



home state health

Your MO HealthNet
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

WHOLE you

2024 | Q3 BULLETIN



Welcome!

As we step into summer, I'm excited to bring you a new edition of Whole You, a newsletter from Home State Health and Show Me Healthy Kids.

We hope your year is going well so far. Grab your sunglasses because we'll share some tips to protect your vision health. Then we'll introduce you to healthy and affordable dinner options. We'll also focus on the benefits of practicing yoga at any age. Finally, we'll touch on safety during the summer and as school resumes.



We also want to remind you to stay vigilant of potential Fraud, Waste, and Abuse when it comes to your healthcare.



Provider fraud is generally the result of an intentional misrepresentation of services rendered. While the fraud, waste and abuse may take on many forms, some of the more common are:

- Billing for services when no service was provided (“phantom billing”).
- Billing for a more expensive treatment or service than was actually provided (“upcoding”).
- Billing for unnecessary services.
- Billing for the same service multiple times.

If you believe a provider may be participating in any of the above activities, or have any other concerns about what may be suspicious activities, **please call our anonymous and confidential FWA hotline at 1-866-685-8664** to report your concerns. You may also report fraud and abuse concerns to the following state agencies:

- Missouri Department of Social Services Division of Legal Services, Investigation Unit:
1-573-751-3285 or email: MMAC.reportfraud@dss.mo.gov
- MO HealthNet Division Constituent Services: 1-800-392-2161
- Missouri Attorney General Office
- Medicaid Fraud Control Unit (MFCU): 1-800-286-3932
- Health and Human Services, Office of Inspector General (OIG) Hotline: 1-800-HHS-TIPS (447-8477)

A sight for not-so-sore eyes

It's time to keep your eyes peeled for vision health tips.

Check out some of the ways you can protect your eyesight.

1 GET AN EYE EXAM

Visit your local eye doctor, and test your eyesight. You may think your vision is better than it actually is. It's quick. It's painless. The earlier you catch an eye disease, the easier it is to treat.

2 CHECK YOUR FAMILY'S HEALTH HISTORY

Talk with your family to see if there's a history of eye diseases or conditions. Diabetes and high blood pressure can also increase risks for eye diseases. Tell your doctor about any concerns.

3 DON'T IGNORE DIET AND EXERCISE

Overall health plays a big role in vision health. People who are overweight and have unhealthy eating habits are at higher risk for vision problems. Eat dark leafy greens and fish to keep your eyes healthy.

4 PROTECTION PAYS OFF

Protecting your eyes from the sun with sunglasses is so important — even on cloudy days. Safety goggles protect your eyes during certain activities like sports or woodworking.

5 LET YOUR EYEBALLS REST

Your eyes get tired too, especially when you look at computer screens all day. Go on walks, look out the window or close your eyes when you need a break from computers.



6 CLEAN CONTACTS

If you wear contact lenses, make sure your hands are clean when you touch them. Also remember to take them out before you go to sleep.

7 SOME HABITS ARE HARD TO KICK

Smoking isn't just bad for your lungs. It also increases your risk of diseases and can harm the optic nerve. This includes vaping.

Now keep these tips in mind to protect your vision long term!



A summer of safety and independence

Independence Day is almost here!

This means a day off to celebrate for many of us. Whether you are supplying fireworks, planning a picnic or having a beach day, do it safely.

FIREWORKS SAFETY

The best way to enjoy fireworks is from a distance. And legal, professional fireworks displays are always the best. Watching from at least 500 feet away gives you the best seats for the show. If you are setting off fireworks yourself, make sure you:

1. Never give fireworks to small children. Don't point them at people, animals, vehicles or buildings.
2. Keep some water close by just in case.
3. Wear eye protection if you are lighting fireworks.
4. Light them one at a time. Don't try to relight any that haven't gone off.
5. Store fireworks in a cool, dry place away from children and pets.



PICNIC SAFETY

There's just something special about eating outside on a warm summer afternoon. We know the feeling. When prepping for a picnic, make sure you:

1. Wash your hands before handling any food.
2. Keep foods that can spoil in a cooler with ice or freeze packs and out of the sun.
3. Keep the grill away from anything flammable.
4. Always keep an eye on the grill when in use. Only use tools made for grilling.
5. Keep crowds, children and pets away from the grill.

BEACH SAFETY

If you happen to be near a large body of water, you might be spending your Fourth of July on a sandy beach. If there is any sign of a thunderstorm, it's safer to stay indoors.

