



WHOLE you



2020 Spring Bulletin

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Your healthy source for living well.

Welcome to *Whole You*, from Sunshine Health. We hope you enjoyed our [last issue](#). As always, you can use this newsletter as a way to stay updated on your health plan benefits and improve your well-being.

In this issue, learn about **headache relief** and how to **care for your mental health**. Read tips for making **healthy breakfasts** and **organizing your home**. We'll also cover tips for getting the most **value from your health plan**. Learn about **caring for yourself when you're a caregiver**. Then, test your movie knowledge with our **emoji brain teaser**.

In our next issue, expect more content for the **whole you**.

Note:

You'll find links to extra sources of information about many of our articles in the online version of this newsletter.



Make Your Health Plan Work for You

Your health is one of the most important things you have. Take care of your mind and body by using all of the benefits your health plan has to offer.

Diabetes Care

If you have been diagnosed with diabetes, discuss screenings with your doctor annually. This will help you stay healthy and make sure your diabetes treatment is working.

Preventative Screenings

When you visit your doctor ask about what exams are right for you. It might be time for a cervical cancer screening or mammogram.

Pregnancy and Postpartum Care

Seeing your doctor early in your pregnancy is important for both you and your baby. Remember to schedule your visit after your baby is born to make sure you and your baby are both doing well.

Earn rewards

Motivate yourself to be healthy with our **myhealthpays**® rewards program. Reward dollars can be used at Walmart and for other household expenses like utilities or childcare services. Check out our video on the [My Health Pays](#) program.

Check your vision

At the eye doctor you will get tests to rule out any eye problems. Be sure to know your family medical history. If you need help finding an eye doctor, ask your primary care provider (PCP).



Pay attention to your teeth

Regular visits to the dentist can keep your teeth healthy and white. They can also tell you about your overall health. Dentists recommend a regular dental exam and cleaning every six months.

Ask about vaccines

Ask your doctor if you or your child need any vaccines. These protect you, your child and those around you. Some shots do need “boosters” to keep working.

Plan a wellness check

Doctor visits are not only for illnesses. Annual checkups can help people detect early health issues. If you are feeling more tired than usual or having trouble sleeping, your doctor can help find the cause.

Defeat Your Headaches

Do your headaches disrupt your day? It may be time to talk to a doctor. Try some of these prevention tips in the meantime.



Drink water. Develop a routine. Drink at least eight 12-oz. glasses each day. Put reminders on your calendar or set your phone alarm. Keep a water bottle handy and bring it with you to meetings and on routine outings. Drinking enough water not only helps stop headaches but also combats fatigue, prevents muscle cramps and keeps skin hydrated and glowing.



Rest up. Follow a schedule. Make sure you're getting at least six to eight hours of sleep every night. This includes weekends! Establishing a sleeping pattern helps repair and replenish your body. This balance can limit headache pain.



Tame triggers. Keep a journal or diary on your headaches to discover what could be causing them. When did the pain begin? What started it? How long did it last? What helped ease it? Of course, there are unavoidable triggers like pollen, changes in barometric pressure and humid weather. Take special care with what you can control, like food and household triggers.



Exercise. Take up an activity. Trying walking, jogging or cycling. These activate your muscles and increase blood flow to lower your chances of a headache. Regular exercise also prevents heart disease, cancer and stroke.



Cut caffeine. Caffeine is powerful. It can give you a boost of energy and increase alertness. But, it can also cause headaches. Limit your intake of coffee, tea and soda. Try sticking to one caffeinated drink a day. Or you can make your cup half-caf, half-decaf. It's the same great taste but with half the caffeine!



Manage Your Mental Health



Learning how to deal with overwhelming times is important. Here are some tips to help you manage your mental health.

- 1 Have healthy habits.** Too much stress can take a toll on your body. Develop healthy coping skills to protect yourself from harmful effects. When you're feeling overwhelmed, organize your thoughts for a minute. Take a break from the stressor. Do something that relaxes you like going for a walk or talking to a friend.
- 2 Respect your limits.** You may feel the need to be available at all hours and to always say "yes." Whether at home or work, try to keep a healthy balance. Set your own rules for taking breaks from your phone or computer. Let your mind recharge! This way you'll find more stress-free time for yourself, your family and your favorite activities.
- 3 Pick up on patterns.** Everybody has stressful days, but it's important to take note of what caused you to feel this way. Record what you felt and how you reacted during these times. Find the patterns that best help you to manage your feelings.
- 4 Surround yourself with support.** Build a strong support system. Knowing you have trusted family and friends to listen will help you feel more relaxed. Even a quick chat with someone who cares can be helpful.
- 5 Find fitness.** A great way to take your mind off things and melt stress away is physical activity. Whether it's going for a run around the neighborhood, heading to the local gym or playing a favorite sport, exercise is a great way to help manage your mental health.

