Eastern.



## Partners in Care: **Together for Kids (PIC:TFK) Program**

Children with life-limiting conditions, like HIV/AIDS, cancer, cystic fibrosis, end-stage renal disease, cerebral palsy, muscular dystrophy and others, need support. And so do their parents and families. That's where the **Partners in Care: Together for Kids** program comes in.

Kids enrolled in CMS Health Plan have exclusive access to this unique program. It helps children and families get special care with a focus on quality of life. To qualify, your child must be a CMS Health Plan member, be diagnosed with a serious condition, and live in an area where there is a PIC:TFK provider.

**Partners in Care: Together for Kids** works with your child's CMS Health Plan and doctors to give your child and family various types of support. The program can help meet their physical, emotional and spiritual needs.

Services offered by the program may include:

- Child-life specialists
- Counseling
- Grief counseling
- Nursing care
- Pain and symptom control
- Personal care
- Play, music and art therapies
- Respite care
- Chaplain services
- Bereavement support
- Support for siblings, parents and family members



**Partners in Care: Together for Kids** fills the gaps regular care doesn't reach. The goal is to make sure your child and family are comfortable and have all you need for a high quality of life together.

Think your child would benefit from the Partners in Care: Together for Kids program? Do you have questions? Talk with your child's doctor or CMS Health Plan Care Manager.

You can also visit [FloridaHealth.gov/Partners-In-Care](https://www.floridahealth.gov/Partners-In-Care).

# WHOLE you

## Four Easy and Fun Family Activities

This time of year is busy for everyone. But you can still find ways to sneak in more time for family fun. We have some great ideas for family activities that can be done from the comfort of your own home. And that means you don't have to break the bank to have fun.



**1 Plan a movie night.** Pick up everyone's favorite movie snacks. Pop some popcorn. It's time to watch a movie or two. Can't get your family to agree on a movie? Check out a new release or something classic from your public library.



**2 Make a meal together.** Nothing brings people together like a good meal, especially when you make it together. Pick some easy dishes that everyone can help with, like a healthy twist on pizza.



**3 Pitch a blanket tent and camp indoors.** Staying in doesn't mean you can't go camping. Just grab some pillows and blankets. Build a blanket tent in the living room.



**4 Set up a scavenger hunt.** The great thing about a family scavenger hunt is that you get to pick the rules. You can hide things inside the house using items you already have lying around. You can write riddles for your checklist or use pictures if you have little ones still learning to read.



## A Healthy Twist on Family Pizza Night

Pizza is a fun meal that the whole family can agree on. It's fun to eat and easy to make. Topping a pizza is a great way to get everyone to help with dinner. But before you make your shopping list, here are some tips to make your tomato pie a little bit healthier:

### Grab a veggie crust.

Rather than using a regular pizza crust, try a frozen veggie crust made from cauliflower or broccoli.

### Try a sugar-free sauce.

You don't have to skip the sauce to make it healthier. Grab a sugar-free option at the store. Or even a no-sugar-added one instead.

### Go easy on the cheese.

Cheese is a good source of protein and calcium, but everything is best in moderation.

### Load up the veggies.

Go crazy with the vegetable toppings. Let the family pick out their favorites and sneak in a couple of your own.



*Tip: Save time by stopping by the salad bar at the store to grab fresh, pre-cut veggies!*





# Protect Your Child with the Flu Vaccine

Every year, millions of people catch the flu. Hundreds of thousands go to the hospital because of it, and thousands of people die from it. But you can help keep your child safe.

When your child gets the flu shot, it protects them against the flu. It also helps protect the people around them, including babies who are too young to be vaccinated. Experts recommend the flu vaccine for everyone six months and older.



SOURCE: [CDC.gov/flu/about/keyfacts.htm](https://www.cdc.gov/flu/about/keyfacts.htm)

## **Plan Ahead**

It takes two weeks for your child's body to protect itself from the flu after they get a flu shot. Talk to your child's doctor to learn more.

# How to Prevent and Manage Diabetes in Children

Diabetes happens when a person's blood sugar is higher than normal. It can lead to serious health issues if it isn't managed well. As more children are diagnosed with the incurable disease, we have some tips for how to help your child prevent or manage diabetes so they can feel better.

## Causes of Diabetes

There are two main types of diabetes. Type 1 can be passed through family genes or caused by factors outside your child's control, like viruses. Type 2 diabetes is more common. Children who are overweight and not physically active are more at risk. That's because extra weight can cause the body to resist insulin. Insulin helps your child's body regulate the amount of sugar in their blood.

## Prevent Diabetes

Talk to your child's doctor if you are worried that your child might be at risk for Type 2 diabetes. They can help you come up with a plan to lower your child's risk.

Lifestyle changes, like eating healthy and exercising, are key. Encourage your child to move around for just 30 minutes each day. Their exercise routine doesn't have to be difficult or take a lot of time. Start with something simple, like walking around the block together, then set goals to build up to.

