



home state health.

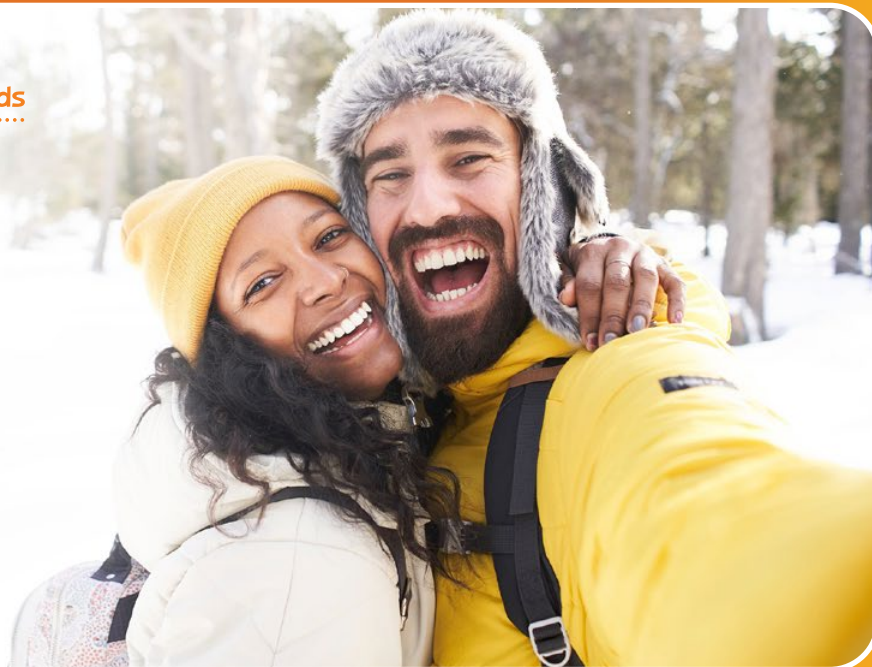
Your MO HealthNet  
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

# WHOLE you

2025 | Q1 BULLETIN

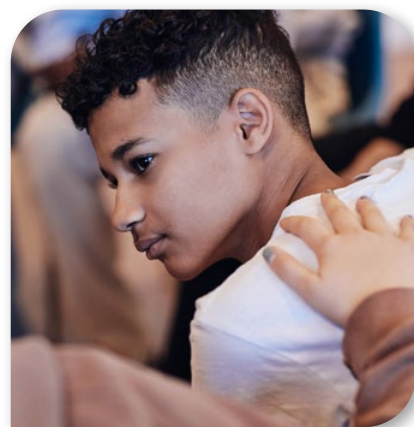


## Happy New Year! Cheers to the new year.

We are excited to bring you the latest edition of *Whole You*, a newsletter from Home State Health and Show Me Healthy Kids.

We hope you had a great holiday. We have tips to help you keep your New Year's resolutions. Then we'll talk about mental health resources and important medical screenings. Finally, we'll take a look at heart healthy tips for American Heart Month and more.

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



# WHOLE you

# New year— new, healthier you

*It's the time of year when goals are set but not always completed. Studies show that it can be hard to meet our goals without the right tools. Here's a short list of helpful tips.*



- 1 TEAMWORK MAKES THE DREAM WORK**  
Being around people with similar goals can be inspiring and motivating. Plus, they can help you stay focused.
- 2 LEND A HELPING HAND**  
Try volunteering at an animal shelter, visit a retirement home or donate clothes. There's added health benefits when you help others, including lower risk of depression and reduced stress.
- 3 EATING GOOD FEELS GOOD**  
Pay attention to the food you eat and how it makes you feel. Understanding what you're putting into your body can help you make healthier choices.
- 4 ADDING A POSITIVE CAN MAKE A DIFFERENCE**  
There's nothing wrong with the occasional sweet treat but try swapping it out with a piece of fruit from time to time. Feel like you could be drinking more water? Have a 12-ounce glass of water before and after meals. You'll feel fuller longer. Plus, there's health benefits like improved brain function, better skin and more.
- 5 SHAKE IT UP**  
Try signing up for an event like a 5K walk or run. Having an end goal and mixing up your routine can be just the thing to get you out of a slump. Most events benefit nonprofit groups, so you'll be giving to a good cause while you're at it!

## WHOLE you

# Make the most of mental health resources

*Maybe you haven't been feeling like yourself lately, or you're worried about things that never bothered you before.*

*Everyone worries from time to time. When worrying makes it hard to focus or enjoy life, it may be time to ask for help.*

*We're here to let you know you have options to get the help you need.*

### **1. VISIT YOUR DOCTOR.**

Your doctor is your partner in understanding your physical and mental health. If you don't have a doctor, it's time to find one that's right for you. [Find A Provider](#)

### **2. SPEAK WITH A NURSE 24/7 FOR FREE.**

Call one of the numbers at the bottom of the page when you have questions or concerns about your health that you want answered right away.