Manage Your Mental Health

Use tools and programs offered by Sunshine Health. For example, our myStrength digital app can support your well-being. With myStrength, you can:




- Learn how to reduce stress
- Track your mood online
- Manage depressive or anxious thoughts
- Access and share inspirations
- Explore hundreds of articles and activities

Sign up for a myStrength account by visiting:
<https://app.mystrength.com/go/epc/florida>

Follow the on-screen prompts to create an account.

Learn to reduce stress and feel happier.
Inspirational and hopeful, myStrength is here for you.
[Sign Up](#)

BROUGHT TO YOU BY
myStrength

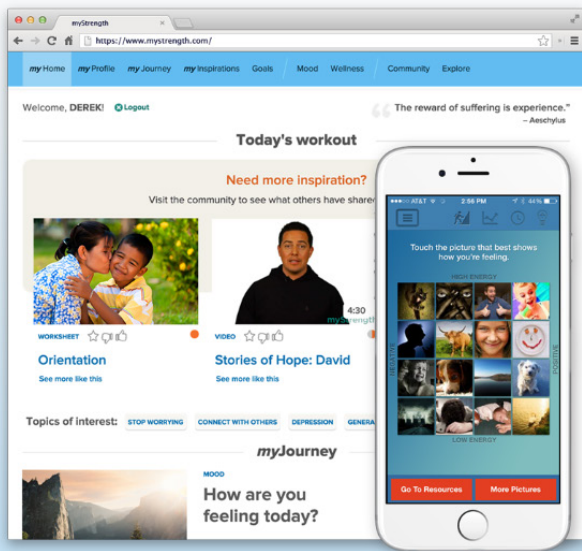


How does myStrength help?

- Proven Tools for Your Mind, Body and Spirit**
Help you learn to reduce stress, anxiety, depression or substance use.
- Free and Convenient**
With web and mobile apps you'll have support at home and on the go.
- Personal and Private**
Your homepage is made for you, myStrength is secure and private.
- Engaging and Inspirational**
Activities help you learn new ideas while keeping you motivated!

[Sign Up](#)

”
"I like the availability of so much good information in an easily accessible site"



What You'll Find on myStrength

- ✓ **Personalized Workouts**
Complete your new custom set of activities every day to support your mental health.
- ✓ **Positive Inspiration**
Find hope with our community of users. We also help you build your own goals.
- ✓ **Monitor Progress**
Use your MoodTracker and wellness assessments. You can see how you're doing with the myStrength phone app too.
- ✓ **Rock-solid advice**
Explore videos and articles from leading clinicians. Discover sound tips on relationship and health topics.

[Sign Up](#)

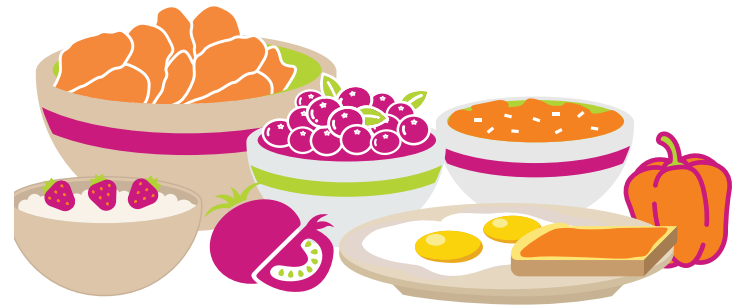
5 Foods that Will Start Your Day Right

Kick your day off with a breakfast that's high in protein. This will help keep your energy up and improve your body's metabolism. It will also build and repair your muscles. Start using these foods in your breakfast and see how you feel:

1 Oatmeal. Oatmeal is full of protein and fiber. You can prepare it many different ways. Plus, it will keep you full until lunch! Increase protein even more by using milk instead of water to make it. Sprinkle fresh fruit and your favorite nuts on top to add some crunch and extra health benefits. Want a savory breakfast? Use oatmeal for your base, add some cheese and dust with pepper or other spices. Top with cut-up veggies like tomatoes, mushrooms and spinach. You can even toss in some turkey bacon or other lean meats to up the flavor and protein. The variations are endless!

