



home state health™

WHOLE you

2023 | Q4 BULLETIN



Welcome!

By now you may be getting ready for the school year and fall activities. Welcome to another edition of Whole You, a newsletter from Home State Health.



In this issue, we're bringing you plenty of useful articles. You'll learn about diabetes and being ready for flu season. You'll also get some ideas for healthy school lunches. Plus, read about gaming and stress and treating bug bites.

DON'T FORGET ABOUT YOUR MO HEALTHNET (MEDICAID) ANNUAL RENEWAL PROCESS.

It's the eligibility process you must go through to keep your MO HealthNet coverage. You will get a notice from the state about the steps you need to take to renew your coverage. (You may not need to do anything at all.)

You can also visit <https://mydss.mo.gov/renew> for more information on this process. If you no longer qualify for Medicaid, you can explore Home State Health's Marketplace option, Ambetter from Home State Health: <https://ambetter.homestatehealth.com/join-ambetter/become-a-member/how-to-enroll.html>

Enjoy our latest edition, we hope it helps you take care of the whole you.

Are you at risk for diabetes?

Diabetes and prediabetes are serious health conditions. Let's take a look at your risks and what to do if you think you might have one of these conditions.



ABOUT PREDIABETES: More than 1 out of 3 American adults have prediabetes, which means your blood sugar levels are higher than normal but not high enough to be called diabetes. Prediabetes is a warning that you are at an increased risk for developing Type 2 diabetes. Symptoms aren't always obvious, and 90% of people with prediabetes don't know they have it. The good news is that a simple blood sugar test can tell you. Get the test if you have any of these risk factors:

- Being overweight
- Being 45 years or older
- Having a parent, brother or sister with Type 2 diabetes
- Physically active less than three times a week
- Having gestational diabetes during pregnancy
- Giving birth to a baby weighing over 9 pounds
- Having polycystic ovary syndrome
- African Americans, Hispanic/Latino Americans, American Indians, and some Pacific Islanders and Asian Americans are at particularly high risk for Type 2 diabetes

If you have any of these risk factors, call your doctor to schedule a prediabetes screening.

ABOUT DIABETES: Diabetes affects the way your body turns food into energy. When you eat, your body breaks down the food into sugar and sends it into your blood. That signals your pancreas to release insulin, which lets the sugar into your cells so they can use it for energy. With diabetes, your body either doesn't make enough insulin or has trouble using it. That means too much sugar stays in your blood, and that can cause problems like heart disease, blindness, kidney disease and more. While there is no cure for diabetes, losing weight, healthy eating and exercise can help. It's also important to take any medicine your doctor prescribes and keep all your doctor's appointments.

Here are some things you can do to prevent diabetes as well as ways you can take care of yourself if you know you have it.

Make an appointment today to talk with your doctor about your risk for diabetes.

1 KNOW THE SIGNS.

Some signs of diabetes are being unusually thirsty, weight gain or loss, changes in vision, or having to urinate often. If you think you have any of these symptoms, call your doctor for a checkup.

2 EAT HEALTHY.

Healthy high-protein foods like salmon, sardines, pumpkin seeds, peanuts and almonds can help your blood sugar, while things like bread, sweet cereals and pasta can send your blood sugar levels up.

3 DRINK SMART.

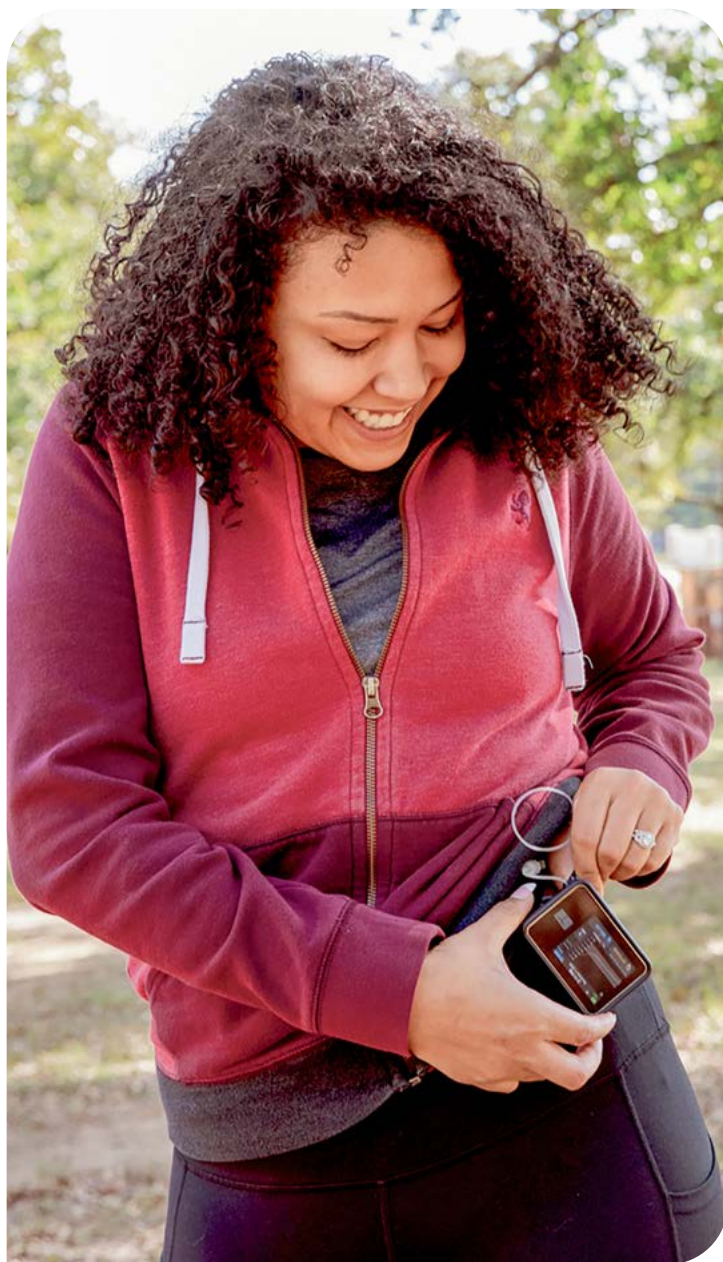
If you have a lot of sweet caffeinated drinks during the day, try switching just one of them for water. Then try switching two. If you put cream or whole milk in your coffee and cereal, start mixing it with 1% milk so you can slowly switch to 1% and then skim. And whole fruits are always better than fruit juice.

