



home state health

Your MO HealthNet  
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

# WHOLE you

2024 | Q2 BULLETIN



## Welcome!

As we enter the spring season, we are excited to bring you a new edition of *Whole You* newsletter from Home State Health and Show Me Healthy Kids.

This spring, we'll focus on pushing toward some of the goals you set. We'll give you some tips to help you with your allergies this season. Then we'll introduce you to some fun fruit and veggie pairings to strengthen your immune system. We'll also focus on the benefits of spending time outside and in water, and the importance of your mental health.



We also want to pass along an important reminder about your MO HealthNet (Missouri Medicaid) annual renewal process. It's the eligibility process you must go through to keep your MO HealthNet coverage.

### COMPLETE YOUR ANNUAL RENEWAL

If Family Support Division (FSD) needs more information to see if you still qualify for healthcare coverage through MO HealthNet, you will get a form in the mail and loaded to the [FSD Benefit Portal](#). You will need to complete, sign, and submit this form by the deadline in your letter so you do not risk losing your healthcare coverage. Here are all of the ways you can submit your annual renewal:



**ONLINE:** Create an account for the FSD Benefit Portal to see when your renewal is due and, once it is available, complete and submit your form online. You can also upload a copy of your completed and signed annual renewal form to FSD.



**IN PERSON:** Visit your local FSD Resource Center to return your annual renewal or to get help with completing your form.



**BY PHONE:** Call 1-855-373-4636 and select the MO HealthNet option to complete your annual renewal by phone.



**BY MAIL:** Return your completed and signed yellow form to the address shown on the letter.

# WHOLE you

## Bless you!

### *Allergy season is back.*

When you have allergies, spring can be a mixed bag. Mild weather...yay. Pollen and allergens that make you sneeze and your eyes water...not so much. Try these tips to get a little relief and make it through allergy season more comfortably!

#### **1 ASK YOUR DOCTOR ABOUT A TEST.**

Allergy testing has come a long way in the past decade. Find out what specific triggers your body responds to.

#### **2 STAY IN TO WIN.**

Allergens thrive in windy, dry weather. Use this as an excuse to stay inside more this season. Get cozy with a book or TV show!

#### **3 WHAT'S THE INDEX?**

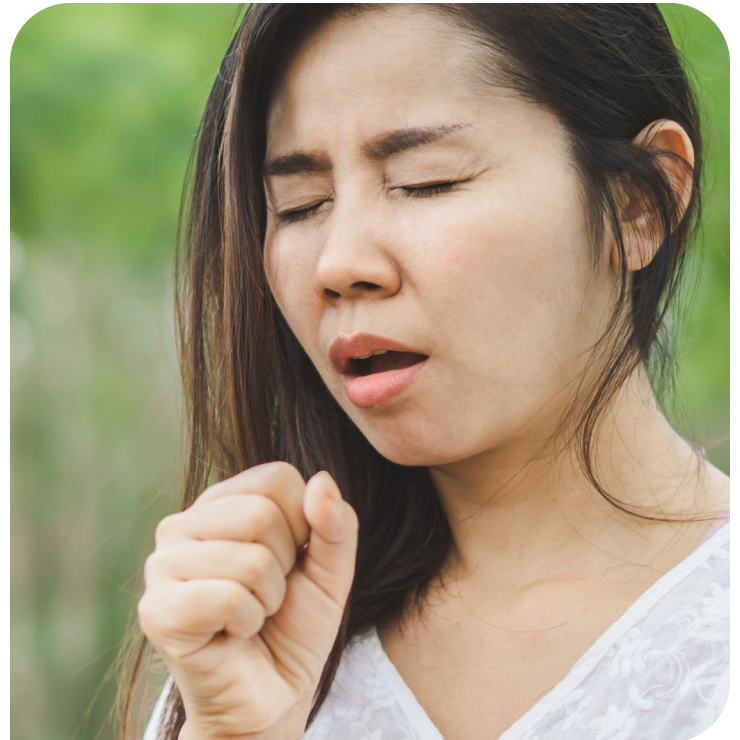
Most TV stations broadcast allergy forecasts during weather segments. There are also websites and apps that can alert you to conditions in your area.

#### **4 BREATHE EASIER INSIDE.**

Crank up the AC instead of using window ventilation.

#### **5 FILTER OUT THE BAD.**

Change air filters regularly for the best quality air flow. Keep your carpets and floors clean and dust-free.



#### **6 CLEANLINESS IS POWER.**

Take a bath or shower before going to bed to keep your sheets allergen-free.

#### **7 DIET MAKES A DIFFERENCE.**

Keep an eye on your food intake. Certain foods like sugars, wheat and dairy can make your allergies worse. Take note of symptoms like nausea, headache, dizziness or an itchy throat after eating. Drink plenty of water to flush and hydrate your system.