2 Eggs. Eggs are an affordable protein source. They give you important nutrients like vitamins B2, B12 and D, iron and zinc. Eating eggs may help maintain healthy skin, improve the immune system and increase brain and liver function. Top your bowl of savory oatmeal with a freshly cooked egg. Try making hard-boiled eggs the night before for a quick breakfast to grab on your way out the door. You can even make a frittata ahead of time. Don't forget to sneak some veggies into your morning meal!

3 Greek yogurt. Greek yogurt can help maintain muscle mass. It can also give new life to your hair and skin! Try creating your own peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Top off with chopped blueberries and bananas for fiber and potassium. Remember to choose plain yogurt to limit your added sugar.



4 Quinoa. People tend to think quinoa is more of a lunch and dinner food, but you can also enjoy it for your morning meal. It's a great source of iron, magnesium, vitamin E and fiber. It can reduce your risk of diabetes. It can also improve bone health. And, just like oatmeal, it's a great base for either a sweet or savory protein-rich meal.

5 Peanut Butter. This creamy spread is packed with protein. (It's also full of healthy fat. Be sure to measure it out to keep calories in check!) Try peanut butter, strawberry and banana quesadillas. Spread one tablespoon of natural peanut butter across two whole-wheat tortillas. Place banana and strawberry slices on one tortilla and sprinkle with cinnamon. Top with the second tortilla and press gently to help them stick together. In a skillet on medium heat, add the quesadilla. Cook each side for three minutes or until golden brown.

Making Space for Yourself



The space you live in affects the way you feel. Spending your time in a messy area can cause stress that barely registers in your conscious mind. Ready to renew your energy? Cut down on clutter with a few steps. Some of these ideas might seem strange. Give the methods a try and see how you feel!

Commit. Decide that you are going to tidy your space. If you want, tell someone close to you about your plans. It's important to keep promises to yourself. Having a friend or family member to keep you accountable is helpful, too!

Imagine. What do you want your living space to look or feel like? Take some time to picture your home as a place you want to be. Write down a detailed account of your ideal living situation. This will move you closer to your goals.

Source:
<https://www.goodhousekeeping.com/home/organizing/a25846191/what-is-the-konmari-method/>

Categorize. Tidy by category. Use this order: clothes, books, papers, miscellaneous items and sentimental items. Find every item in your home that fits in a certain category. Put them all in a pile.

Discard. Move through each item in the pile. Hold each item in your hands. Does it "spark joy"? If you don't feel happy to have it, thank it for its service and let it go. You can donate it to a local clothing drive or Salvation Army store. This step is about sharpening your ability to know what you want in your life. Stop holding onto many objects that you don't enjoy. It's better to have fewer items that you really like and use.

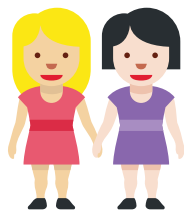
Emoji Brain Teasers for the Movie Buffs

Do you quote movies all the time? Are you the go-to person in your friend group for identifying the next must-watch film? If so, we've got some brain teasers for you. See if you can guess the movie based off the emoji combination. Good luck!

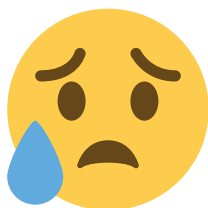
1



2



3



4



Sources:

<https://ohmydisney.com/movies/2016/12/06/quiz-guess-the-pixar-movie-from-the-emoji/>
<https://www.heart.co.uk/lifestyle/can-you-guess-the-movie-from-these-emojis/>

Answers:
1. Back to the Future; 2. Frozen; 3. Inside Out; 4. Spider Man

Are You a Caregiver? Do These 5 Things Every Day.

The care you give is priceless. You do chores, provide emotional support, coordinate medical care and help with finances. That's a lot!