### **3. VIDEO VISIT WITH A DOCTOR.**

Telehealth is good when there's not an emergency or when you can't see your doctor. Pick a mental health expert to talk to right away, or make an appointment. Create an account to get started. [Telemedicine Options](#)

### **4. CALL, TEXT OR CHAT FOR FAST MENTAL HEALTH HELP.**

With the Suicide & Crisis Lifeline, you can get 24/7 help for you or a loved one. Call or text 988, or chat at [988lifeline.org](https://988lifeline.org).

### **5. YOUR MENTAL HEALTH MATTERS.**

Contact us using the numbers below if you need help finding resources for you and your family.





# Healthy habits for a happy heart

*Let's celebrate American Heart Month with some easy ways to add a little cardio to your day. Boost your heart health without hitting the gym.*

## **HIT UP SOME APPS.**

Looking for a quick workout? Browse your phone's app shop for no cost health apps that can help you add exercise into your day. There are a lot of workouts that focus on specific areas of the body, including your arms, chest, back and legs. Or you can find ones that provide short workouts that fit your schedule.

## **JUMP AROUND.**

Short on time and space? Get jumping, jack! Try doing 10 sets of jumping jacks, and increase your reps by 10 each week to build up your strength. The average calories burned for 10 minutes of jumping jacks is more than 100 for a 150-pound person! Plus, there's the added bonus of lowered blood pressure, stronger muscles and reduced stress.

## **WALK IT OUT.**

Take a stroll and enjoy nature. Too cold or not in a walkable area? Hit the mall, take advantage of the space to window shop and get your steps in. You can even "house walk" — which is the practice of walking around your home or marching in place.

## **GET IN THE GROOVE.**

Turn up the tunes, and dance like no one is watching. Get creative and try different styles like hip-hop, swing or salsa. Different dance styles can help you use a variety of motions and engage multiple muscle groups. You'll not only get your heart pumping, you'll burn calories and increase your energy too!

## **EVERY STEP COUNTS.**

Tackle your to-do list by walking instead of driving to pick things up? If taking a leisurely walk isn't possible, you can still add other activities. Find a parking spot further away from where you're going. Switch it up and take the stairs. If you're using public transit, hop off one or two stops early and walk the extra distance.





# Get Tested

*Medical screenings may help detect disease in the earliest stages.*

Screenings can often be done at the time of your annual physical. They may need to be ordered by the primary care provider (PCP) and then scheduled at a different time and place.

**Some of the important adult screenings include:**

- **Mammogram:** According to the American Cancer Society, women should start having yearly mammograms at the age of 40 unless they are considered high risk.
- **Cervical Cancer Screening (pap test):** Home State Health begins covering this screening at age 21. Women ages 25-65 should have a Pap test done every 3 years. Communicate with your healthcare provider to learn their recommendations on how frequently this screening is necessary for you.
- **Colon Cancer Test:** Men and Women at average risk for colon cancer should begin screening at age 45. There are different screening tests. If you have a family history or are at high-risk for colon cancer, talk with your healthcare provider throughout your lifetime on how early and how frequently you should begin screenings.
- **Prostate Exam:** Men are encouraged to discuss the uncertainties, risks, and benefits of a prostate cancer screening with their healthcare provider. It is recommended that men should have a prostate exam completed by their healthcare provider beginning at age 50.



Check with your healthcare provider about recommended screenings for you. Your PCP can also tell you about other important tests you may need. Based on your medical or family history, screening may begin earlier. It could also be required more often.



For more information on the American Cancer Society's recommendations for preventative screenings, scan the QR code or visit this link: [cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html](https://cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html)

If you, or someone you're helping, has questions about Home State Health, you have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. For Show Me Healthy Kids interpreter services, call 1-877-236-1020 (TTY/TDD 711). For Home State Health interpreter services, call 1-855-694-4663 (TTY/TDD 711).

Si usted, o alguna persona a la que ayuda, tiene preguntas sobre Home State Health, tiene derecho a recibir ayuda e información en su idioma sin ningún costo. Además, hay servicios de interpretación en lenguaje de signos americanos. Para los servicios de interpretación de Show Me Healthy Kids, llame al 1-877-236-1020 (TTY/TDD 711). Para los servicios de interpretación de Home State Health, llame al 1-855-694-4663 (TTY/TDD 711).

如果您或者您帮助的人对Home State Health有疑问，您有权免费以您的语言得到帮助和相关信息。我们也提供美国手语口译服务。如果需要Show Me Healthy Kids口译服务，请致电1-877-236-1020 (TTY/TDD 711)。如果需要Home State Health口译服务，请致电1-855-694-4663 (TTY/TDD 711)。