

WHOLE you



2022 Fall Bulletin

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Your healthy source for living well.

Welcome! The holiday season is here, and with it we have another edition of Whole You, a newsletter from Children's Medical Services Health Plan.

This issue has plenty of great information to help you and your child wrap up 2022 on a good note. You'll learn more about flu shots, dental care and ways to improve mental health. There's also an easy, at-home exercise guide and tips on how to manage healthy relationships with others.



Don't forget, benefit renewal is starting soon. Make sure the Florida Department of Children and Families or Florida KidCare has your correct contact information so your child can keep their coverage. You can check your contact information with DCF at myflorida.com/accessflorida or by calling 1-850-300-4323 (TTY 1-800-955-8771). You can check your contact information with Florida KidCare at healthykids.org/renew or by calling 1-888-540-KIDS (5437).

In case you missed it, check out our [Summer 2022 issue \(PDF\)](#). We hope you enjoy this newsletter!

Fend Off the Flu!

Getting the flu shot is one of the best – and easiest – ways to protect yourself, your child and your community. It's a good idea for just about everyone, but it is even more important for kids and people with weakened immune systems.

The best part about the flu vaccine? It's free.

Why get the flu shot every year?

Flu viruses are always changing. Scientists predict which virus will be the most common each year so that flu vaccines can be changed to work as well as possible. Plus, protection from the shot gets weaker over time.

Can the flu shot give me the flu?

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

When and where should I get the flu shot?

Fall is the best time to get your flu shot. You can get it at your doctor's office, clinics and health centers. You and your child could get the flu shot at most pharmacies*. Sometimes, flu vaccines are offered at school and workplaces.

How do you know if someone has the flu?

The flu is different from a cold. The flu usually comes on suddenly and can include some or all of these symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscles or body aches
- Headaches
- Fatigue or tiredness
- Vomiting and diarrhea
(more common in children than adults)



Where should you go if you have flu symptoms?

Visit your doctor or urgent care. You can also call the Nurse Advice Line at **1-866-799-5321** (TTY: 1-800-955-8770) with any health questions. Unless you have a very high fever or trouble breathing, you do not need to go to the emergency room for the flu.

*Only members ages 18 or older can receive the flu vaccine at a pharmacy.

WHOLE you

Taking Care of the Whole You

Every part of our health affects another, sort of like dominoes falling on each other. If your child is struggling with mental health, that could impact their sleep. And if your child isn't getting enough sleep, it could affect their physical health. Before you know it, they are just not feeling their best. Follow these tips to keep everything on track.



Stress Less. Stress is something everyone deals with. When stress is high, it can impact the body with symptoms like headaches or trouble sleeping. There are lots of simple ways to reduce stress. Deep breathing and meditation are good ways to calm down. Carve out some time to read or watch a movie with your child. If you're up to it, take a walk around the block to get some fresh air.



Remember: If your child needs help, call the CMS Health Plan Behavioral Health Crisis Line at **1-866-799-5321** (TTY 1-800-955-8770). Someone is available 24/7. CMS Health Plan members can get up to 150 minutes of behavioral health status assessments per year, as medically necessary. Call your child's Care Manager or visit SunshineHealth.com/Members/CMS/Benefits-Services.html for more information.



Feeling burnt out? Non-Medicaid caretakers of CMS members can access one-on-one or group counseling. Check with your child's Care Manager to see if you qualify.



Eat Better. Did you know that what we eat affects both physical and mental health? But you don't need to go on an expensive diet. You can help improve what you eat by taking simple steps. Think about using less salt with your food. Instead try spicing up your dinner with things like lime juice, garlic or red pepper flakes. And consider adding more protein, whole grains and vegetables to your meals. You'll notice better concentration and stable moods.



CMS Health Plan members can receive up to \$250 per year in housing assistance, plus \$75 a quarter for healthy food items. Contact your child's Care Manager to see if you qualify.



Your child also may be eligible for nutritional counseling. This is help from a doctor or dietitian who will assess their food intake, physical activity, medications and individual preferences to support healthy and balanced eating. Ask your child's Care Manager for details.