Helping someone in need is rewarding, yes. But it is hard work. The responsibility comes with stress. At times you may feel guilty or overwhelmed. Make sure to care for yourself every day, too. You may not feel you have time, but it's important to make time. Caring for yourself is the first step in caring for others! Take these five actions every day:

- 1 Follow a schedule.** Having a daily schedule for the person you're caring for will form routines. Routines allow you to leave some time to care for yourself. It may take some time to figure out what works best for everyone. Some people need a strict schedule to follow each week, while others prefer a simple list of items to do each day. This list might include medication reminders, social activities, doctor appointments and exercise.
- 2 Take care of your body.** How you treat your body has a major impact on how you experience the world. Exercise, healthy eating and regular, quality sleep are crucial. These affect your sense of well-being.
- 3 Use your resources.** Use services available to you through Sunshine Health like our Caregiving Collaborations™ program. You can also find support through your local Area Agency on Aging or other caregiving community.
- 4 Have compassion for your experience.** Learn what to expect while caring for someone. Depression is common. So is making mistakes. You may have to learn how to set boundaries and accept help from others. Know that you have options even when you feel stuck.
- 5 Confide in someone.** Find a friend who is going through a similar experience and talk on the phone. Sharing your feelings with someone can alleviate stress.



Are You a Caregiver? Resources

AARP

aarp.org

Eldercare Locator

1.800.677.1116

Eldercare.gov

Caregiver Action Network (CAN)

Caregiveraction.org

Physician Orders for Life-Sustaining Treatment

(POLST)

POLST.org

Stroke

Stroke.org

1-800-STROKES (787-6537)

Brain Injury Association of America

BIAUSA.org

Serious Mental Illness

NAMI.org

1-800-950-NAMI (6264)

Medicare

Medicare.gov

Medicaid

Medicaid.gov

Disability

Disability.gov

U.S. Living Will Registry®

uslivingwillregistry.com

MedlinePlus: End of Life Issues

Medlineplus.gov/endoflifeissues.html

Dementia/Alzheimer's

ALZ.org

1-800-272-3900

Family Caregiver Alliance

Caregiver.org

1-800-445-8106

**National Association of States United for Aging
and Disabilities (NASUAD)**

Nasuad.org



Where You Live Affects Your Health

A safe, clean home is important to your health. Over two million Americans live in homes with serious safety problems.¹ A poor living environment can cause you to get sick. Damp, cold, and moldy housing is linked to asthma and other breathing problems. Dirty carpeting can hold lots of dirt and allergens that can make you sick. Older homes sometimes have dangerous toxins like lead paint or asbestos. Living in a home with these problems can cause your health to get worse. This may cause you to miss work. Or your children to miss school. And it may mean you have to go to more doctor appointments and get more medical help.

Unsafe living conditions can cause serious health problems. If you or your family start to have new and repeating health problems, you should seek medical help. You should also take a close look at your home. Some signs that your home may be unhealthy are:

- Trouble breathing and throat irritation
- Wheezing, sneezing fits, bloody noses
- Increased number of asthma attacks or need to use inhaler
- Eye irritation
- Reoccurring headaches
- Aches and pains

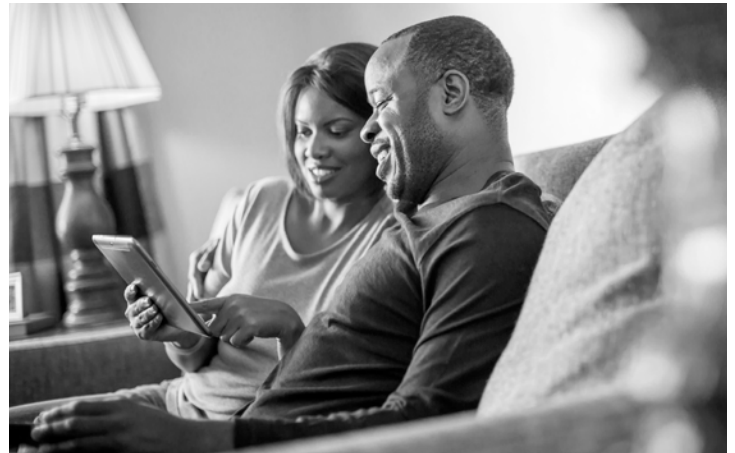
If you are a renter, it is your right to have a safe place to live. Look for signs that the property may have problems with temperature, mold, and pests. Including:

- Dirty or old carpet and flooring
- Water stains on the floor or ceiling
- Holes in the walls
- A damp smell

If you feel your home is making you and your family sick there is help.

