



# WHOLE you

2023 Spring Bulletin



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# Welcome!

As 2023 continues to move along, spring is in the air once again. Welcome to another edition of Whole You, a newsletter from Children’s Medical Services Health Plan, operated by Sunshine Health.

In this issue, we’re bringing you plenty of useful information. You’ll learn tips for stress, as well as key facts about conditions like autism, asthma and ADHD. You’ll find tips for shopping for in-season fruits and vegetables, and what you can do to prepare for disasters. Plus, we have an easy recipe for homemade peanut butter granola balls that make a great on-the-go snack.



### **Don’t forget, Medicaid renewal is starting.**

Make sure the Florida Department of Children and Families has your correct contact information so your child can keep their health coverage. You should receive a letter from DCF in a yellow striped envelope, explaining how to renew. You can check your child’s eligibility and update your contact information at [Myflfamilies.com/Medicaid](https://myflfamilies.com/Medicaid). Call your child’s Care Manager if you have questions about the redetermination process.

In case you missed it, check out our [Winter 2023 issue \(PDF\)](#).

# Hospital Stay? Schedule a Follow-up

*Has your child recently been to the hospital for a behavioral health visit?*

***It's important that they see a doctor within a week of coming back home.***

The doctor your child sees after a hospital visit should be a licensed behavioral health provider, like a therapist or psychiatrist. They will review your child's medications and make sure they have the services they need.

Seeing the doctor within 7 days after a hospital visit will help your child feel comfortable and taken care of. You can ask questions and learn how to help your child avoid another hospital admission.

Remember, your child can see a doctor virtually through telehealth. These visits happen over a phone or video call. Usually, you can schedule them faster than in-person visits.

If you need help finding a doctor or setting up an appointment for your child, contact their CMS Health Plan Care Manager. They can help! Call Member Services at 1-866-799-5321 (TTY 1-800-955-8770).



**Don't forget:** Your child may be eligible to earn rewards for healthy behaviors through the **My Health Pays®** program. They'll get \$20 on Visa Prepaid card for seeing a behavioral health provider within seven days of a hospital visit. Visit [SunshineHealth.com/CMS-Rewards](https://SunshineHealth.com/CMS-Rewards) for more information.



# Screen for Autism Early

*Autism Spectrum Disorder is a broad range of conditions that can vary from person to person.*

***It affects 1 in 44 children in the United States, so experts recommend all children are screened for Autism within the first two years of life.***

Autism can cause social, communication and behavioral challenges. People with Autism often move, learn and process emotions differently. Some do not speak or speak less over time. Some need a lot of help in their daily lives while others need less.

## Signs to look for

Symptoms of Autism usually start within the first two years of life. Watch for repetitive movements and speech, unusual sensory reactions and developmental delays. Other signs include:

- Repeating certain actions or phrases
- Being upset by minor changes in routine
- Having trouble paying attention
- Struggling to understand or show emotions

## Early intervention

If you think your child has Autism, it's important to talk to their doctor as soon as possible. Diagnosing Autism is difficult because there is no test for it. Your child's doctor will use your child's developmental history and behavior to assess them.



## Supports

There are supports that can help children with Autism live full lives. Schedule a Well Child visit with your child's primary doctor to talk about your child's symptoms. If you need help finding a provider, contact your child's Care Manager or call Member Services at **1-866-799-5321** (TTY 1-800-955-8770).

# Find Help with Community Resource Database



*Do you need help finding food, housing or another resource? It's just a few clicks away.*

*The online Sunshine Health Community Resource Database makes it easy to access free and reduced-cost programs and services in your area.*

The tool connects CMS Health Plan members and their caregivers to community-based organizations that offer different types of support. Finding help is easy. All you have to do is visit [CommunityResources.SunshineHealth.com](https://www.sunshinehealth.com/communityresources) to 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

# What to Know About Asthma

## *Asthma is a disease that affects the lungs.*

It causes wheezing, breathlessness, chest tightness and coughing. It's unknown what causes asthma, but some things can make it worse. Triggers include things in the air, like pollen and dust mites, mold, pollution, tobacco smoke and other illnesses.

