



WHOLE you



2021 Fall Bulletin

In this Issue:

Four Easy and Fun Family Activities2

A Healthy Twist on a Classic Family Dish3

Get the Most From Your Coverage: Support With Asthma Care4

Where You Live Can Affect Your Health5

Five Hydration Hacks for the Holidays6

Are You and Your Heart Working Too Much?7

Your healthy source for living well.

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

In this issue, you'll find ideas for activities you can do and recipes you can make with the family. You'll get tips on how to get the most out of your asthma care and see how your living conditions can impact your health. And finally, you will be able to read information in time for American Heart Month.

If you didn't see our [last issue](#), check it out. You won't want to miss our tips on where to go for care, how to be more eco-friendly and the value of behavioral health.

We hope this helps you take better care of the whole you. Enjoy!

Stay Connected and More!

Your online member account is a great way to not only stay up to date with important plan information but also to help improve your health!

Look at everything you can do:

- Manage your My Health Pays® Rewards
- Find or change your doctor
- Get care through our virtual health services
- Join our Start Smart for Your Baby®
- View your claims status and more!



Visit SunshineHealth.com/login to sign up today!

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've got some great ideas for family activities that can all be done from the comfort of your own home. That means you don't have to break the bank to enjoy some time together. Get ready for your family's next Friday night in:



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 — except for a meal you've all made together. Pick some easy dishes that everyone can help with, like a healthy twist on pizza, which you'll read about later on in this issue.



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



4 Set up a scavenger hunt. The great thing about doing a family scavenger hunt is that you get to pick the rules. You can hide things inside the house or just use 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 even easier to make. Topping a pizza is a great way to get the entire family 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!



Get the Most From Your Coverage: Support With Asthma Care

As the season changes, people with asthma can be impacted the hardest. Sunshine Health can help get you the support and care you need. Reach out and let us help you create a plan. **Check out a few of the benefits below:**

Carpets Cleaning

Qualified members with asthma can get carpet cleaning services to lessen home allergens that may make their allergies 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 you are diagnosed with asthma. HEPA stands for high-efficiency particulate air. This type of vacuum traps more allergens than regular ones and may help give you 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 you get better sleep and feel more comfortable.



Where You Live Can Affect Your Health

Repeated health problems can be frustrating, especially if you're unable to figure out what's causing them. If you or your family is having repeated issues, it could be linked to your home.

Walls that are damp or moldy can trigger your asthma. They can also cause other breathing problems. Older homes may have things like asbestos that can harm you.

If you are a renter, it's your right to have a safe place to live. And the good news is, there is help!

The U.S. Department of Housing and Urban Development has a [Resource Locator Tool](#). It helps find housing resources in your state.

[The Centers for Disease Control and Prevention](#) has additional information and resources.

Sunshine Health can help you find local resources for housing needs. Get in touch with Member Services by filling out [the form](#) on our website or by calling 1-866-796-0530 (TTY 1-800-955-8770).



Symptoms of an Unhealthy Home



Trouble breathing



Throat irritation



Wheezing and sneezing fits



Increased number of asthma attacks



Eye irritation



Recurring headaches



Aches and pains

Five Hydration Hacks

It's easy to forget to do basic things like drinking water. While there's no official number for how much plain water you should drink in a day, there are some positive effects to making it a daily routine. Drinking water helps prevent dehydration. But it also helps improve your mood and clears your thinking.

1 Start your day with water.

Most of us reach for a cup of coffee before our feet even hit the ground. When you go for your cup of joe, grab a second cup to fill with water. Sneaking in water first thing is a great way to start your day hydrated.

2 Carry a water bottle with you.

Using a refillable water bottle is a great trick to making sure you're hydrating throughout the day. If you keep it with you, you're more likely to drink it.

3 Mix things up with some fresh fruit.

If you get bored with drinking plain water, try adding some fruit. The more common ones are lemon or lime. But why stop there? If more flavor is what you're missing, add berries, melons or even pineapple.

4 Serve water with your meals.

Instead of pairing your meals with sugary drinks, pour yourself a glass of water. Meals can act as milestones to stay hydrated throughout your day.

5 Schedule water breaks.

Use your phone or computer to set reminders to take a break and get another cup of water. Take a moment to refresh and rehydrate yourself.



More info: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

Are You and Your Heart Working Too Much?

Most of us want to perform well at our jobs. But working long hours and not taking care of yourself can cause heart health problems down the road. Here are a few tips to help you avoid working too much and improve your heart health.



Plan and prioritize. Write down ways to add healthy habits into your schedule. Do you want to eat healthier? Exercise more? How about stop checking emails after dinner? Prioritize your goals. But be realistic with yourself. Small steps can make a big difference.



Slumber smarter. You're at a higher risk for cardiovascular and coronary heart disease when you don't get enough sleep. Aim for the recommended seven to nine hours each night. Having a normal sleep and wake time is good for your body and mind. It tells them to get into a rhythm that helps you feel rested all day long.



Lessen anxiety. It's important to unwind after a long day of work. Let go of your stress. Unplug and clear your mind. Be present in the moment. Try a free yoga class or meditation with videos online. Take a hot shower or listen to music to relax. Setting aside time to calm down from a busy day can lower your anxiety and depression, and help keep you healthy and alert.



Take some me time. It's important to plan activities you look forward to during the week. Carve out time to read a good book or cook your favorite meals. Even better, think of ideas to stay active, like running or exercising.



Connect with others. Spending time with family and friends, or even calling them to chat, are great ways to get the health benefits of strong relationships. Make the time to enjoy connecting with friends or loved ones — even virtually — and you'll be improving your health!





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 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 1-866-796-0530, 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 1-866-796-0530, 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 1-866-796-0530 (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 1-866-796-0530 (TTY 1-800-955-8770).