

# WHOLE you

2026 | Q2 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 another edition of Whole You, a newsletter from Home State Health and Show Me Healthy Kids.*

As we welcome in Spring, we wanted to share with you the latest edition of *Whole You*. Inside, you'll find

- Learn what Care Management is
- The benefits of being active with friends
- Important information about our mobile app
- And more.

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

*my*healthpays®

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](http://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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# What is Care Management?



*Care management is when someone helps you stay healthy and get the care you need. They work with you to make health care easier and make sure you feel your best. They help with ongoing conditions, complex health needs, or after a stay in the hospital. A care manager can work with you to create a plan so you can work toward your health goals. Your care manager can help you:*

- Find the right doctors.
- Connect you with resources in your community.
- Get supplies you need for your home.
- Help keep track and manage your prescription medicines.
- Understand and manage your health conditions.
- Set up visits with mental health professionals like therapists.
- Enroll you in programs to support your needs.
- Get the help you need to stop use of alcohol or drugs.
- Make a plan to get well and stay well.

Home State Health and Show Me Healthy Kids offers care management services for those who need support managing their health. Learn more about care management and see if you qualify at [www.homestatehealth.com/members/medicaid/case-and-disease-management.html](http://www.homestatehealth.com/members/medicaid/case-and-disease-management.html).

# 5 Easy Ways to Get Moving with Friends



**Hanging out with friends is good for your body and brain! Being social and around people who make you smile can help you feel happy, lower stress, and even keep your heart healthy. Make this time even more valuable and add some movement! Here are five easy and fun ways to get exercise while having fun with your friends.**

- 1. Team Up.** Join a local league for softball, soccer, basketball, kickball, or another sports interest. Don't worry if you're not a star player! Most leagues offer options for different age groups or experience levels. You may be able to find groups that are just for fun. Structured group activity provides exercise on a regular schedule.
- 2. Go for a Hunt.** You don't have to break a sweat to get your body moving. Get a scavenger hunt together with friends and family. Use a mobile app that can set most of it up for you. Walking from clue to clue can help strengthen your bones and muscles.
- 3. Window Walk.** Too hot or cold outside? Head to the mall or covered shopping center with friends to be active in all weather. Keep it fun and window shop along the way. Choose spots where you can speed up and slow down to keep your heart rate up. Add some stairs if you can for an extra challenge. Walking helps you work on your heart health and can boost your mood.
- 4. Play Video Games.** Well, active ones! From bowling to archery to dancing, try something to get your heart pumping instead of just sitting on the couch. Make it a group competition and burn some calories!
- 5. Go Bowling.** You'd be surprised how the action of throwing a bowling ball helps strengthen and tone your muscles. Additional health benefits include better hand-eye coordination and improved flexibility and balance. Plus, getting up and down for your turn adds more steps to your day.

**Talk to your doctor before starting or changing an exercise routine.**

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.

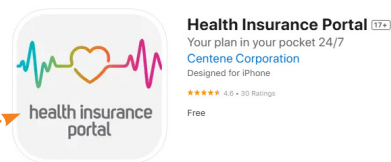


Check out a short video on our app: <https://youtu.be/m7WD4XdcAmM>

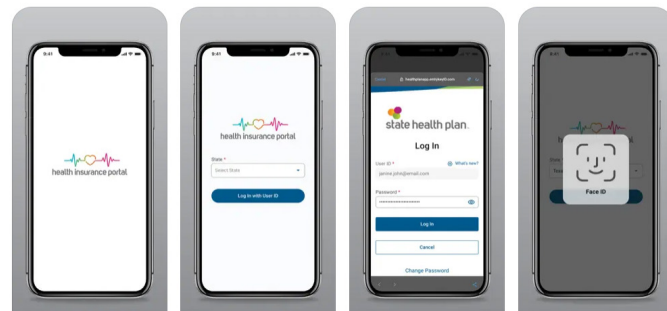
## MEMBER MOBILE APP

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.



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