### ? WHAT CAN YOU DO?

Take these important steps to help your child breathe better with asthma:

- Schedule annual Well Child visits.
- If your child takes medicine for asthma, make sure they take it exactly as directed, even if they are feeling better.
- Make sure your child stays away from asthma triggers that could cause an attack.
- Ask your doctor to help your child come up with a plan for when an asthma attack happens.
- Talk with your child's doctor about their symptoms and treatment options.
- Visit [FindAProvider.SunshineHealth.com](#) for help finding a provider.



### HOW CAN CMS HEALTH PLAN HELP?

Your child may qualify for benefits that can help them live better with asthma. Note that some may require prior authorization. Contact your child's Care Manager about eligibility.

- **Asthma Action Plan:** Having a plan to care for your child's asthma can make the condition feel less scary. Use [this plan \(PDF\)](#) at home or share it with your child's school.
- **Asthma Diary:** Learn more about how your child can live more comfortably. Use [the diary \(PDF\)](#) to keep track of doctor visits, medications and triggers that make your child's symptoms worse.
- **Asthma Disease Management Program:** Education and personal help from CMS Health Plan staff. Learn more about the health risks, triggers and treatments of asthma.
- **Respiratory Therapy Services:** Services that treat conditions, illnesses or diseases of the lungs or respiratory system.
- **Carpet Cleaning:** Services to reduce allergens in the home. Benefit allowed by household and based on diagnosis.
- **HEPA Filter Vacuum Cleaner:** Provided vacuum cleaner with HEPA (high-efficiency particulate air) filter to trap pollutants.
- **Hypoallergenic Bedding:** Allowance to buy hypoallergenic bedding.
- **Pest Control:** Up to \$500 a year per household for pest control services.

# Are you Ready for Storm Season?

Florida's hurricane season starts in June, so it's time to make sure you're ready if a storm comes your family's way. There are lots of things you can do to prepare. Here are three easy steps.

## 1 Build a kit.

Storms can leave you without power for days or even weeks. Make sure you have what your child needs. Some examples:

- Flashlight
- Cellphone and chargers
- Water
- Medications
- First-aid kit
- Radio (hand-crank or battery-powered)
- Batteries
- Canned food (and non-electric can opener)
- Dried foods (like granola or dried fruit snacks)
- Medical supplies your child might need
- Baby formula
- Diapers
- Your child's Member ID card
- Disinfecting wipes or hand sanitizer



## 2 Create a plan.

Make sure the whole family knows it.

- Where will you go?
- How will you contact each other?
- What should you do if you become separated?
- Write down your plan and make sure all family members have a copy.

# Are you Ready for Storm Season? (Cont.)



Scan QR code to find information on Florida's Special Needs Shelters.

## 3

### Prepare your child.

Disasters are difficult for everyone, but they can be even harder for children with special healthcare needs. Some tips:

- Talk to them about what could happen ahead of time.
- Tell them there are people to help if something does happen.
- Listen to their fears.
- Ask if they have questions.

Special Needs Shelters are available if you don't have a safe place to stay during a storm. Find information on Florida's Special Needs Shelters at [FloridaDisaster.org/PlanPrepare/Diability/Evacuations-and-Shelters/Shelter-Information](https://www.floridadisaster.org/PlanPrepare/Diability/Evacuations-and-Shelters/Shelter-Information). You can register your child for a Special Needs Shelter in advance at [snr.flhealthreponse.com](https://snr.flhealthreponse.com).

Read more about how to prepare for storms and other emergencies in the CMS Health plan Emergency Resource Guide at [SunshineHealth.com/CMS-prepare](https://SunshineHealth.com/CMS-prepare). Contact your child's Care Manager if you have questions or need help finding emergency resources in your area.

# Eating On The Go

*Days can be busy sometimes, and that can make it hard to get your child the nutrients their growing body needs.*

*We have a tasty solution for you: homemade peanut butter granola balls!*

With a little bit of prep, you can make these delicious snacks and put them in the fridge for later. Then they're ready to go whenever your child needs a quick snack to keep them going.

