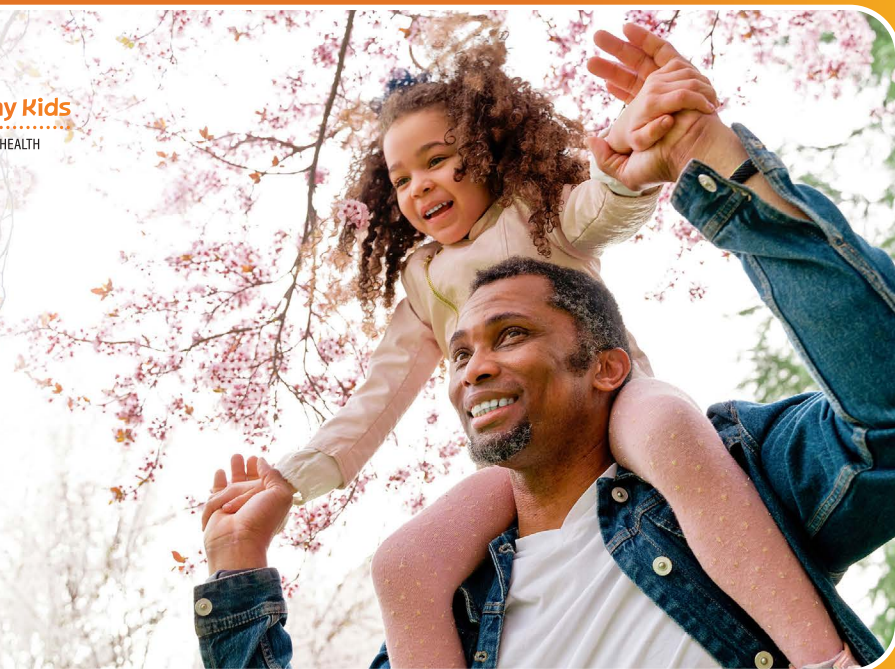


WHOLE you

2025 | Q2 BULLETIN



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

This quarter we are going to talk about important health screenings for children and adults, mental health awareness and how your pharmacist can help you manage your health.

Want to receive important health plan information and updates via email? It's simple! Go to the Login page (www.homestatehealth.com/login.html) and either create a account or login. Then add your email in the "Contact" section.

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

Want to receive health plan updates via email?



It is simple!

Login to the secure portal and update your email in the "Contact" section.

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

Click on "Newsletters" at the top of the webpage.



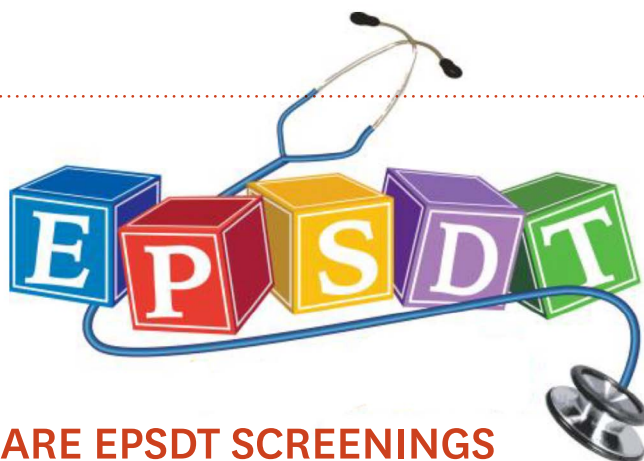
Keeping Your Kids Healthy

IMPORTANT HEALTH SCREENINGS FOR YOUR CHILD AT NO COST!

These screenings are called EPSDT services.

It stands for:

E	Early	To find issues soon;
P	Periodic	To make sure children see a PCP regularly;
S	Screening	To check for any problems;
D	Diagnostic	To test for children's health; and
T	Treatment	To care for any needs



WHY ARE EPSDT SCREENINGS IMPORTANT?

Taking your child to their doctor for regular visits and caring for problems early could:

- Help your doctor get to know your child.
- Help your child stay healthy as they grow.
- Find health problems before they get worse.
- Stop health problems that make it hard for your child to learn.
- While in the office discuss other vaccines your child may need.