1. Only get in the water if there is a lifeguard.
2. Choose someone to be a "water watcher" who will keep a close eye on everyone in the water.
3. Children, inexperienced swimmers and anyone on a boat should wear properly fitted life jackets.
4. Don't dive in headfirst. Avoid aquatic life if you see any.
5. Stay calm if you get caught in a rip current. Don't wear yourself out. Calmly swim alongside the beach until you are free to head safely toward the shore.

Now that you know how to stay safe, we hope you have a wonderful Fourth of July!

WHOLE
you

You can always count on a nurse

It's past 5 p.m., and something just feels off. The doctor's office is no longer taking patients, and you start to panic as your cough keeps getting worse.

Wouldn't it be nice if you could talk to a nurse whenever, wherever and at no cost?

You're in luck. Your nurse advice line is a covered benefit. A nurse will listen to your symptoms and help you decide what to do next.

Call when you need:

- Help caring for a sick child
- Help deciding if you need to see your primary care provider
- Help deciding if you need in-person care as soon as possible
- Answers to questions about your symptoms
- Help with mental health

The nurse advice line can help you find an urgent care center or specialist when needed. They can also connect you to programs that your health plan offers. Save this number and remember—you can always trust a nurse! They are happy to help.

Home State Health:
1-855-694-HOME (4663)

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



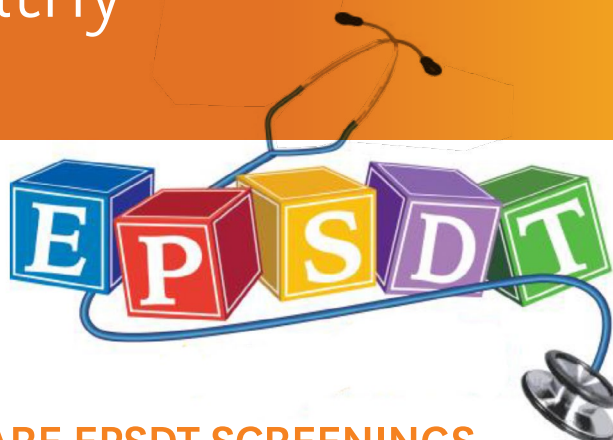
EPSDT: Keeping Your Kids Healthy

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:

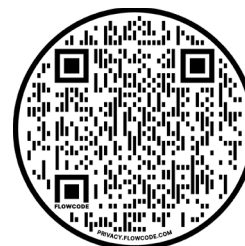


Some of the services provided at these screenings include:

- 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.

WHOLE you

10 dinners for \$10

Here's a daily question that most of us dread: What's for dinner? It makes us think about cost, time and nutrition. This can all be tough to balance. Here are some family-friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. Visit <https://tinyurl.com/b76u552f> for all recipes.

1. Lemon and Herb Roast Chicken and Vegetables

Roast your favorite cuts of chicken with some onion, celery and root vegetables. All you need is some olive oil, salt, pepper and a baking sheet for this simply delicious dinner. [Get the recipe here.](#)

2. Antipasti Penne

Combine the first items that you'd reach for on an appetizer plate with a simple tomato sauce. Stir in cooked and drained penne, and enjoy this twist on an appetizer pasta. [Get the recipe here.](#)

3. Vegetarian Tortilla Casserole

A meatless meal with many layers. Stack tortillas, tomatoes, spinach and salsa with layers of cheese. [Get the recipe here.](#)

4. Breaded Pork Chops With Apple-Cabbage Slaw

Juicy pork chops with a crunchy breading need a crunchy slaw to match. Herbs and a flavorful sauce make this meal a perfect plate. [Get the recipe here.](#)

5. Bacon and Broccoli Rice Bowl

Rice is a great canvas for all kinds of nutritious combos. Wake up and smell the eggs and bacon. Then eat your veggies for a full brunch experience. [Get the recipe here.](#)

6. Beefy Stuffed Sweet Potato

A smart spin on a classic meal. A nutritious sweet potato is the main act here. Make an easy ground beef filling and quick veggie side to complete the meal. [Get the recipe here.](#)

7. Bean, Kale and Egg Stew

Kale can be delicious when cooked. Throw it in a bowl of cooked beans topped with an egg. Cheesy toast is perfect for dipping and savoring your last few bites. [Get the recipe here.](#)