The recipe is easy, making it a fun activity for the whole family. Switch up the ingredients however you like to include what your child likes. You can use different types of nuts or add some dried fruit, for example.

## **Ingredients:**

- 1 cup peanut butter
- $\frac{2}{3}$  cup honey
- $2\frac{1}{3}$  cup oats
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons cashews or almonds (Optional: crushed)
- $\frac{1}{3}$  cup mini chocolate chips

## **Instructions:**

1. First, stir together the peanut butter, honey, and a tiny bit of salt in a bowl. Mix until all ingredients are fully incorporated.
2. Second, add the oats, chocolate chips and cashews or almonds. Stir again until everything is fully combined.
3. Next, scoop the mixture into balls on a baking pan. You can also shape them into different shapes.
4. Finally, chill them in the fridge for one hour, now you can grab a bite to eat whenever you want.

**Serves about 8**

Source: [Homemade Granola Bars | Love & Lemons](#)





# How to Watch for Substance Abuse



## **Substance use continues to rise each year among children.**

**Substance use disorders often start with experimental or recreational use in social settings. But they can quickly begin to affect your child's brain and behavior.**

Knowing the signs can help you step in early if your child is struggling with addiction to alcohol or drugs. Here are some things to look out for:

- Problems with school or work
- Loss of interest in normal activities
- Lack of motivation
- Low energy
- Weight loss or gain
- Secretive/risky behavior
- Strained relationships



**Remember:** CMS Health Plan members ages 12 and older can earn \$10 for completing **Substance Use Health Coaching**. Members must enroll in the program, have a consent form signed by a parent or guardian, and complete three coaching sessions with a Care Manager over three months. Call your child's Care Manager for more information.

# How Antipsychotics Affect Your Child's Body

## ***Antipsychotics are medications that affect how the brain works.***

***Doctors often prescribe them to children with mood and personality disorders.***

They can come with serious side effects that affect the body, too, and can cause health issues that your child could carry into adulthood. A big reason why is that antipsychotics change your child's metabolism, or ability to process food.

### **Side effects:**

- Weight gain
- High blood pressure
- High cholesterol
- Hyperlipidemia (high levels of fat in blood)
- Increased risk of diabetes

### **Monitoring tips:**

- Your child should have a blood test at least once a year
- Ask your child's doctor about tests for diabetes and cholesterol
- If you notice physical changes in your child, talk to their doctor

**NOTE:** Your child should never stop taking medication abruptly without talking to their doctor. This can cause extreme and dangerous side effects.

Source: [American Academy of Child and Adolescent Psychiatry \(PDF\)](#)



# Play It Safe with Helmets

*Whether your child is learning to ride a bike for the first time or has been rolling around the neighborhood for a while, they should always wear a helmet.*

*Children are also at risk of hitting their head while skateboarding, skating and scootering.*

Head and brain injuries during these activities are common. Sometimes, they can be fatal. Helmets can help lower their risk of being seriously hurt.

## Get the right fit

- **Size:** A helmet should be snug, but make sure it isn't too tight. It shouldn't move around too much. Have your child shake their head to make sure it stays in place.
- **Position:** A helmet should sit level on the head. Make sure it isn't tilted back so that your child's forehead is protected. Make sure it isn't tilted forward either. Otherwise, it could get in the way of your child's view.
- **Straps:** Straps should form a Y shape and buckle below your child's chin. Tighten the straps so that no more than one finger fits under it.



## Get your child on board

- Teach your child to wear a helmet as soon as they show interest in ride-on toys.
- Let your child pick a helmet they like.
- Explain to your child how a helmet can keep them safe.
- Always wear a helmet yourself to be a good example.

Source: [Helmet Safety for Kids: Why It Matters](#)

# ADHD Follow-Up Care

## ***Does your child have attention deficit hyperactivity disorder, also known as ADHD?***

***If they take medication for it, they need to see their doctor regularly to make sure it's working.***

Your child's first follow-up appointment should happen within 30 days after they start ADHD medication. They should see the doctor again after seven months, then again two months later. These are the general guidelines, but some doctors may want to see ADHD patients more often.

