



WHOLE you



2022 Fall Bulletin

In this Issue:

Fend Off the Flu	2
Total Care	3
Keep Your Shine	4
Keeping Healthy Relationships	5
Beef Stew for Cozy Holiday Suppers	6
Home is Where the Workout Is	7
Free Mental Health Apps	8

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 Sunshine Health.

We hope this newsletter finds you and your child well. This issue has plenty of great information to help you wrap up 2022 on a good note. You'll read about the power of flu shots, learn more about dental care and find some resources for improving mental health. There's also an easy, at-home exercise guide you and your child can use together, and tips on how to manage healthy relationships with others.

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



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 or my child the flu?

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

When and where should me and my child get the flu shot?

Fall is the best time to get the flu shot. You can get it at doctor's offices, 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 me or my child go if we have flu symptoms?

Visit the doctor or an urgent care center. You can also call the Nurse Advice Line at **1-855-463-4100** 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.

Every part of our health affects another, sort of like dominoes falling on each other. If your child is struggling with mental health, it could impact their sleep. And if they aren't getting enough sleep, it could affect their physical health. Before you know it, your child is 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 together to get some fresh air.



Remember: If your child needs help, call the Sunshine Health Behavioral Health Crisis Line at **1-855-463-4100** (TTY 1-800-955-8770). Someone is available 24/7. Sunshine Health members can get up to 150 minutes of behavioral health status assessments per year, as medically necessary. There are also family, group and group home therapy services available. Call your child's Case Manager or visit our [Benefits](#) web page for more information.



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.

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](#)

Keep Your Shine



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

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 the gums and reduces plaque. If flossing is difficult for your child, look for ready-to-use dental flossers from the drugstore.



Remember: Sunshine Health Child Welfare Specialty Plan members are eligible to receive \$25 worth of certain over-the-counter items each month. [Learn more.](#)

Reduce Sugar: Try your best to limit sugar from things like soda or candy. Sugar converts into acid in your child's mouth which can erode the enamel of their teeth. This can also lead to cavities developing. Your child doesn'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 have them use toothpaste with fluoride. Fluoride is a mineral that helps prevent tooth decay by protecting teeth's enamel. It also makes teeth more resistant to plaque bacteria and sugars.

See the Dentist: It's important to visit the dentist regularly. 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 their teeth and look for cavities, but they can also 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?](#)

Keeping Healthy Relationships

When you're under stress, a trusted friend or family member can really help. But stress can also damage relationships if you're not careful. Follow these tips to keep your relationships healthy.

The Golden Rule: Make sure you treat loved ones and friends the way you want to be treated – even when you're stretched thin.

Good Fences Make Good Friends: Make sure you have clear boundaries with friends and family. Respectfully let them know if they cross a line.

Know When to Say When: If a friend ditches you over and over, consider if you really want them in your life. And of course, any physical or emotional violence is a dealbreaker.

Listen First, Talk Later: You'll learn more about what someone feels and needs by listening.

Get Help if You Need It: When you can't resolve a conflict with a romantic partner or spouse, don't be afraid to seek professional help. Talking with a religious leader can also help.

Make Time for What Matters: Take time to connect if a relationship is important to you. Even a quick text can help build bonds that last.

Say You're Sorry: If you're wrong, apologize and mean it. Reaching out to fix an issue builds lasting trust..

Speak Up: If you need something from a friend or partner, tell them. Nobody can read your mind – not even your mom or partner.



Sources:

[How to Create and Maintain Strong Friendships: 6 Tips - Thriveworks](#)
[10 Tips to Help You Keep More Good Friends - Lifehack](#)
[5 Ways to Maintain Lifelong Friendships | Psychology Today](#)
[What Is a Platonic Relationship?](#)
[How to Develop a Healthy Platonic Friendship](#)
[Tips for Building a Healthy Relationship - HelpGuide.org](#)
[13 Tips On How To Have A Good, Healthy Relationship](#)
[What makes a relationship unhealthy? - Planned Parenthood](#)
[What Is a Toxic Relationship? 14 Signs and What to Do](#)
[35 Signs You're in a Toxic Relationship](#)
[National Domestic Violence Hotline](#)



Important: If you or someone you know are in danger, help is available 24/7 from the [National Domestic Violence Hotline](#). Call **1-800-799-SAFE** (7233).

Beef Stew for Cozy Holiday Suppers

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

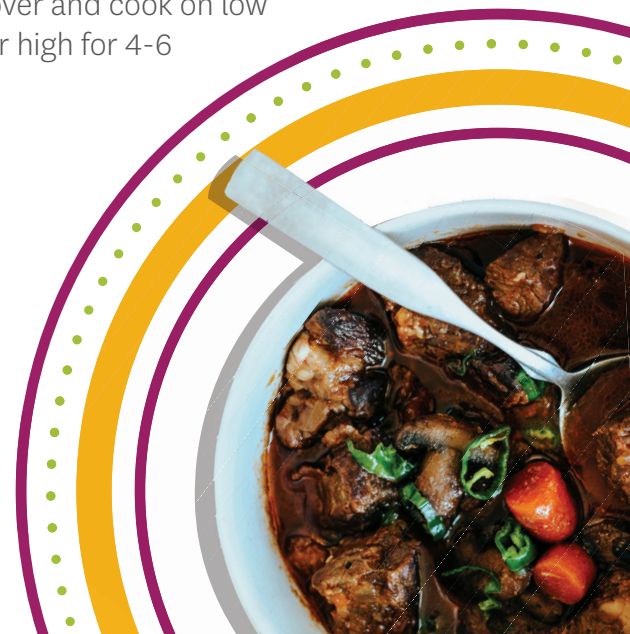
Heat oil in a large pot or dutch oven over medium-high heat. Add meat, flour, and onion; cook and stir until browned, 10 to 15 minutes. Add garlic and cook 1-2 minutes longer.