Sources:

[10 Simple Ways to Improve Your Health | Rush System](#)
[What You Can Do to Maintain Your Health - familydoctor.org](#)
[27 Health and Nutrition Tips That Are Actually Evidence-Based](#)
[Managing Stress | NAMI: National Alliance on Mental Illness](#)
[Diet and mental health](#)

Stay on Top of Your Child's Diabetes



Diabetes can be a lot to keep up with. Your child's A1c gives you the best picture of how they are managing. An A1c is a simple blood test that measures your child's average blood sugar (glucose) levels over the last three months. It is sometimes called the hemoglobin A1c or HbA1c test.

Why does my child need an A1c? This is the only way your child's doctor can see how they are managing their diabetes. It will help you and the doctor decide your child's insulin needs, as well as what they should eat and how much they should exercise.

How does my child get an A1c test? Your child can get a fingerstick at their doctor's office. The doctor also may ask for you to take your child to a lab for the test if other lab work is needed.

What should my child's A1c be? Doctors recommend an A1c of 7% or lower for all children and teens with diabetes. But every child is different. Work with your child's doctor to set the right A1c target for them.

Why is this important? Keeping your child's A1c in check will help prevent low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia). It will also help reduce the risk for other health issues and complications later in life.

How can my child lower their A1c? Ask your child's doctor for advice. They can give guidance on your child's diet, exercise and medications to keep their A1c in the right range.

Sources:
<https://www.chop.edu/news/buzz-about-new-a1c-targets>
<https://www.chop.edu/treatments/diabetic-retinopathy-screening#:~:text=Who%20is%20screened%20for%20diabetic,or%20symptoms%20of%20the%20condition>



Has your child been diagnosed with diabetes in the last year? All children with diabetes need to have their eyes checked specifically for **Diabetic Retinopathy**. Here's some key info:

What kind of test is this? An eye doctor, called an ophthalmologist, will put special eye drops in your child's eyes. They are not painful. The doctor will then look at the blood vessels behind your child's eyes, which can sometimes cause problems for people with diabetes.

What if my child does not have vision problems? All children with diabetes should be tested for diabetic retinopathy, even if they can see well.

Why does my child need this test? Diabetic retinopathy can cause blindness if not found early. Puberty can increase your child's risk.

Partners in Care: Together For Kids (PIC: TFK) Program

If your child has a complex or life-threatening condition, there may be special help available. It's through a CMS Health Plan program called Partners in Care: Together for Kids, or PIC: TFK.

Only kids enrolled in CMS Health Plan have access to this unique program. It helps children and families get special care focused on giving them the best quality of life possible. 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.

If your child is enrolled into the PIC: TFK program, CMS Health Plan will work with their PIC: TFK provider to give your child and family support to meet physical, emotional and spiritual needs.

Here are some of the services available:



Support counseling



Expressive therapies
(play, art, music)



Respite support
(short-term relief for caregivers)



Hospice nursing services



Personal care



Pain and symptom management



Child-life specialist



Sibling support



Support for the entire family



Chaplain services



Do you think your child would benefit from the PIC: TFK program?

Talk to your child's CMS Health Plan Care Manager or their doctor.

Visit FloridaHealth.gov/programs-and-services/childrens-health/cms-plan/partners-in-care/index.html for more information.

WHOLE you

Keep Your Child's Shine with Good Dental Health

Cleaning your child's teeth isn't just about keeping their breath fresh. Dental care is a major part of your child's wellness – and it can offer clues about bigger health issues. Problems in your child's mouth can affect the other parts of their body. Here are some tips for keeping good oral health:

Use Floss: Most people know brushing is important. But many still miss a vital step in dental care. Flossing is for more than simply getting food that's stuck between teeth. It stimulates your child's gums and reduces plaque. If flossing is difficult, look for ready-to-use dental flossers at the store.



Remember: CMS members are eligible to receive \$25 worth of certain over-the-counter items each month. Visit SunshineHealth.com/CMS-OTC to learn more.

Reduce Sugar: Try your best to limit sugar from things like soda or candy. Sugar converts into acid in the mouth which can erode the enamel of your child's teeth. This can also lead to cavities. You don't have to totally avoid sugar, but it's good to be mindful.

Get Fluoride: One of the best ways to take care of your child's teeth is to use toothpaste with fluoride. Fluoride is a mineral that helps prevent tooth decay by protecting your child's teeth's enamel. It also makes your child's teeth more resistant to plaque bacteria and sugars.

See the Dentist: It's important to visit the dentist often. Your child's daily dental care is great for their teeth, but even the best brushers can miss hard-to-reach spots. Not only can a dentist clean your child's teeth and look for cavities, but they can spot and treat small issues before they become big problems.