Babies need EPSDT screenings at:



Toddlers need check-ups at:

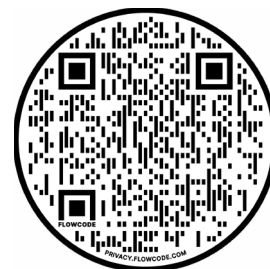


Some of the services provided at these screenings include:

- Vaccines
- Developmental testing
- Dental screenings
- Vision testing
- Hearing and Speech screenings

Some visits qualify for **myhealthpays**® rewards. Call the number below to find out more.

Learn more about EPSDT services by scanning this QR code:



Please reach out to Care Management at one of the following phone numbers if you have any questions, need help scheduling an appointment or need transportation*:

Home State Health:
1-855-694-4663

Show Me Healthy Kids:
1-877-236-1020

*If you have transportation as a covered benefit.

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



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

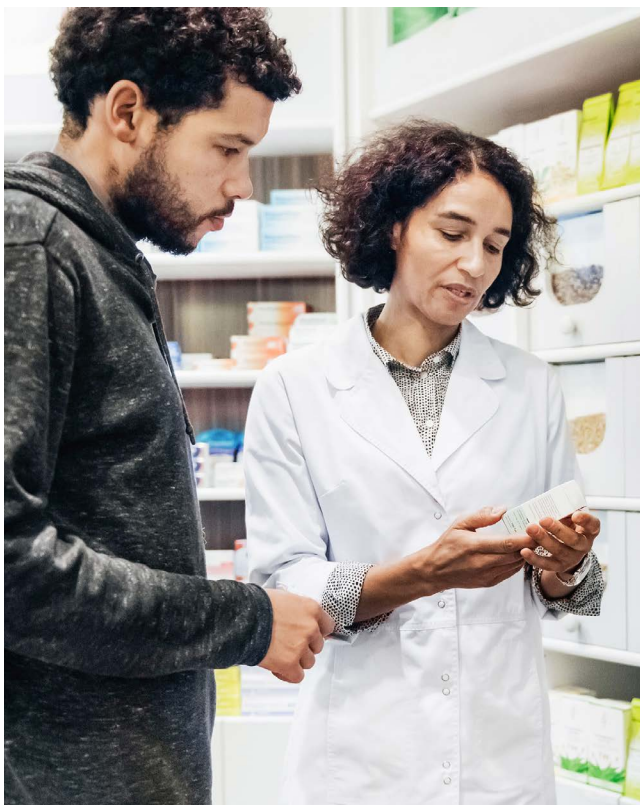
Because no one gets better alone™



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)

Five Ways Your Pharmacist Can Help You Manage Your Health



Your pharmacist is more than just the white coat behind the counter when you pick up prescriptions. They are a valuable resource if you have questions about your medications or your overall health. Here are five ways you can look to them for help.

If you're not sure where to go for the care—ask a nurse! You have access to a nurse 24/7 at no cost to you.

Call the 24/7 nurse advice line and they can help with your symptoms and give you next steps.



Call one of the numbers below to reach the nurse advice line.

- 1 IDENTIFY SIDE EFFECTS.**
Knowing what to expect from your medicine is important. Your pharmacist can help you learn early signs of side effects. This is important for a new medication and when adding it to other medicine you take.
- 2 RECOMMEND RELIEF**
Ever get to the pharmacy and with all the options don't know what to choose? Your pharmacist can help! Describe your symptoms and let them know any other medications you are taking. They can help pick the best over-the-counter option for your symptoms.
- 3 GIVE ROUTINE VACCINES.**
Part of staying healthy is prevention. Your pharmacist can explain the benefits and side effects of routine vaccines. Routine vaccines include seasonal ones like flu, COVID-19 and RSV. At many pharmacies, you do not need an appointment and can get these vaccines to help you fight off illness.
- 4 COORDINATE CHANGE.**
Your pharmacist can talk to your provider if you would like to switch or stop one of your medications. They can walk you through the pros and cons of making a change. This will help you understand how it will impact your overall health.
- 5 DETERMINE DIAGNOSIS.**
Many pharmacies have clinics. The clinics are typically staffed by pharmacists and other healthcare professionals. They can diagnose and prescribe medications for ear infections, rashes, and cold and flu symptoms. It's convenient and easy! Most pharmacies can also check blood pressure and heart rate. Ask them to check if you have concerns.

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)。