8. Chicken, Pepper and Corn Stir-Fry

A stir-fry is a healthy balance of meat and colorful veggies cooked together in a wok or skillet. Serve with rice for a well-balanced dinner option. [Get the recipe here.](#)

9. Spicy Fish and Olive Spaghetti

If you aren't afraid of spice and garlic breath, try this! Flavorful pieces of tilapia on top of a simple tomato sauce and some pasta make an impressive dish in just a few minutes. [Get the recipe here.](#)

10. Grains With Chicken and Lentils

Leftover rotisserie chicken completes this flavorful dinner of plant protein, green beans and browned onions. Almonds and some Greek yogurt are just the cherries on top. [Get the recipe here.](#)



You will love how much money you're saving with these simple dinners. Try some new ones every week, and it will make a huge difference in your wallet and palate.

WHOLE you

More stretching, less stressing

Yoga is an exercise that you can enjoy and get better at over time. It doesn't matter how old or fit you are. It's unique because it helps your body, mind and spirit all at once. Yoga teaches you to be kind to your body and accept what it can or cannot do.

Yoga for a long and healthy life

Research says yoga is great for your health. It can help lower your blood pressure, slow down your heart rate and make you feel less stressed. It also makes your brain feel happy. Yoga can make you move and bend better, and it can make you stronger and healthier. It has many benefits for any age. Here's how it can help you at different stages of life:

KIDS

Yoga teaches you how to breathe deeply, which helps you feel calm. It also helps you focus and learn better. Plus, it teaches you to trust yourself instead of always looking for other people's approval or looking at computer screens.

YOUNG ADULTS

If you're feeling stressed from work or tired from taking care of kids, yoga can help you feel better. Your sleep quality can improve. It also makes your body stronger and more balanced.

MIDDLE-AGED ADULTS

Yoga fights against diseases like high blood pressure and weak bones. It makes your heart stronger and helps your body move better. It can also boost your mood!

OLDER ADULTS

Yoga makes your body more flexible and balanced, which helps you stay safe from falling. A large range of motion keeps you independent longer, and you can even do yoga while sitting down.



HOW TO GET STARTED

You can find a yoga class near you or watch beginner videos online. Always listen to your body. If something feels too hard, take a break and breathe deeply. Just stretching your arms and taking deep breaths can make you feel better.

Remember, our bodies change as we get older, so we need to be careful when doing yoga. Don't push yourself too hard. There are tools like blankets and blocks that can help you with poses. The most important thing is to listen to your body and breathe deeply. Yoga helps our mind, body and spirit. Regardless of our age or fitness level. We encourage you to give it a try!

Safety's cool when you bus to school

School is almost back in session.

Good thing school buses are designed to be some of the safest vehicles on the roads. Here are some reminders when you pass school zones and school buses on the street:

Yellow flashing lights mean the bus is about to stop to load or unload children. Please slow down, and get ready to stop.

Red flashing lights and extended STOP signs mean the bus is loading or unloading passengers. You must stop and wait until the lights stop flashing and all children are safely on or off the bus.

Stay alert. Even when you don't see flashing lights, watch out for children, especially in the morning or afternoon when school starts or ends. Always obey school zone speed limits. Drive slowly as you back out of a driveway or parking lot. Children can be easy to miss in your rearview mirrors.

Parents—teach your kids how to be **SAFE** around bus stops. Arrive at least five minutes before the bus is scheduled.

Stay at least 10 feet away from the curb.

Always wait until the bus comes to a complete stop and the driver signals that he's ready for you to board.

Face forward after finding a seat.


























Exit the bus after it stops. Look both ways before crossing a street.



See the colors
of spring

Nature Walk SCAVENGER HUNT

**PRINT THIS PAGE AND COLOR IN EACH ITEM AS YOU FIND IT
ON A NATURE WALK OR HIKE WHILE CAMPING!**

 PINECONE	 SPIDER WEB	 BUTTERFLY	 ACORN	 GREEN LEAF
 CLOUD	 BUG	 BIG TREE	 SUN	 TALL GRASS
 FEATHER	 FLOWER	 ROCKS	 BIRD	 BRANCH
 BIG LEAF	 NEST	 STICK	 MUSHROOM	 PUDDLE
 SOMETHING PRICKLY	 SQUIRREL	 TREE BARK	 SOMETHING SOFT	 PICK UP GARBAGE

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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)。

Home State Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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。