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.



Home is Where the Workout Is

We all know exercise is good for us, but getting enough can be tough sometimes. The good news is that doing body weight exercises at home can be just as effective. This simple routine will help tone muscles, burn fat and build strength. There's also a version you can do with your child. Start with as many reps as you can 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 challenging, 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. Have contests to see who can do the most in a row without stopping, the fastest with good form, etc.

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 can.

Jump Rope: There may be no faster way to 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: Really just pushups using the wall instead of the floor. We won't tell if you won't.

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 knees over ankles and don't let hips go below your knees.



Free Mental Health Apps

Our mental health impacts how we think, feel and act. Maintaining 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.

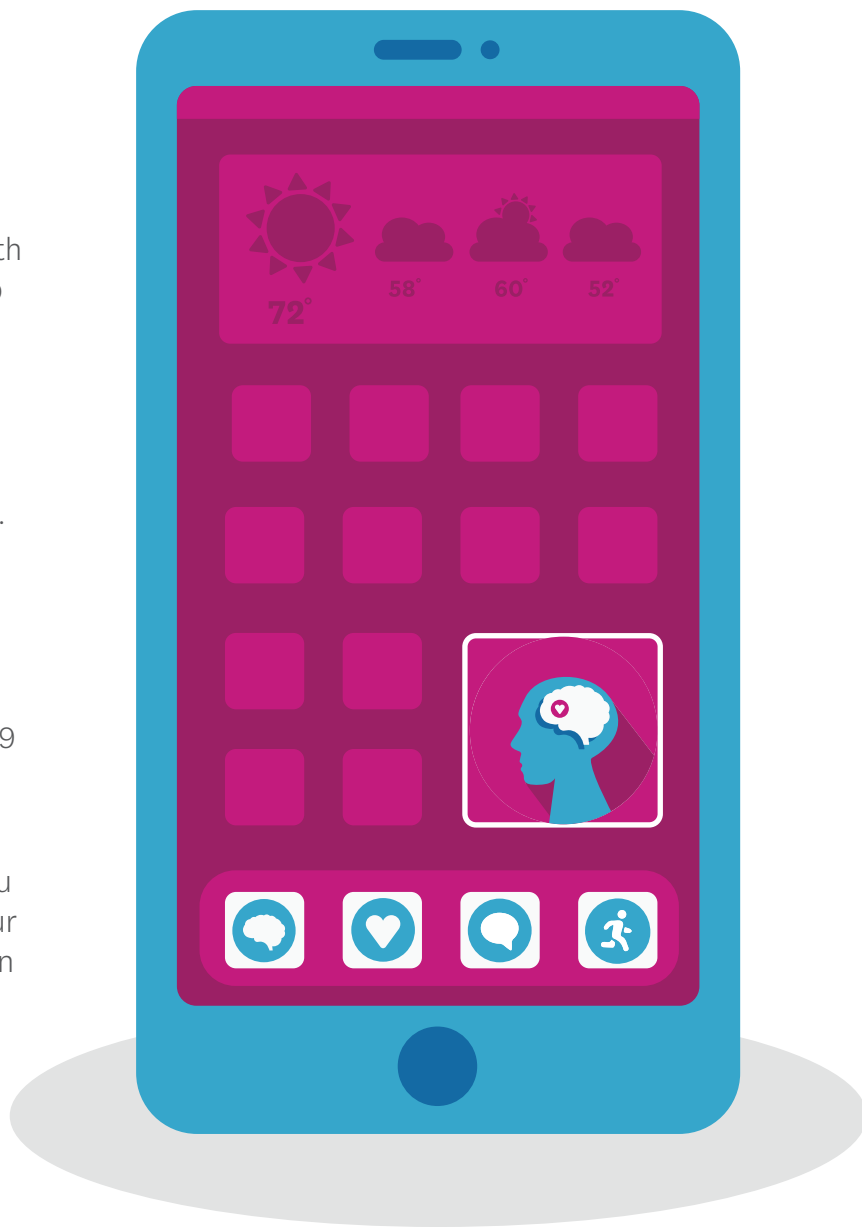
Moodfit: Moodfit helps you track your moods and gives you exercises for negative emotions. The app is adaptable based on your goals and has visual insights to keep you on track. Great for all-around mindfulness.

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 well-being.

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. Along the way, you'll celebrate numerous goals and achievements as you continue to quit.

This Is Quitting: Not actually an app, this free text support service is geared toward young people who want to quit vaping. Simply text DITCHVAPE to 88709 for peer support on your quitting journey.

Way Of Life: Although very simple, Way of Life is a good, 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](#)



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 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 1-855-463-4100, 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).