



home state health.

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

WHOLE you

2026 | Q4 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)



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

As we get closer to the end of the year, we are happy to share a new issue of *Whole You*. This issue can help you stay healthy and get the most out of your benefits. Inside, you will find:

- [Seasonal Wellness Made Simple](#)
- [Holiday Travel Health Checklist](#)
- [Medicaid Changes are Coming](#)
- [And more.](#)

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

OCTOBER IS BREAST CANCER AWARENESS MONTH



Take time this October to learn about breast health and recommended breast cancer screenings. Early detection can make a difference.

Visit our [Breast Health & Breast Cancer Screening Guidelines page](#) to learn more about screening recommendations, warning signs, and available resources.

WATCH FOR AN IMPORTANT MAILING IN LATE NOVEMBER

In late November, we'll be mailing you a packet with important information about your health plan, including details about available benefits and services, as well as updates to your benefits for the coming year.

Be sure to watch your mailbox and review the information when it arrives. We're committed to keeping you informed so you can make the most of your coverage.



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WHOLE you



This time of year, sniffles, coughs and feeling run-down can become more common with illnesses like flu.

And they can spread more in the fall through early spring. Small steps can help. Wash your hands often. Use hand sanitizer.

Cover your coughs and sneezes. Stay away from others when you are sick.

If you do get sick, getting care is easier than you think. Knowing where to turn can help you get the care you need and start feeling better.

More information on Flu Shots & Prevention

www.homestatehealth.com/members/medicaid/health-management/flu-shots.html



Seasonal Wellness Made Simple. We're Here for You.



Stay Protected: No cost flu vaccine

Consider the flu shot. Talk to your doctor about what is right for you and your family.



Stay Healthy. Earn Rewards

Take care of yourself and your child by scheduling yearly well visits with your primary care provider (PCP). Your PCP can help you and your child catch problems early and stay on track to feel your best. A visit with a PCP can also help you stay up to date on screenings and vaccines.

When you complete your yearly well visit, you can earn **My Health Pays® rewards.**



Feeling Sick? Choose In-Person or Virtual Care

If you wake up with a fever or a cough that will not go away, you have options. Schedule an in-person visit with your doctor or a virtual care appointment. We cover both, so you can focus on feeling better.

FIND A PROVIDER: <https://findaprovider.homestatehealth.com/location>

TELEMEDICINE: www.homestatehealth.com/members/medicaid/telehealth.html



24/7 Expert Advice: Call a Nurse Anytime

Not sure what to do? You don't have to figure it out alone. You can call a nurse any time, day or night, at no cost to you. You have a health expert by your side, ready to help when you need it. Learn more: www.homestatehealth.com/members/medicaid/member-resources/NurseAdviseLine.html



Learn More: Search Our Health Library

Sometimes you just need quick, reliable information. The health library can help. Learn about symptoms. Find ways to stay healthy. Explore articles and videos about the flu and more. Visit our health library. www.homestatehealth.com/members/medicaid/health-management/health---wellness.html

Holiday Travel Health Checklist

The winter holidays are a fun time with family and friends. But they can also be very busy and stressful. Traveling, shopping, and going to events can make it hard to stay healthy.

These easy tips can help you plan ahead and stay safe while you travel.

1. Get Your Medicine Ready:

- Make sure you pick up your medicines at least one week before your trip. This helps you avoid problems at the pharmacy or while packing.
- Write down all the medicines you and your family take. Bring enough for your whole trip.
- If you have allergies, pack allergy medicine or an epinephrine pen.
- If you have asthma, bring extra inhalers.
- If you have diabetes, bring enough insulin and testing supplies.

2. Plan for Emergencies

You can call the 24/7 Nurse Advice Line, at no cost to you. A nurse can help you decide what care you need. This way, you are not on your own if something happens. Call: 1-855-694-HOME (4663).

3. Make a First Aid Kit

Put together a small bag with basic health supplies, or buy a ready-made kit. Include items like bandages, gauze, cleaning wipes, antibiotic cream, anti-itch cream, and pain medicine. Keep this kit with you during your trip.

4. Keep Emergency Contacts Handy

Write down important phone numbers, like family members or emergency contacts. Keep this list with you. You can also save these contacts in your phone under "In Case of Emergency" so they are easy to find.

5. Lower Your Stress

Stress can affect your body and mind. When you feel rushed or distracted, you may be more likely to have accidents.

Planning ahead for your health needs can help you feel calm.
You will be more prepared if something unexpected happens.





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New Federal rules will change some Medicaid requirements starting on **January 1, 2027**.
We want to help make these changes as easy as possible for you.

1. Work Requirements

Some adults ages **19-64** who have MO HealthNet (MO Medicaid) may need to complete a certain number of hours each month through work, school, community service, or other qualifying activities.

2. Renew Medicaid Two Times a Year

Some Medicaid members will need to complete an eligibility check **twice a year** instead of once a year. You may need to provide information about your household income to show that you still qualify for Medicaid.

WHAT TO DO NOW:

1. Visit the MO Department of Social Services (MO DSS) website for more information and learn if the new rules apply to you.
2. **Get ready to report your hours.** Keep documents for work, school, or service.
3. **Watch your mail for a letter from the state with instructions.**
4. **Respond right away when asked for information.**



Take steps to prepare.

We are here to help! Call Member Services or visit [HomeStateHealth.com](https://www.HomeStateHealth.com).



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

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You've got Teladoc

***Talk to a doctor anytime,
anywhere by phone or video.***

Home State Health and Show Me Healthy Kids offer Teladoc Health at no cost to you. This is your easy, 24-hour access to in-network providers for non-emergency health issues. Get medical advice, a diagnosis or a prescription, all by phone or video! Teladoc Health allows easy access through your mobile device.

Use Teladoc Health when you're at home or on the job. It's there whenever you need it! Make an appointment for a time that works the best for you. You can even enjoy same-day visits! Plus, limited wait times!

For questions or help with Teladoc Health registration please call
Home State Health: 1-855-694-4663 (TTY 711) Show Me Healthy
Kids: 1-877-236-1020 (TTY 711)

Be prepared. Set up your account today.

Contact Teladoc Health for non-emergency issues such as:

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

*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+.

Before you can use Teladoc Health, you need to have an account.

Set up and activate your account today. Go to:

https://member.teladoc.com/registrations/get_started

or scan the QR code below.



Teladoc
HEALTH