Sources:
[Oral health: A window to your overall health - Mayo Clinic](#)
[11 Best Practices for Healthy Teeth](#)
[What Can Adults Do to Maintain Good Oral Health?](#)
[Dental Health and Fluoride Treatment](#)
[What is fluoride & how can it help prevent tooth decay?](#)



New Dental Benefits Provider for CMS KidCare Members

At CMS Health Plan, we are always trying to make your child's healthcare better. **As of January 1, 2023, dental benefits for CMS Health Plan KidCare members will be managed by Liberty Dental.**

All CMS Health Plan KidCare members will receive a new Member ID card in the mail before January 1, 2023. In most cases, your child's dental provider will not change.

If you have questions, please contact **Member Services at 1-866-799-5321** (TTY 1-800-955-8770). We're here to help Monday through Friday from 8 a.m. to 8 p.m. Eastern.

Access benefit information, find a provider, learn about dollar rewards for healthy behaviors and more, all on SunshineHealth.com/CMS.

Workout Without Leaving Home

We all know exercise is good for us. But getting enough can be tough if the weather is bad or you don't like gyms. Doing body weight exercises at home can be just as good for you. This simple routine will help tone muscles, burn fat and build strength. There's also a version you can do with kids. Start with as many reps as you can do and build from there.

Five Classic Moves

Pushups: This move works arms and abs better than pretty much anything else. If a classic pushup is too hard, put your knees down or use a wall. Keep your elbows close to your sides and be sure to keep a straight line from shoulders to toes (or knees).

Crunches: Hard to beat for abs. Keep your lower back flat on the floor as you curl up and down. Your head should be slightly lifted from your chest. Breathe out as you go up, and in as you go back down.

Squats: With squats, it won't take long to feel your legs working. Check that your feet are shoulder-width apart. Keep your knees over your toes as you move down and up.

Chair Dips: A simple but effective move to tone your triceps. Sit on the front edge of a chair with your hands gripping the front of the seat. Breathe in as you move your torso off the seat and down. Breathe out as you return to your starting position.

Calf Raises: Raise yourself on your tiptoes, holding for a moment before going back down. Have a chair or wall handy for balance if you need it.

Sources:

[8 Calisthenics Exercises for Beginners](#)

[Calisthenics: Benefits, Types of Exercises, and More](#)

[The Ultimate List of Calisthenics Exercises - The Fitness Tribe](#)

[Bodyweight Workout for Beginners: 20-Minute at Home Routine | Nerd Fitness](#)

[Bodyweight Workout: 50 Dope Exercises You Can Do on Your Own, Anywhere](#)

Five Kid-Friendly Moves

Jumping Jacks: For extra fun, ask your child to teach you how to do this classic exercise. Have contests to see who can do the most in a row without stopping or be the fastest with good form.

Frog Jumps: Also known as jump squats. Stand with feet shoulder-width apart and arms tucked to sides. Squat down as far as you can, then jump up as fast as you can. Repeat as many times as you like.

Jump Rope: This helps get your heart rate up. If you have three or more people at home, have two turn the rope while others jump.

Move the Wall: Use a wall instead of the floor for an easier version of pushups.

Hold up the Wall: Also known as wall sits. Start with your back against a wall and your legs about six inches away. Slide down into a sitting position, "hold up the wall" as long as you can, then come back up. Keep your knees over your ankles and don't let your hips go below your knees.



Try These Free Mental Health Apps

Our mental health impacts how we think, feel and act. Keeping up a good mental state is a major part of our wellness. But it's not always easy. If you have access to a smartphone, try these free and helpful apps.

