

WHOLE you

2026 | Q1 BULLETIN



UPCOMING CALENDAR OF EVENTS

We would love to see you at one of our events in the community. For more information, go to our Community Outreach page:

www.homestatehealth.com/CommunityOutreach/Upcomingevents.html

Happy New Year and welcome to another edition of Whole You, a newsletter from Home State Health and Show Me Healthy Kids

Start the new year off with the latest edition of *Whole You*. In this edition you'll find:

- How to eat healthy on a budget
- Ways to incorporate exercise when spending time with friends
- Why managing stress is important to your health
- 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 here.](#)



It Pays to Stay Healthy



Did you know you can earn My Health Pays® rewards when you complete certain healthy activities? Activities such as completing your annual wellness 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 you

Eating Healthy on a Budget

Did you know that people who plan before they visit the store can save hundreds of dollars on food every year? Many people think healthy eating is too expensive.

But there are lots of ways to eat healthy and not blow your budget. Making the choice to start eating healthy is step one. Step two is knowing what to buy and getting a shopping plan in place.

MAKE A LIST AND STICK TO IT!

Making a list cuts down on buying things you really don't need. Check the weekly ads of the stores in your area to find the best deals on healthy options. Everyone knows fruits and vegetables are good for you. But buying in season items and frozen options can help you save money. For meat, check for price per pound deals and consider buying larger portions and freezing what you don't use. Don't get hung up on the packaging. Many times store-branded items are more affordable than brand name items.

CHECK THE LABELS.

Frozen and canned food items can be healthy! Read food labels and choose items with lower salt and sugar. This is a good way to make sure what you are buying is healthier. Look for:

- Vegetables in water with low salt
- Canned fruits in water, not syrup
- Frozen veggies without sauces
- Frozen, no sugar added fruit
- Low sodium soups that are broth based rather than cream
- Instant whole grain rice rather than flavored rice packets



BUY ITEMS YOU CAN USE MORE THAN ONCE.

Leftovers don't have to be boring! Get creative and think about how you can cook once but eat twice. For example, whole chickens are usually a low-cost protein source that can be used for multiple meals. Bake the chicken with veggies for dinner one night, then use the leftovers for tomorrow's meal. From tacos to stir-fry to soup, the possibilities are endless!

BUY IN BULK.

Going in with a friend or family member to purchase large quantities of items can help keep your spend down. If you don't have anyone to share bulk items with, break them down into smaller quantities. Freeze the portions for fast and easy use later.



Managing Stress is Important to Your Health

Many things in your life can cause anxiety and stress. Anxiety is a feeling of fear or worry that takes over your daily life. High levels of stress can affect your health.

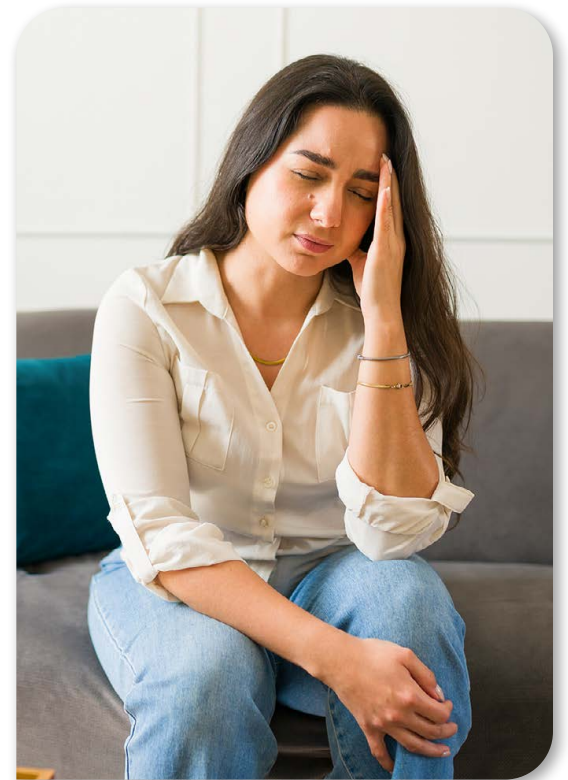
Anxiety and stress may cause:

- Low energy levels
- Trouble sleeping
- Increase in alcohol or tobacco use
- Bad temper
- Headaches
- Constant worry

Some things can make feelings of anxiety worse. Worries about getting sick, losing a job, or being evicted can cause a lot of stress.

If you feel like your stress has taken over your life it is time to get help. Getting help is an important step to managing stress. Your primary care provider can help you find out if you need professional help with your anxiety. There are many options when it comes to your mental health needs. You can:

- Speak with your primary care provider
- Speak with a licensed counselor



Understand your healthcare benefits

www.homestatehealth.com/members/medicaid/case-and-disease-management.html



www.youtube.com/watch?v=rDroRppg9Wc



Call to be connected to services that can help at one of the numbers below.

WHOLE
you

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

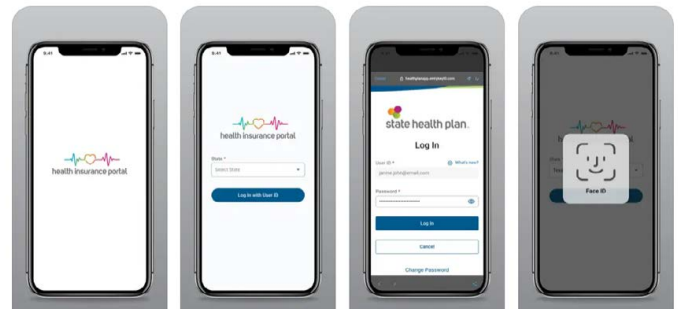
1. Search “Health Insurance Portal” in the App Store or Google Play.
2. From the “state” dropdown menu, select “Missouri.”
3. Use your Home State Health/Show Me Healthy Kids member portal login or create an account to get started.

- **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 17+
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.

DOWNLOAD TODAY