The U.S. Department of Housing and Urban Development (HUD) has a [Resource Locator Tool](#). It will help you find housing resources in your state. They also offer information and help with foreclosure prevention.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447157/>



[Temporary Assistance for Needy Families \(TANF\)](#) provides financial help to families for things like housing expenses.

The U.S. Department of Agriculture [Supplemental Nutrition Assistance Program \(SNAP\)](#) offers food buying benefits to eligible people and families. Saving money on food may help you be able to spend more on housing.

[Center for Disease Control](#) has information and resources on lead poisoning prevention.

Legal aid support services can help with eviction and housing issues with landlords: [CommunityResources.SunshineHealth.com](#).

Sunshine Health can help you find local resources for housing needs. Contact us at 1-866-796-0530.



This information is available for free in other languages. Please contact our customer service number 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.

Notice of Non-Discrimination

Sunshine Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Sunshine Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Sunshine Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Sunshine Health at 1-866-796-0530 (TTY 1-800-955-8770). If you believe that Sunshine Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Grievance/Appeals Unit Sunshine Health, PO Box 459087 Fort Lauderdale FL 33345-9087, 1-866-796-0530 (TTY 1-800-955-8770), Fax, 1-866-534-5972. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Sunshine Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Spanish: Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Sunshine Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-796-0530 (TTY 1-800-955-8770).

French Creole: 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).

Vietnamese: 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).

Portuguese: Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Sunshine Health, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-866-796-0530 (TTY 1-800-955-8770).

Chinese: 如果您，或是您正在協助的對象，有關於 Sunshine Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-866-796-0530 (TTY 1-800-955-8770)。

French: Si vous-même ou une personne que vous aidez avez des questions à propos d'Sunshine Health, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-866-796-0530 (TTY 1-800-955-8770).

Tagalog: Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Sunshine Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-866-796-0530 (TTY 1-800-955-8770).

Russian: В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Sunshine Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-866-796-0530 (TTY 1-800-955-8770).

Arabic: لتحدث م تخرج إذا كان لديك أو لدى شخص صرحت ساعداً من حول Health Sunshine ، لديك الحق في .
ببعض الحصول على المساعدة ولعلومات الضرورية ببلغتك من دون أي تكلفة.
1-866-796-0530 (TTY 1-800-955-8770)

Italian: Se lei, o una persona che lei sta aiutando, avesse domande su Sunshine Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami il 1-866-796-0530 (TTY 1-800-955-8770).

German: Falls Sie oder jemand, dem Sie helfen, Fragen zu Sunshine Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-866-796-0530 (TTY 1-800-955-8770) an.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Sunshine Health 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-866- 796-0530 (TTY 1-800-955-8770) 로 전화하십시오.

Polish: Jeżeli ty lub osoba, której pomagasz, macie pytania na temat planów za pośrednictwem Sunshine Health, macie prawo poprosić o bezpłatną pomoc i informacje w języku ojczystym. Aby skorzystać z pomocy tłumacza, zadzwoń pod numer 1-866-796-0530 (TTY 1-800-955-8770).

Gujarati: જે તમને અથવા તમે જમે ની મદદ કરી રહ્યા હોય તેમને, Sunshine Health વવશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વવના તમારી ભાષામાં મદદ અને માવહતી પ્રાપ્ત કરવાનો અવિકાર છે. દુભાવષયા સાથે વાત કરવા માટે 1-866-796-0530 (TTY 1-800-955-8770) ઉપર કોલ કરો.

Thai: หากท่าน หรือ ผู้ที่ ท่าน ให้ความช่วยเหลือ อยู่ใ้ ขณะนี้คือ ากถามเกี่ยวกับ Sunshine Health ท่าน นมสึ ทิ ธที่ ี่ ะได้ร้บความช่วยเหลือ และขอ้มลู ในภาษาของท่าน น โดยไม่เ่สยิ ค่าง ไขจ้่า ่ ยใด ๆ ्हัง สนี้ หากต้องการไขบ้ รกิ ารลา่ ม กรณ ่าโทรศัพทต์ ติ ต่อ ्हที่ มายเลข 1-866-796-0530 (TTY 1-800-955-8770).