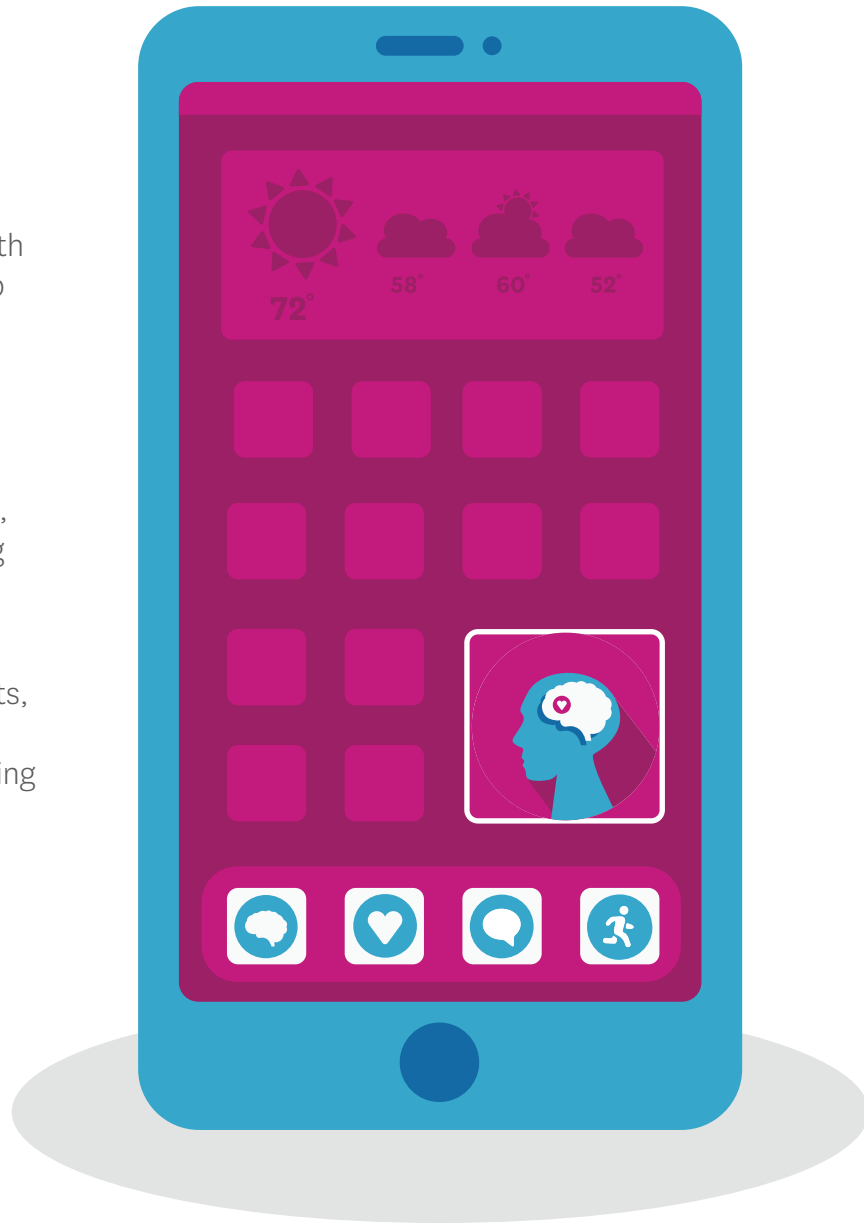
Moodfit: Moodfit helps you track your moods and gives you exercises to help with negative emotions. The app is adaptable based on your goals and has visual insights to keep you on track. Great for all-around mindfulness.

Calm: Get introduced to the world of meditation with Calm. Although there are in-app purchases, the app offers some free meditation programs to help you manage your mental state.

QuitNow: A popular app designed to help you quit smoking, QuitNow is great for curbing addiction. It works by dividing the task into small and easy steps, and helping you celebrate the goals you reach along the way.

This Is Quitting: Rather than an app, this is a free text support service. It is geared toward young adults, teens and children who want to quit vaping. Text DITCHVAPE to 88709 for peer support on your quitting journey.

Way Of Life: Way of Life is a free goal tracking app. Just choose a habit you want to form or get rid of. Once you have picked your goal, you will get reminders and progress updates on how you are doing.



Sources:

[What is Mental Health? | MentalHealth.gov](#)

[The Best Mental Health Apps of 2022](#)

[10 Mental Health Apps to Use in 2022](#)

[8 Best Goal Tracking Apps for 2022 \(Free & Paid\) | ClickUp Blog](#)

[Top 10 Free Mental Health Apps in 2022 | Psych Central](#)

Has Your Baby Been Tested for Lead Poisoning?

Lead is all around us. In places you might expect, like paint. But also places you may not think of, like in old furniture or even children's toys.

All kids need a blood test for lead before they turn 2. This is very important. A blood test is the only way to know if your child has been exposed, because the signs of lead poisoning don't show up right away.

Even low levels of lead can cause a lifetime of health problems. These include learning problems, hearing loss and speech delays.

Call your child's doctor today to schedule their lead test.