*Now you've got the tools that will help you beat your allergies this season!*



# Springtime fruit and veggie pairings.

## Spring is here!



That means we have yummy fruits and veggies to eat. Try these healthy combos:

- 1. Tangy vitamin boost.** Roast asparagus with lemon and garlic. It's a tasty side dish. Lemons have vitamin C for a strong immune system. Asparagus has vitamin K, iron and zinc for healthy growth.
- 2. Low-cal springtime salad.** Make a salad with fresh baby spinach. Add golden raisins, lemon zest, apricots and a light dressing. Spinach has protein and vitamin K. Apricots have nutrients and immune-boosting vitamin A.
- 3. High-protein greens.** Cook artichokes and green peas with shallots, parsley and mint. It's a rich, herbal dish. Artichokes are good for your heart and high in fiber. Green peas have protein to keep you full.
- 4. Wholesome & frozen.** Blend frozen honeydew and sliced kiwi with lime juice and ice. It makes a cool smoothie. Honeydew has potassium and keeps your heart healthy. Kiwi has fiber, antioxidants, potassium and vitamin C to help control blood pressure.
- 5. Sweet & spicy bite for eyesight.** Add sliced mango to your lettuce salad. Make a dressing with lime, honey, vinegar, olive oil, salt and chili powder. Mango has fiber for digestion and vitamin A for your eyes. Lettuce has vitamins A and C.

*Try these combos for a tasty and healthy bonus to your meals. Savor the springtime harvest!*

# WHOLE you

## Need care? Who do you call?

### **Let's say you have a terrible earache or bad cold. Who should you call?**

Your primary care provider (PCP) is a great choice. This doctor will help you if you have a cold, earache, sore throat or rash. Your PCP can also help you with injuries like a sprain, minor cut or burn. Your PCP is also a good choice if you have stress or anxiety.

### **But what if you have quick questions about medicines or your health?**

Many of us might not think of our local pharmacist. We should. Your pharmacist is there to provide good advice at no cost to you, helping you manage your prescriptions and health.

#### **ASK YOUR LOCAL PHARMACIST ABOUT**

- Your prescriptions or over-the-counter medicines
- Side effects from medicines and how to handle them
- Medication refills
- How your medicine works
- Which medicines are safe to use with each other
- How to stay on track using your medicines
- Over-the-counter medicines when you have a cold or the flu, a headache or a sore throat
- Questions about vaccinations
- How to use blood pressure monitors, inhalers or glucose monitors

**If you're not sure where to go for the care you need, call our 24/7 nurse advice line—they can help you.**



#### **TELEMEDICINE FROM TELADOC HEALTH**

You can also use telemedicine at no cost to you from Teladoc Health. This is your easy, 24-hour access to in-network providers for non-emergency health issues. Get medical advice, a diagnosis or a prescription. Do it all by phone or video. And, have easy access through your mobile device!

- Colds, flu and fevers
- Rash, skin conditions
- Sinuses, allergies
- Respiratory infections
- Ear infections
- Pink Eye
- Behavioral Health\*

Visit the [Telehealth page here](#) for more information.

\*Limits apply for appointment times with behavioral health services, which are open weekdays from 7 a.m. to 9 p.m. Teladoc Health for behavioral health issues is available for members 18+.

# WHOLE you

## Get out and play!

As the weather gets warmer, make sure your kids are spending some more time outside. Getting them away from electronics can be hard. Fresh air can improve their mood, increase their physical activity and stimulate their minds. Here are some tips on how to enjoy the outdoors with your children this season:

- 1. Go H2O.** An easy way to beat springtime boredom is fun in the water. Inflatable pools and sprinklers can go a long way and keep you cool in the sun. Don't forget sunscreen, watch your kids closely and be sure to read the water safety article on the next page.
- 2. Change of scenery.** Going to a park is better than being glued to your screens. Parks are a great place for children to interact with each other and get some exercise.
- 3. Spin your wheels.** Biking is a great activity in the spring. Health benefits include cardio exercise, improved balance and building strength. Find some local bike trails, and explore with the whole family.

- 4. Patio picnic.** We recommend spending about three hours a day outside, and an easy way to do that is to bring food. Have snacks or a full picnic on your patio.
- 5. Bring hobbies outside.** Many toys and games can take place outside. Leave the electronics at home and enjoy nature. Give your kids the choice of what they can bring for bonus points.
- 6. Rain or shine.** Don't let the weather bring you down. Some rubber rain boots and old clothes are enough to keep outdoor play fun — even in the rain. Don't be afraid to splash around with your kids.
- 7. Play dates.** Kids thrive around other kids. Set up a few play dates, and share the duties with other parents. They'll develop social skills and creativity.

*Get outside and soak in that vitamin D!*





# Splash safely.

When the weather gets warm, kids — and many adults — begin dreaming about a refreshing swim, a Slip 'N Slide® or even a simple dash through a sprinkler. However, water can be as dangerous as it is fun. Drownings happen every day, and they're not just in pools or lakes. They can happen in bathtubs and even buckets, and it only takes a moment.