## Symptoms of Diabetes

Diabetes can come with many symptoms and other health issues. Common symptoms include frequent bathroom breaks, fatigue, extreme thirst and hunger, unexplained weight loss and blurry vision. Serious health issues from diabetes can include heart and kidney disease, nerve damage, loss of hearing or vision and more.

## Manage Diabetes

Controlling your child's diabetes is all about watching their sugar intake. Their doctor should give them "target ranges" for what their blood sugar level should be at different times. The goal is to keep their levels within those ranges as much as possible.

Make sure your child takes their medications regularly and keeps up healthy habits. Don't know where to start? Talk to their doctor. Ask often how your child is feeling, both physically and mentally. This will help them feel supported and more prepared to cope with diabetes.



SOURCES: [niddk.nih.gov/health-information/diabetes/overview/symptoms-causes#causes](https://niddk.nih.gov/health-information/diabetes/overview/symptoms-causes#causes); [cdc.gov/diabetes/managing/manage-blood-sugar.html](https://cdc.gov/diabetes/managing/manage-blood-sugar.html); [cdc.gov/diabetes/basics/symptoms.html](https://cdc.gov/diabetes/basics/symptoms.html); [diabetes.org/resources/statistics/statistics-about-diabetes](https://diabetes.org/resources/statistics/statistics-about-diabetes); [main.diabetes.org/dorg/docs/state-fact-sheets/ADV\\_2020\\_State\\_Fact\\_sheets\\_FL.pdf](https://main.diabetes.org/dorg/docs/state-fact-sheets/ADV_2020_State_Fact_sheets_FL.pdf)

# What to Know about the COVID-19 Vaccines



There's lots of information floating around about the COVID-19 vaccines. It's important to make sure what you're hearing is true so you can make the best decision for your child.

As of August 2021, children 12 and older can get the vaccine made by Pfizer-BioNTech. People 18 and older can get the vaccines made by Moderna and Johnson & Johnson. Medical experts have said all three vaccines are safe and effective. Here's more information on them:

Vaccine Manufacturer	Type	Ages	Doses
Pfizer-BioNTech	mRNA	12 years of age and older	2 doses 21 days apart
Moderna	mRNA	18 years of age and older	2 doses 28 days apart
Johnson & Johnson's Janssen	Viral Vector	18 years of age and older	1 dose



# What to Know about the COVID-19 Vaccines (cont.)

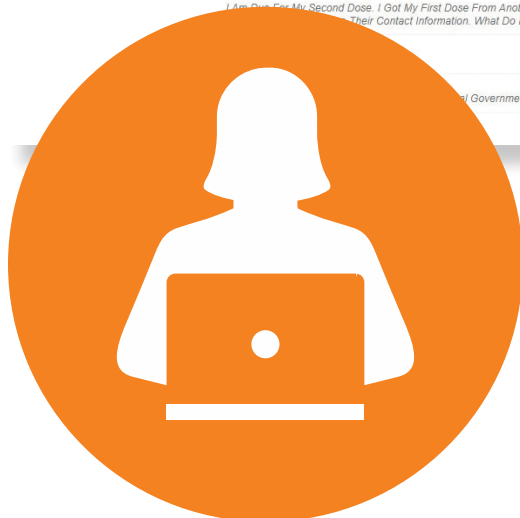
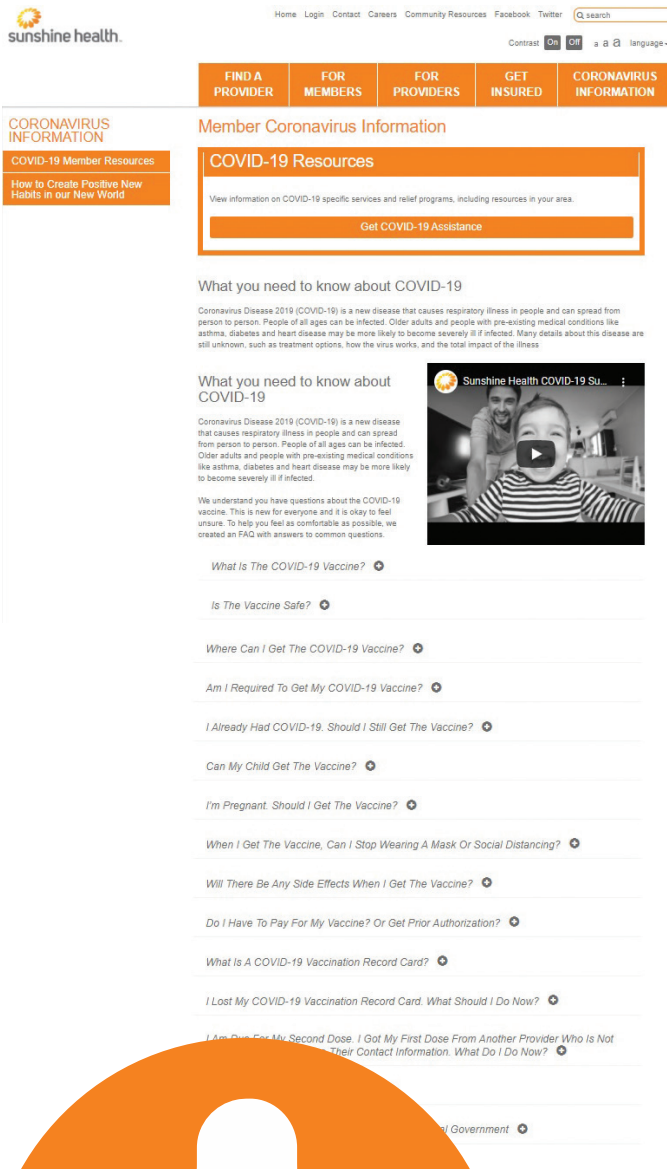
Here are some things to remember when considering the COVID-19 vaccine for your child:

- The vaccines are free
- The vaccines have been through many clinical trials and are closely monitored
- The vaccines cannot not give your child COVID-19
- Even if your child has already had COVID-19, they should still get the vaccine if possible
- Vaccination will protect your child and friends and family around them
- Minor side effects, like a fever, headache or fatigue, from the vaccines are normal

A COVID-19 vaccine is not a perfect fix. It can protect your child from the worst symptoms, but they could still catch the virus and feel unwell. It is important to stay safe in other ways, like wearing a mask, social distancing and handwashing until health officials say otherwise.

If you have questions about the COVID-19 vaccines, contact your child's doctor or get in touch with your Care Manager by calling 1-866-799-5321 (TTY 1-800-955-9770). You can also find information at [FloridaHealthCovid19.gov](https://www.floridahealth.gov/covid-19).

SOURCES: [floridahealthcovid19.gov](https://www.floridahealth.gov/covid-19); [cdc.gov/vaccines/covid-19/index.html](https://www.cdc.gov/vaccines/covid-19/index.html); [covid19.nih.gov/cms](https://www.covid19.nih.gov/cms); [cdc.gov/covidvax](https://www.cdc.gov/covidvax); [aapublications.org/news/2021/05/12/cdc-aap-pfizer-covid-vaccine-teens-051221](https://www.aapublications.org/news/2021/05/12/cdc-aap-pfizer-covid-vaccine-teens-051221)



## Know the Facts About COVID-19

Find the answers to many of your Coronavirus-related questions at [SunshineHealth.com/covid-info](https://www.SunshineHealth.com/covid-info).

## Get the Most From Your Child's Coverage: Support With Asthma Care

As seasons change, kids with asthma can be affected the most. But CMS Health Plan can help get your child the support they need. Check out a few of the available benefits below. Reach out and let us help you create a plan. We want to make sure your child has access to the care they need when they need it.

### **Carpet Cleaning**

Qualified members with asthma are eligible for carpet cleaning services to lessen allergens in your home that may make their asthma worse. With prior approval, you can schedule up to two carpet cleanings a year.

### **HEPA Filter Vacuum Cleaner**

You can request a vacuum cleaner with a HEPA filter if your child is diagnosed with asthma. HEPA stands for high-efficiency particulate air. This type of vacuum traps more allergens than regular ones and may help give your child some relief.

### **Hypoallergenic Bedding**

Eligible members with asthma can request an allowance to buy hypoallergenic bedding. This type of bedding is made from materials that resist allergens, like mold, dust mites and more. It can help your child get better sleep and feel more comfortable.

### **Pest Control**

Qualified members with asthma can get up to \$500 toward pest control services, which can help lessen your child's symptoms.

### **Questions about any of these benefits?**

**Contact your Care Manager directly at 1-866-799-5321 (TTY 1-800-955-9770) to learn more.**

Also, remember these important tips for managing your child's asthma:

- Make sure to refill their medications on time.
- Make sure they take their medications regularly and correctly. This includes controller medications.
- Keep your home clean to help cut down on their symptoms.
- Give your child's school an Asthma Action Plan in case your child has an attack at school.





The Children's Medical Services Health Plan has partnered with Sunshine Health to provide managed care services to our members. Sunshine Health is a licensed Florida health plan.

Children's Medical Services Health Plan 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 1-866-799-5321, 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 1-866-799-5321, 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 Children's Medical Services Health Plan, 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 1-866-799-5321 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Children's Medical Services Health Plan, 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 1-866-799-5321 (TTY 1-800-955-8770).

Parent or Guardian of  
<Member First Name> <Member Last Name>  
<Address 1>  
<Address 2>  
<City>, <State> <ZIP>

Important managed care plan information  
Address correction requested  
Electronic service requested

P.O. Box 459086  
Fort Lauderdale, FL 33345-9086



For Children's Medical Services Health Plan,  
call 1-866-799-5321 (TTY 1-800-955-8770)  
Mon.-Fri., 8 a.m.-8 p.m. Eastern  
or visit [SunshineHealth.com/CMS](http://SunshineHealth.com/CMS).

For Florida KidCare,  
call 1-888-540-Kids (5437) TTY: 1-800-955-8771,  
7:30 a.m.-7:30 p.m. Eastern, Monday-Friday (except holidays)  
or visit [FloridaKidCare.org](http://FloridaKidCare.org).

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