



home state health.

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

WHOLE you

2026 | Q3 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](http://www.homestatehealth.com/CommunityOutreach/Upcomingevents.html)

*As we transition into the end of summer, we wanted to share with you the latest edition of **Whole You**, a newsletter from Home State Health and Show Me Healthy Kids. In this issue you'll find:*

- Teen Athlete Guide
- Urgent Care or the Emergency Room? Know Where to Go
- Five Tips for Healthy School Lunches
- Important information about our mobile app

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

myhealthpays®

Did you know you can earn My Health Pays® rewards when you complete certain healthy activities? Activities such as completing your annual wellcare 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
Everyday items at Walmart		Telecommunication		

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Teen Athlete Guide: Stay Healthy & Play Your Best. If you play sports, a checkup can help you stay safe, get stronger, and avoid injury.

A doctor visit is like a coach for your health. They teach you about your body and help fix any problems before they become too big.

Sports Physical vs. Checkup

- **Sports Physical:** A quick check to see if its safe to play.
- **Checkup:** A full doctor visit about your whole health
- **Year-round care:** Visits during the year to help you stay healthy, train safely, and heal well.

Skills vs. Health (You Need Both)

- **Skills:** Speed, strength, stamina, and focus
- **Health:** Sleep, food, mood, growth, recovery, and staying injury free.

Learn what your body needs

- **Your health story:** Past injuries, conditions, medications, family health history.
- **Find problems early:** Low iron, breathing issues, over-training, lack of sleep, stress.
- **Have a plan:** Warm up, drink water, eat healthy food, sleep, and rest when needed.

Catch small problems early

These checks can help you miss fewer games & practices.

- **Control health problems:** If you have a condition like asthma, allergies, ADHD, diabetes, etc. having a plan helps you stay safe while you plan.
- **Growth Spurts:** Growing fast can change how you move which may increase the chance of injury.
- **Stay up to date:** Ask about shots, vision & hearing checks, and staying current with any tests you might need.

Avoid Injuries and health the right way

- **Train smart:** Don't do too much too fast.
- **Train your mind:** Learn to stay calm, focused, and confident.
- **Come back safely:** After an injury, return to school, practice, and games step by step.
- **Don't forget to check in:** Little problems are easier to fix than big ones,

Checklist to ask at your next doctor visit

- Can we talk about my sleep, food, and water?
- Do I have a higher chance of getting hurt because of past injuries or a growth spurt?
- What should I do if I get dizzy, cant breathe well, or have chest pain?
- Am I up to date on shots, vision checks, or other tests?
- Can you help if stress or worry is impacting my school work or sports?

A **Sports Physical** is a quick safety check. A **checkup** with your doctor (and visits during the year) help you to stay healthy, avoid injuries, and keep getting better.



Home State Health: 1-855-694-4663 | Show Me Healthy Kids: 1-877-236-1020 (TTY: 711)

WHOLE you

Urgent Care or the Emergency Room? Know Where to Go

When you feel sick or hurt, it can be hard to know where to go for help. Should you visit urgent care? Or should you go to the emergency room (ER)? Choosing the right place can help you get care faster and may cost less. It can also help make things feel easier.

When to Go to Urgent Care

Urgent care is for health problems that need care today but are not life-threatening.

Some examples of when to go:

- A sprain or strain
- A small broken bone, like a finger or toe
- Fever or flu symptoms
- Mild stomach pain
- Mild asthma or allergy symptoms
- A sore throat, sinus pain, or ear pain
- Minor burns or rashes

Urgent care may provide:

- X-rays
- Stitches for small cuts
- Breathing treatments
- Tests for strep throat, flu or COVID
- Medicine for fever, vomiting or diarrhea

For life-threatening emergencies, call 911 or go directly to the ER. If you or a loved one is having a mental health crisis, you can call or text 988 for 24/7, for private, cost-free help.

Where Do I Go?