Source: <http://www.floridahealth.gov/environmental-health/lead-poisoning/parent-info.html>

Here are some common items where lead can be present:

- Paint used in dwellings built before 1978
- Soil
- Drinking water
- Old furniture
- Painted toys
- Toy jewelry
- Cookware
- Imported candy



Get More with Healthy Rewards

Your child's health is so important. That's why CMS Health Plan rewards its members for healthy behaviors through the My Health Pays program.

Earn cash rewards when your child gets a wellness check or works with their doctor to manage their illness or condition. Your child can also earn money for participating in healthy behavior programs to help with weight loss, quitting smoking, substance use disorder and more.

The best part? You don't have to do anything to sign up for My Health Pays. CMS Health Plan will mail you a Visa Prepaid gift card when your child completes their first visit that qualifies for a reward. Reward dollars are added to the card when your child completes healthy activities.

Rewards can help pay for:

- Utilities
- Transportation
- Phone/internet bills
- Childcare services
- Education
- Rent
- Everyday items at Walmart



For questions about the My Health Pays program, contact Member Services at **1-866-799-5321** (TTY 1-800-955-8770).

Beef Stew for a Cozy Holiday Dinner

Few things can bring the family together like a hot, hearty meal. This beef stew recipe is built on affordable ingredients and comes together quickly. You can adjust the seasonings to your family's tastes, swap out vegetables to your liking, and make it in a slow cooker for an even easier comfort food fix.

Prep time: 20 minutes

Cook time: 1 hour

Total time: 1 hour 20 minutes

Serves 8

Ingredients

- 3 tablespoons vegetable oil
- 2 pounds beef stew meat, cut into 1½-inch cubes
- ½ cup all-purpose flour
- 1 medium onion, roughly chopped
- 1-2 cloves minced garlic
- 3 cups mixed fresh vegetables (potatoes, celery, carrots) chopped into bite-size pieces
- 1 (32-ounce) carton low-sodium beef broth
- 1 (15-ounce) can crushed tomatoes
- 1 teaspoon of your choice of seasoning mix (Creole, Tex-Mex, seasoned salt, etc.)
- 1-2 teaspoons dried basil and/or oregano

Instructions

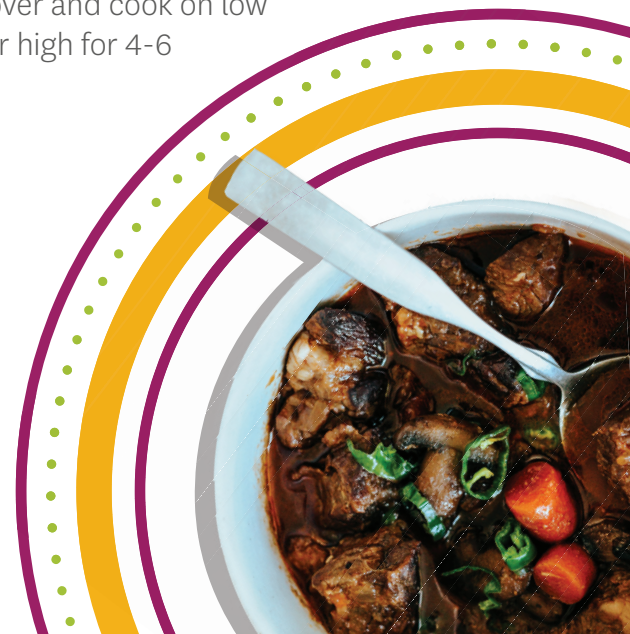
Heat oil in a large pot or dutch oven over medium-high heat. Add meat, flour, and onion; cook and stir until browned, 10 to 15 minutes. Add garlic and cook 1-2 minutes longer.

Add broth, tomatoes, and remaining vegetables; stir in seasoning mix and herbs. Simmer, uncovered, until potatoes and carrots are soft, meat is tender, and stew is thick, about 1 hour.

Taste and adjust seasonings; serve with bread, crackers, or corn chips if desired.

Slow cooker directions

Omit oil (oil bottom of cooker if desired). Place beef in slow cooker; combine flour, seasoning mix, and herbs, sprinkle over meat and stir to coat. Add all other ingredients and stir to combine; cover and cook on low 8-12 hours or high for 4-6 hours.





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).



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

Important managed care plan information
Address correction requested
Electronic service requested

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



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.

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.

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