4 MOVE.

Exercise helps keep your blood glucose and blood pressure healthy — all good for weight loss and lowering your diabetes risk. Talk to your doctor before starting any new exercise plan.

5 WATCH YOUR WEIGHT.

If you're overweight, you can reduce your risk for diabetes by losing just 5% of your body weight. So make a plan with your doctor to help lower your diabetes risk.



It's that time of year.

Fall means seasonal flu is on its way, and with it can come millions of sick people and tens of thousands of deaths. Some of the people most at risk for the flu are those 65 and older, pregnant women and people with medical problems like asthma, diabetes, heart or lung disease, HIV, hepatitis, and cancer. Here are some steps you can take to protect yourself and your loved ones:

- Get your flu shot. Everyone 6 months of age and older should get a flu vaccine.
- If you cough or sneeze, always cover your mouth. Try to cough into your sleeve or use a tissue.
- Wash your hands often with soap and water or use hand sanitizer with alcohol in it.
- Try not to touch your eyes, nose or mouth.
- If you or someone else is sick, keep your distance. If you're sick, stay home from work, school or errands.
- Keep things around you clean too — especially places you touch a lot (like doorknobs and counters).

At work and at school:

- At your work and your child's school or childcare, ask about their plan for when there's a flu outbreak, and ask if they offer flu vaccines on-site.
- Make sure they keep up with cleaning things that get touched a lot (like doorknobs, keyboards and phones).
- Make sure they have a good supply of tissues, soap, paper towels, hand sanitizers and wipes.
- Ask how sick students and staff are kept away from others and about the absence policy for sick students, staff and workers.
- If you start to feel sick at work, go home as soon as you can.



Lunches they'll love



It's back-to-school season, and getting everyone ready and out the door to start the day can be a huge task. Yet with these five tips, the lunches you pack can help you encourage your kids to adopt healthy eating habits and try new foods:

1 DINNER FOR LUNCH.

Boost their protein and cut sodium. Instead of sandwiches with deli meat, use leftover meat from last night's dinner. Make a few tortilla roll-ups ahead of time with shredded chicken or ground turkey, cheese, lettuce, and even a little hummus. Cut them into small slices to make them bite-sized and fun to eat.

2 ADD SOME CRUNCH.

Pair cheese with crispy treats like apples, celery and unsalted nuts. Celery topped with meat or cheese is easy to eat and healthy.

3 SKIP THE CHIPS.

Low-salt popcorn, veggie straws or whole-grain crackers are better choices than the standard bag of chips. Check the labels — don't buy brands that are high in sodium or added sugar.

4 DIP IN.

Make easy, healthy veggie dip in bulk with Greek yogurt and dill, or use smashed avocado or hummus. Slice veggies into round chip shapes for easy dipping.

5 GIVE THEM A FRUIT BOOST.

Fruits help kids fight off sickness. Give them a bright berry fruit salad, make a fun fruit kabob or pack yogurt, fruit and granola in separate containers so they can build a parfait. You can also pack cottage cheese and peaches for them to snack on or bananas and apple slices with almond butter.

Gaming and stress relief

Can you play stress away?

Have you ever sat down to play a video game to unwind? You're not alone. Especially since the pandemic. A 2021 study showed a 71% bump in playing time, and 58% of people said playing video games made them feel better. Some game makers are even creating games just to help people feel calm. For example, think of those games that feature cute animals or cartoons or pretty jewels. Experts say games that help us get into a "flow" state can help us relieve stress. Depending on how you like to play, even some of the harder games can help stress levels.