Here are a few everyday examples:

- **Flu symptoms:** Go to urgent care for fever, cough or sore throat.
- **Chest pain:** Head straight to the ER if there are any signs of a heart attack.
- **Sprained ankle:** Visit urgent care for an exam and X-ray.
- **Allergic reaction:** Go to the ER if you have trouble breathing or facial swelling.

When to Go to the Emergency Room (ER)

The ER is for serious or life-threatening emergencies. People with the most serious problems are seen first.

Some examples of when to go:

- Chest pain or trouble breathing
- A serious head injury or passing out
- A large broken bone, like a hip or leg
- A severely broken bone, like a bone that pierces through the skin
- Heavy bleeding that will not stop
- Signs of a heart attack or stroke, such as loss of vision, drooping face, numbness in one arm or leg, or difficulty speaking
- A seizure
- Poisoning
- A drug overdose

The ER may provide:

- Life saving care for heart attacks and strokes
- Advanced trauma care for severe injuries
- Treatment for serious head injuries
- Help for severe allergic reactions
- Emergency care for pregnancy-related complications
- Advanced tests and imaging

Five Tips for Healthy School Lunches



Packing school lunches can feel rushed. But lunch is a great chance to help kids eat healthy foods and try new things. Here are five simple tips to make healthy lunches that kids will enjoy.

- 1. Use Foods You Already Have:** Try new ways to make meals with foods from home. Instead of deli meat, use baked or grilled chicken or turkey. These have less salt and more protein. You can roll chicken, cheese, and lettuce in a tortilla. Cut it into small pieces so it is easy to eat. Leftover chicken can also be cut into small bites. You can even make turkey taco roll-ups with whole-grain tortillas.
- 2. Add Crunchy Foods:** Crunchy foods can be healthy and fun to eat. Apples, celery, baked chips, and nuts are good choices. Apples have vitamin C and fiber. Pair apple slices with cheese for a tasty snack. Put chicken and grapes on celery for a light chicken salad. Mix different unsalted nuts to make your own trail mix.
- 3. Swap Out Chips:** Instead of regular chips, try popcorn, veggie straws, or crackers. Look for popcorn with little or no salt. Choose baked or low-salt crackers

made with whole grains. Veggie straws made from real vegetables can help kids eat more veggies. Always check food labels and avoid snacks with too much salt or added sugar.

- 4. Try Easy Dips:** Dips can make fruits and vegetables more fun. A yogurt dip with low sugar is great for fruit. Greek yogurt adds extra protein. For veggies, try dips made at home instead of store-bought dressings. Mashed avocado, hummus, or yogurt with herbs are good options. Cut veggies into thin sticks so they are easy to dip.
- 5. Make Fruit Fun:** Fruits help kids stay healthy and strong. They have vitamins that help fight sickness. Try mixing berries together for a colorful fruit cup. You can also make fruit on sticks using different fruits. Pack yogurt, fruit, and granola separately so kids can make their own parfait. Cottage cheese with peaches or apple slices with nut butter are other easy ideas.



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.



Check out a short video on our app: <https://youtu.be/m7WD4XdcAmM>

MEMBER MOBILE APP

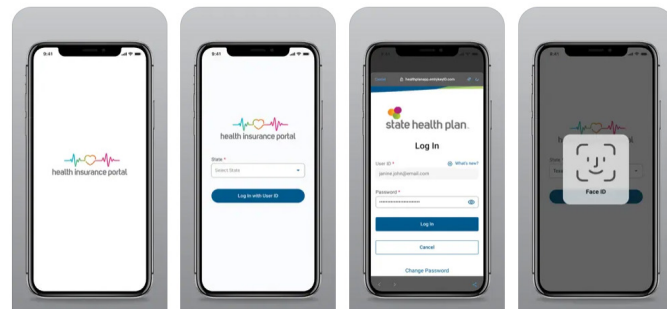
Set up your account in 3 easy steps

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

