



sunshine health™

# 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 Sunshine Health.

In this issue, we're bringing you plenty of useful and helpful informative articles to share with your child. You'll learn more about how to help yourself and your child manage stress, tips on preventing skin cancer, and the importance of prenatal and postnatal visits.

In case you missed it, check out our [Winter 2023 issue \(PDF\)](#). We hope you enjoy our latest edition and that it helps you take care of yourself and your whole child.

# Centering Your Mind

*In life, we all experience ups and downs. And many of us, including children, face issues that aren't easy to deal with. That's why in our day-to-day lives it's crucial for both you and your child to be able to identify and manage stress.*

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



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 - Mayo Clinic](#)

Stress happens when you and your child experience pressure from changes or challenges and the body produces physical and mental responses to those scenarios. Although stress helps you and your child adjust to new and potentially dangerous situations, too much of it over time can wear down the 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.

There are healthy ways you can help yourself, and your child, cope with stress. Learning how to manage stress takes practice, but it can be done easily with time. And with mental health benefits from Sunshine Health, we can help you manage your family's journey to managing the concerns in their life. Here are a few helpful ways you and your child can manage and relieve stress:

**Exercise:** Working out has been proven as one of the best ways to relax the body and mind. Plus, exercise will improve both you and your child's mood. But it has to be done often for it to pay off. Consider looking up a simple routine to do with your child in the morning.

**Eating Healthy:** Along with exercise, nutrition is important as well. Stress can deplete certain vitamins such as A, B complex, C and E. Proper eating and a balanced diet for both you and your child will help the body better combat stress.

**Meditation:** Stopping and taking a few deep breaths can help instill a sense of calm, peace and balance. Relieving that pressure can benefit you and your child's mental well-being and overall health. Look up some meditation programs that you and your child can do together online, on apps, or at many gyms and community centers.

**Stay Connected:** Humans are social beings and children are still developing their social skills. Ensure that both you and your child are in touch with people who keep you both calm, happy and are ready to help. And enjoying a shared activity allows you and your child to find support and foster relationships that keep you grounded.

# Defending Your Skin

## ***Knowledge is the best defense when it comes to skin cancer.***

In the United States, skin cancer accounts for 3% of pediatric cancers. The more you understand it, the better you can protect yourself and your child.

Skin cancer is the out-of-control growth of abnormal cells in the skin. The main types are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), melanoma and Merkel cell carcinoma (MCC). The two main causes of skin cancer are the sun's harmful ultraviolet (UV) rays and the use of products that produce UV light.

The good news is that if skin cancer is caught early, your child's doctor has high odds of eliminating it. Sunshine Health can help your child get the care they need, so be sure to visit the doctor regularly. Plus, as a member, you child can [earn up to \\$20 for going to wellness visits](#). Although it's hard to completely protect your child from UV rays, it's important to be proactive in their skin protection. To help, here are some key ways to prevent damage to your skin:

***Avoid long exposure to the sun.*** During the peak hours of the sun's strength, try to stay in the shade. This peak time is usually between 10 a.m. and 4 p.m. And remember, UV rays can still get to your child during the winter months or on cloudy days.

***Use broad-spectrum sunscreen.*** If you know your child will be exposed to the sun for an extended period of time, it is important to help them apply sunscreen regardless of their skin tone. Look for sunscreen with a sun protection factor (SPF) of at least 30. Make sure your child reapplies about every two hours if they are sweating or swimming.

***In addition to sunscreen, have your child wear sun-protective clothing.*** Hats with wide brims and clothing that covers arms and legs are helpful to protect your child's skin from harmful UV damage. You can also buy sunglasses for your child that have UV protection.

***Examine your child's skin from head to toe every month.*** Take time and make note of your child's body. Look for new moles, any change in color, or unusual skin on both sun-exposed and sun-protected areas. If you notice strange differences or growths over time, talk with your child's doctor immediately.





# 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.)



## 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.

If you don't have a safe place to stay during a storm, [local shelters](#) are available in the event of an evacuation order.

If your child requires special assistance due to an impairment, reach out to their Care Manager for assistance on accessing [Florida's Special Needs Shelters](#).



# Eating On The Go

***As a parent, there are days where life moves so quickly that you don't have time to make a proper meal.***

***You need that simple piece of food that'll get you through your next activity.***

We have a tasty and nutritious solution for you and your child: homemade peanut butter granola balls! With a little bit of prep time beforehand, you can make these delicious snacks and put them in the fridge. Then, whenever you or your child need a quick bite to eat, you can grab one or two of these. It's a fun activity for the whole family to get involved, especially kids. And they're also super customizable. Feel free to add, substitute, or change ingredients to what suits you and your family.

## **Ingredients:**

- 1 cup peanut butter
- 2/3 cup honey
- 2 1/3 cup oats
- 1/2 teaspoon salt
- 3 tablespoons cashews or almonds (Optional: crushed)
- 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](#)



# Season of Savings

## Purchasing Fruits and Veggies (By Season)

With prices rising at the supermarket, it's important to save money where you can. And if you know which fruits and vegetables are currently in-season at the store, it can save you time, money and taste buds. Nobody wants dull and expensive strawberries, especially when you're trying to get your child to eat healthy.

We've compiled a general produce guide for you! You'll be able to see when prices are low and high 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 when something is in-season.