To relieve stress, look for games that let you do these three things:

1 Make in-game choices for yourself

2 Make you feel good by meeting goals

3 Help you play with others

Game over? Are video games good for our stress levels and health?

While video games seem to do more good than bad for us, experts warn that too much of anything isn't good. Games with fighting, shooting or very hard tasks won't help your stress levels. And some people use video games so they don't have to deal with other problems or bad feelings. That is not a good long-term solution.

For children, the rules are different. They need clear limits. The American Academy of Pediatrics says no more than



30 to 60 minutes per day of video games on school days and two hours or less when they're not in school. And make sure you see which games they're playing so they're not seeing inappropriate or violent content.

If you need more help, you can get mental health services. **Call our Member Services at 1-855-694-HOME (4663) or visit our [website](#) to find a provider who can help you.**



Do you need a ride?

TRANSPORTATION BENEFITS

We'll help you get there.

TO ARRANGE A RIDE OR REQUEST MILEAGE REIMBURSEMENT*

1 Call to schedule with MTM transportation directly at their 24/7 line **1-866-455-2097**

OR

2 Book online at mtm.mtmlink.net

OR call Home State Health:

1-855-694-HOME (4663) (TTY 711)

Monday through Friday from 8am to 5pm

*Mileage reimbursement must be submitted to MTM within 60 days.

This benefit is for **non-emergency transportation** use only.

*For our members receiving transportation as a covered benefit.

You can schedule **same-day transportation** for visits with your Primary Care Physician (PCP), OB visits for pregnant members and 7-day Behavioral Health Follow up after hospital stay.

For same-day transportation, please call at least **2 or 3 hours ahead of time** before your appointment.

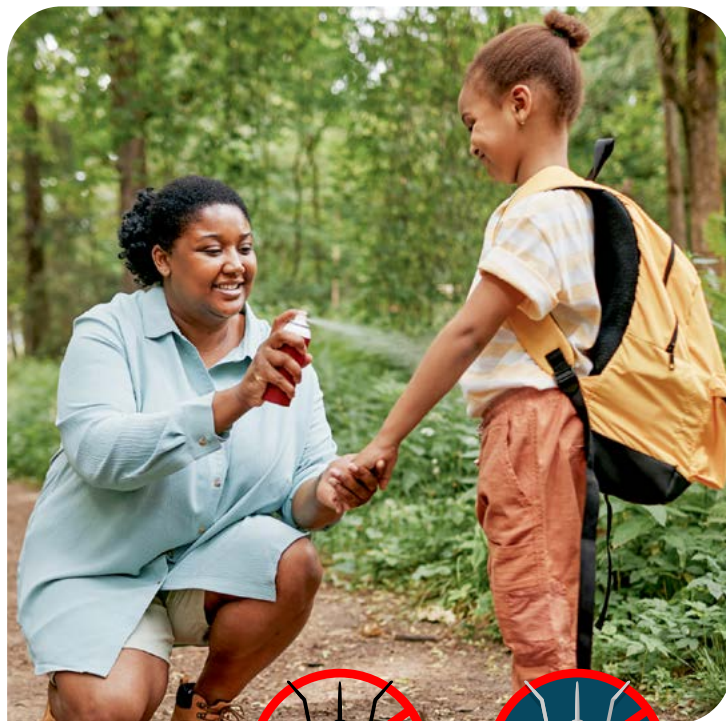
For all other appointments, please call **3 days before** to arrange a ride.



Bug bite remedies

Taking the sting out of bug bites.

As you enjoy the last days of summer, remember, there are still bugs out there. And while most bites are harmless, some bugs can spread bad things like Lyme disease. The best thing to do is keep bites from happening in the first place. You can do this by using bug spray or cream with at least 20% DEET on skin and clothing — some bugs can bite through your clothes. You can also use 0.5% permethrin to treat clothing and gear like boots, pants, socks and tents. Don't use this right on your skin. Instead, put it on your clothing and let it dry for at least two hours. The package will give you complete instructions. When you're out at night or hiking through woods, cover your skin as much as you can with long-sleeved shirts, pants, socks and shoes rather than sandals. And if you have a young one in a stroller, put mosquito netting over the stroller.



If you do get bitten, here's what to do:



If it hurts, like a bee sting, take acetaminophen or ibuprofen. Follow the directions on the label.



If it itches, put an ice pack on it, or use an anti-itch cream like hydrocortisone. You can also take an antihistamine tablet (get these from your local drugstore).



If it's swollen, put an ice pack on it.



If you get a rash, fever or body aches, this can be serious. You need to call your doctor, urgent care or a dermatologist right away and let them know about your recent bug bite.

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. To talk to an interpreter, call 1-855-694-4663 (TTY: 711).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Home State Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-855-694-4663 (TTY: 711).

如果您，或是您正在協助的對象，有關於 Home State Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。還提供美國手語口譯服務。如果要與一位翻譯員講話，請撥電話 1-855-694-4663 (TTY: 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。