



home state health™

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

WHOLE you

2025 | Q4 BULLETIN



Welcome to another edition of *Whole You*, a newsletter from Home State Health and Show Me Healthy Kids.

As we head into winter, we wanted to share the latest edition of *Whole You*. In this edition you'll find:

- Our New Member App
- Information on scheduling your yearly check-up
- How to have a stress-free Thanksgiving
- Tips to know the difference between a cold and the flu
- And more.

We hope you enjoy this issue and that it helps you take care of the whole you.

Did you miss our last newsletter? Take a [look](#).



It Pays to Stay Healthy

myhealthpays®

Did you know you can earn My Health Pays® rewards when you complete certain healthy activities? Activities such as completing your annual wellcare visit along with other preventative screenings.

Visit www.homestatehealth.com/members/medicaid/member-resources/healthy-rewards-program.html today to learn more about our My Health Pays® rewards!

You can use your rewards to pay for a variety of services:

| | | | | |
|-----------|----------------|-----------|-----------|------|
| Utilities | Transportation | Childcare | Education | Rent |
|-----------|----------------|-----------|-----------|------|

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WHOLE
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Stay Connected!



Home State Health and Show Me Healthy Kids make it easy to access your account information wherever you are — on a computer or your smart device. It's easy to log in, convenient to use, and available 24/7. Manage your plan anytime, anywhere.

MEMBER MOBILE APP

Set up your account in 3 easy steps

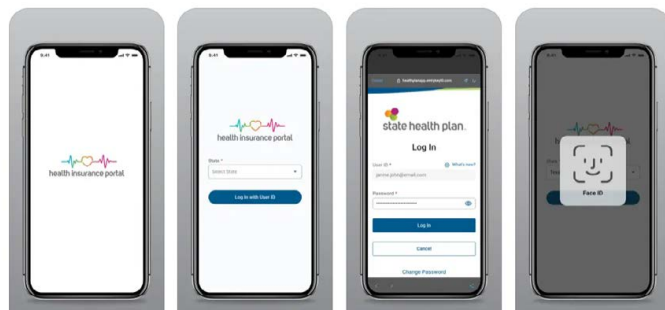
1. Search “Health Insurance Portal” in the App Store or Google Play.
2. From the “state” dropdown menu, select “Missouri.”
3. Use your Home State Health/Show Me Healthy Kids member portal login or create an account to get started.

- **Access your ID card.** View a digital version of your Home State Health/Show Me Healthy Kids member ID card at any time.
- **Search for care.** Find doctors and urgent care near you, change your primary care provider, and more.
- **View your benefits.** See the specific plan benefits and services available to you.
- **Take your health assessment.** Let us know your health needs to better serve you.
- **Send us a message.** Get in touch with us through secure messaging if you need help.



Health Insurance Portal 
Your plan in your pocket 24/7
Centene Corporation
Designed for iPhone
★★★★☆ 4.6 - 30 Ratings
Free

iPhone Screenshots



ONLINE MEMBER PORTAL

Set up your account in 3 easy steps

1. Go to the [Home State Health Portal for Members | Login | Home State Health](#)
2. Register with your email address, birth date and member ID (found on your Home State Health/Show Me Healthy Kids ID card.)
3. Verify your account through email.

WHOLE
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Give Yourself the Care You Deserve with a Yearly Check-up

Taking care of your health starts with a simple step. A yearly check-up helps you stay on track, catch issues early, and get answers — all at no cost.

Don't Wait for a Problem to Put Your Health First.

People often wait until they're sick to see a doctor. But finding a doctor you trust and going to your yearly check-up helps you stay ahead.

Over time, your doctor gets to know your health. They can listen, spot changes, and help you find the care you need or send you to a specialist if needed.

Going to the same doctor often helps you stay in control of your health.



We Make It Easy to Get the Care You Need

It can be hard to find time to go to the doctor — or even know where to start. But we're here to help make it easy, even when you're busy.



No ride? We've got you. We offer no-cost rides to and from your visit.



Too busy? Try a virtual visit. It's quick and fits your schedule.



Need a doctor? Use our Find A Provider tool to see nearby doctors taking new patients.



Can't find an open visit? We can help book one that works.



Want to change your doctor? You can switch anytime online.

Click here to learn more about the importance of your yearly check up and links to the items above.



WHOLE you

Have a Happy and Stress-free Thanksgiving



Thanksgiving can be a very stressful time, which not only makes the holidays less pleasant but can also have a toll on your health. We have put together a few tips to help you celebrate a stress-free and gratitude-filled Thanksgiving this year.

1

PLAN AHEAD

Preparing a Thanksgiving meal takes time and a lot of preparation. To stay organized, start planning a few weeks ahead. Create a to-do list for the day of to help ensure you stay on track and are not forgetting anything. Checking items off help you will feel accomplished and stay motivated.

2

MINIMIZE CLUTTER

You will have a lot on your mind Thanksgiving Day. Being organized and returning things where they belong will help reduce the feeling of being overwhelmed. Clean up beforehand and have that extra space available during the day.

3

KEEP IT CLASSIC

Stick to familiar recipes you know you are good at making to avoid surprises and the risk of having to create a second dish to replace the failed experiment.

4

ASK FOR HELP

Do not be afraid to ask for help. You would be surprised how many people are willing to help, especially around the holidays.

5

REMEMBER WHAT'S IMPORTANT

The holiday is about time spent with loved ones and giving thanks for all you have. Take time to appreciate being together, by swapping funny stories or taking a post-meal walk. Create lasting memories and enjoy those around you!



Is it the Flu or a Cold?

Your nose is running. Your head is aching. But do you just have the flu or is it just a cold? Check out the symptoms below to help you understand the difference between a cold or the flu.

IT COULD BE A COLD IF YOUR SYMPTOMS ARE:

- Symptoms start gradually
- Fever is usually lower than a temperature of 100.3° F
- Sore throat
- Runny or stuffy nose
- Mild to moderate coughing
- Sneezing
- Feeling tired

IT COULD BE THE FLU IF YOUR SYMPTOMS ARE:

- Symptoms start suddenly
- Fever usually higher than a temperature of 100.4° F
- Fatigue or weakness
- Body pain
- Body chills



Your Primary Care Provider (PCP) is your first stop for care. But you can't schedule sick. Be prepared and know your options for getting care when you need it.

- Call your provider's after-hours line.
- Talk to a nurse 24/7 with our nurse advice line at no cost. Find the number below and on your member ID card. The nurse will listen to your concerns and help you decide what to do next.
- You have access to Telemedicine at no cost to you. Create an account and video chat with a provider day or night. Click here to learn more www.homestatehealth.com/members/medicaid/telehealth.html

The lists above are to serve only as a guideline and should not be viewed as medical advice. In the case of a medical emergency, contact your healthcare provider or call 911.