### 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

### Summer

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

### Fall

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

### 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](#)

# Taking Control of Your Child's Health


Library Search 
Advanced Search
Español (Inicio)

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**Krames Online**

Welcome to Krames Online, the most up-to-date patient education resource. At **SUNSHINE HEALTH** we believe a patient's well being is above all else. We realize sometimes questions slip your mind when dealing with one of our healthcare professionals, and now you can search for answers 24 hours a day. With access to more than 4,000 topics relating to health and medication, Krames Online allows you and your family the ability to find answers to most questions, both big and small. Simply click on the search function to begin. It is **SUNSHINE HEALTH'S** commitment to making sure you get the care you need, the answers you deserve and the resources to make it happen.


**BROWSE the Library**



**HealthSheets™**  
Adhering to the principles of health literacy, this extensive library of evidence-based, peer-reviewed information was written specifically for patients and covers diseases and conditions, diagnoses and treatments, surgeries and procedures, and wellness and safety for people of all ages and walks of life.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Click a letter to see a list of conditions beginning with that letter.



**Medications**  
This comprehensive drug reference answers your medication questions: 33,000 prescriptions, over-the-counter products, and nutraceuticals.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Click a letter to see a list of medications beginning with that letter.

**SEARCH the Library**

**Advanced Search**  
Search for:

To search for an exact phrase, use quotation marks.

**Look for the search terms within the:**

TEXT of each page

KEYWORDS of each page

Partial keyword?

TITLE of each page

**My results should match:**

ANY of my search terms

ALL of my search terms

***When it comes to your child's health, it's important to ask questions when you need more information.***

***When you have questions about your child's care, you deserve answers. At Sunshine Health, we want to make sure you're always informed. And thanks to our partnership with Krames, we get you the information you need.***

[Krames Online](#) is the most up-to-date patient educational resource. Sometimes a question will slip your mind during your child's wellness visit, or you may have an important question pop up while at home. With Krames, you can search for answers any time. With access to more than 4,000 topics, Krames gets you and your family the answers you need. All you have to do is find and click the Krames search function on our website to begin. The best part is that this comes at no additional cost to you.

Krames gets you responses to your healthcare questions. Throughout your experience, the clinically approved content will help you reach better health outcomes. And it is Sunshine Health's commitment to make sure you and your child get the care and answers needed. Talk to your provider about Krames and see what you can learn today.

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SunshineHealth.com/CW



# Caring For New Moms

## *The connection between a mother and her child is a strong bond.*

*Becoming a mother can come with many emotions. Joy, stress and even fear. But many new and expecting mothers run into complications. And a lot of these cases are preventable.*

They involve issues such as severe bleeding after childbirth, infections and high blood pressure during pregnancy. The risk of these complications and others can all be reduced with the right prenatal and postnatal care.

**Prenatal care** is assistance that helps decrease risks during pregnancy and delivery. Regular visits help doctors monitor and identify any problems before they become serious. Babies of mothers who lack prenatal care have triple the chance of being born at a low birth weight. And low birth weight can lead to complications or death. It's important to see a doctor as soon as you know you are pregnant – Sunshine Health can connect expecting members to a OB-GYN through our [Find a Provider Tool](#).

Once a member knows they are expecting, they should make a prenatal visit in the first trimester on or before the enrollment start date or within 42 days of enrollment. Plus, when an expecting member logs into their [Secure Member Portal](#) account and fills out a Notice of Pregnancy form, they can receive one of the following rewards:



- **\$20 Notification of Pregnancy Form (first trimester):** Complete and sign a Notification of Pregnancy form within first trimester.
- **\$10 Notification of Pregnancy Form (second trimester):** Complete and sign a Notification of Pregnancy within second trimester.

# Caring For New Moms (Cont.)



**If you are pregnant and dealing with addiction, we are here to help.** When you complete 5 Medication Assisted Treatment visits before delivery and provide evidence of complete medication and counseling sessions, you can be awarded \$50.

**Postnatal care** helps new mothers adjust to the physical, social and psychological changes that result from giving birth. This period typically lasts six to eight weeks and involves getting proper rest, nutrition and vaginal care as well as instructions on caring for your new baby. It can also help with postpartum depression, a depressive state that can occur after giving birth. In the United States, about one in eight women experience symptoms of postpartum depression after giving birth. Sunshine Health recommends attending a **postpartum visit on or between 7 and 84 days after delivery.**

It's for these reasons that women should make sure to attend their prenatal and postnatal visits with their doctor. The assistance and monitoring performed during these visits is incredibly important to keep mothers and their babies healthy. And with Sunshine Health's benefits and the [Start Smart for Your Baby](#) program, we can help ensure you and your growing family gets the help they deserve. Talk to your doctor and ask what care is right for you. And visit our [Pregnancy Care](#) web page to get access to all the information you need.

Sources:

[Importance of Prenatal and Postnatal care - Smile Foundation](#)

[Pregnancy Care: Overview, Prenatal & Postnatal Care](#)

[Prenatal and Postnatal Care Tips for Mothers | Norwich University Online](#)

[Raising the Importance of Postnatal Care](#)

[Postnatal Care](#)

[Postpartum Depression - Symptoms and Causes - Mayo Clinic](#)

[Maternal Mortality Rates in the United States, 2020](#)

[Depression Among Women | CDC](#)



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).