Follow-up appointments give your child's doctor the chance to check in with you and your child to see how they are feeling on the new medication. They can make changes in dosage if needed or change the medication altogether if it isn't right for your child.

Use the appointments to ask any questions you have about the medication and any changes you have seen in your child. Your child can ask questions themselves, too.

If you need help finding a provider, contact your child's Care Manager. Search for doctors at [FindAProvider.SunshineHealth.com](https://www.sunshinehealth.com/find-a-provider).



# Season of Savings

## Purchasing Fruits and Veggies (By Season)

With prices rising at the grocery store, it's nice to save money where you can. Knowing which fruits and vegetables are in-season can help – plus they taste much better. Nobody wants dull and expensive strawberries.

We've put together a produce guide for you. You can use it to know when prices are most likely lower for your favorite fruits and vegetables during the year. Just remember, prices and availability change from region to region. Be sure to ask your local store or farmer's market for more specific information.

### Year-Round

BANANAS  
CELERY  
POTATOES  
AVOCADOS  
COCONUTS  
LEEKs  
OLIVES  
ONIONS

### Spring

PINEAPPLES  
MANGOES  
CHERRIES  
APRICOTS  
STRAWBERRIES  
ARTICHOKES  
RHUBARB  
BROCCOLI  
CAULIFLOWER  
LETTUCE  
ZUCCHINI  
ASPARAGUS  
SPRING PEAS  
OKRA

### Fall

APPLES  
CANTALOUPE  
MANGOES  
POMEGRANATES  
CRANBERRIES  
PEARS  
BUTTERNUT SQUASH  
EGGPLANT  
MUSHROOMS  
PUMPKINS  
SWEET POTATOES  
BROCCOLI  
CABBAGE  
TURNIPS

### Summer

APRICOTS  
BLUEBERRIES  
CANTALOUPE  
KIWI  
MANGOES  
PEACHES  
STRAWBERRIES  
WATERMELON  
RASPBERRIES  
PLUMS  
BLACKBERRIES  
FIGS  
PEPPERS  
CUCUMBERS

### Winter

GRAPEFRUIT  
LEMONS  
ORANGES  
TANGERINES  
PAPAYAS  
POMEGRANATES  
BROCCOLI  
BRUSSELS SPROUTS  
CABBAGE  
CAULIFLOWER  
MUSHROOMS  
SWEET POTATOES  
TURNIPS  
RUTABAGAS

Source: [Guide to Buying Fruits and Veggies by Month | The Budget Mom](#)

# Mental Health: Tips For Stress

*We all experience ups and downs, and many of us face issues that aren't easy to deal with. That's why it's important to know how to deal with the stress your child may feel sometimes.*

***Stress is a normal human reaction to situations the body finds overwhelming.***



Stress can help your child adjust to new and potentially dangerous situations. But too much of it over time can wear down their mind and body. Long-term or chronic stress can lead to symptoms like aches and pains, exhaustion, high blood pressure, digestive problems, anxiety and depression.

Often, people will try to manage stress with unhealthy habits, like procrastinating, eating sugary or salty food, drinking alcohol or smoking. But there are healthy ways to help your child cope with stress. Here are a few examples:

**Exercise:** Working out has been proven as one of the best ways to relax the body and mind. It's always more fun to do together, plus it can improve your child's mood.

**Eating Healthy:** Stress can drain your child's body of important vitamins, such as A, B complex, C and E. Proper eating helps your child's body and mind work better, which can help them better fight stress.

**Meditation:** Breathing is something most of us hardly think about. But doing it thoughtfully can make a big difference when it comes to stress. Take a few deep breaths with your child when they are stressed. It will help bring them a sense of calm, peace and balance.

**Stay Connected:** Humans are social beings. Help your child keep in touch with people who keep them calm and make them feel happy and safe. If your child seems stressed, spend some time doing an activity together and ask them how they are feeling.

Sources:

[Stress: Signs, Symptoms, Management & Prevention Tips for Coping with Stress|Publications|Violence Prevention|Injury Center|CDC](#)

[5 tips to manage stress - Mayo Clinic Health System](#)

[Stress Relievers: Tips to Tame Stress](#)



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](https://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](https://FloridaKidCare.org).

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