## ***Here are some tips to enjoy the fun and prevent the dangers.***

- **Permission granted.** Teach children to always ask permission to go near water.
- **Fenced in.** Make sure pools and hot tubs have fencing on all four sides. The fence should be at least four feet tall with swing gates that close and latch on their own.
- **No distractions.** Stay with kids, even with a lifeguard on duty. Young children can drown in as little as one inch of water, so keep them within arm's reach without any distractions, like phones.
- **Empty after use.** Water should be drained after use. Store tubs, buckets and containers upside down and out of children's reach.
- **Closed lids.** Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.
- **Life jackets save lives.** Children, inexperienced swimmers and anyone in a boat should wear U.S. Coast Guard-approved life jackets. Blow-up floaties, even though they float, are not enough.
- **Bring your friends.** Never swim alone.
- **No messing around.** Pushing or dunking your friends can quickly become unsafe.
- **No diving.** If you don't know how deep the water is, don't dive in headfirst.
- **Float where you can swim.** Keep checking to see if the water is too deep or if you are too far away from the shore or poolside.



***A child or weak swimmer can drown in the time it takes to reply to a text or apply sunscreen. Stay safe out there and have fun!***



# Feeling stressed? You're not alone.

## **Mental health is just as important as physical health — for adults and for kids.**

One in five kids in the U.S. experience a mental health issue, such as anxiety, ADHD and depression, and mental health problems can run in families. Take some time to attend to your mental health — your kids' too.

### **MENTAL HEALTH TIPS FOR YOU:**

- 1. Treat yourself kindly.** Take time to do things you enjoy.
- 2. Take care of your body.** Good nutrition and exercise can help mental health.
- 3. Stay connected.** Make plans with others, and be open to new friendships doing things you enjoy.
- 4. Go after goals.** Set small, simple goals, and enjoy the feeling of achieving them.
- 5. Try something new.** Even something simple like a new walking route is good for the brain.
- 6. Volunteer.** Research shows people who volunteer feel a boost in their mental health.

### **MENTAL HEALTH TIPS TO HELP YOUR KIDS:**

- 1. Pay attention.** Notice what they say and how they act. Provide a safe space, and teach them how to talk about how they're feeling.
- 2. Show the way.** Find age-appropriate ways to let your kids see how you deal with mistakes, setbacks or disappointment. It will help them do the same and make it easier for them to admit mistakes and bounce back.
- 3. Build independence.** As long as it's safe, let children figure things out and build a sense of independence. Resist the urge to swoop in when things go wrong.
- 4. Boredom is OK.** You don't have to schedule every free moment with playdates or activities. Boredom can lead to creativity.
- 5. Provide structure.** Set regular mealtimes and bedtimes, limits on electronics, and rules for play and how to treat others. Always show kids you care about them. Create boundaries, and be flexible when you need to.

**Only about 21% of children with a mental health problem get treatment. Some warning signs your child might need help include:**

- Being unusually anxious about simple things like meeting new people.
- Having a mood change that lasts more than two weeks.
- Having trouble concentrating or sitting still.
- If you notice any of these signs, start with a call to your child's doctor.



**Pyx Health**  
Because no one gets better alone™



**Pyx Health App:** Show Me Healthy Kids members have access to our partner, Pyx Health. They offer a mobile application connecting members to individuals for support through anxiety, depression and other mental health struggles.

**PyxHealth.com 1-855-499-4777 (TTY: 711)**



# Member Toolkit

As a reminder to our new members, below are some of the key things you need to do once you become a Home State Health or Show Me Healthy Kids member.



### Sign Up For Your Secure Member Portal Account

Your online secure member portal account gives you access to your information, such as claims, your doctors' office information, *myhealthpays*<sup>®</sup> balances, and more.



### Visit Your Provider

After you choose your doctor, set up an appointment for a check-up right away. This is your new medical home. Information about Member Transportation can be found online, at HomeStateHealth.com or call us at the number listed below.



### Complete Your Health Risk Screening

Complete the screening online at HomeStateHealth.com or over the phone at the number listed below. Complete it within 30 days to get a *myhealthpays*<sup>®</sup> award.



### Read Your Handbook

Your handbook tells you about your benefits and how to use the services and programs available. You can find the handbook online at HomeStateHealth.com.



### Choose Your Provider

Sign into your online secure member portal account to choose your doctor, or call us at the number listed below. You can also use our "Find a Provider" search.



### If You Are Pregnant, Complete Your Notification of Pregnancy

This form is available through your online secure member portal. Completing this form can help you start earning additional *myhealthpays*<sup>®</sup> rewards.

Spring is also a great time for your **Annual Wellness Visit**. This helps you and your Primary Care Provider (PCP) identify preventative steps to keep you healthy.

#### IN 30 MINUTES YOUR PCP CAN:

- check your blood pressure
- review your medical and family history
- review your medications

When you complete your Annual Wellness Visit, you can earn money on your [My Health Pays](#) rewards card.



If you need help finding a network provider or need assistance with transportation, please contact us using the phone numbers listed at the bottom of this page.



WHOLE  
*you*

Color yourself healthy.

***Need a break from your busy day?***

Take a few minutes to channel your inner artist. You can print and color this image.



Skip TO MY Lou.ORG

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)。

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Home State Health cumple con las leyes Federales de derechos civiles correspondientes y no discrimina con base en la raza, el color, la nacionalidad, la edad, la discapacidad o el sexo.

Home State Health 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。