



home state  
health.

# WHOLE you



HOME STATE HEALTH YOUR MO HEALTHNET MANAGED CARE HEALTH PLAN

ISSUE 4, 2022

## Welcome

The holiday season is here, and with it we have another edition of *Whole You*, a newsletter from Home State Health.

In this issue has plenty of great information to help you wrap up 2022 on a good note.

Missed our last issue? [View it here.](#)



## In this issue...

Learn more about dental care



Manage healthy relationships with others

A recipe that's perfect for winter



What to know about breast cancer

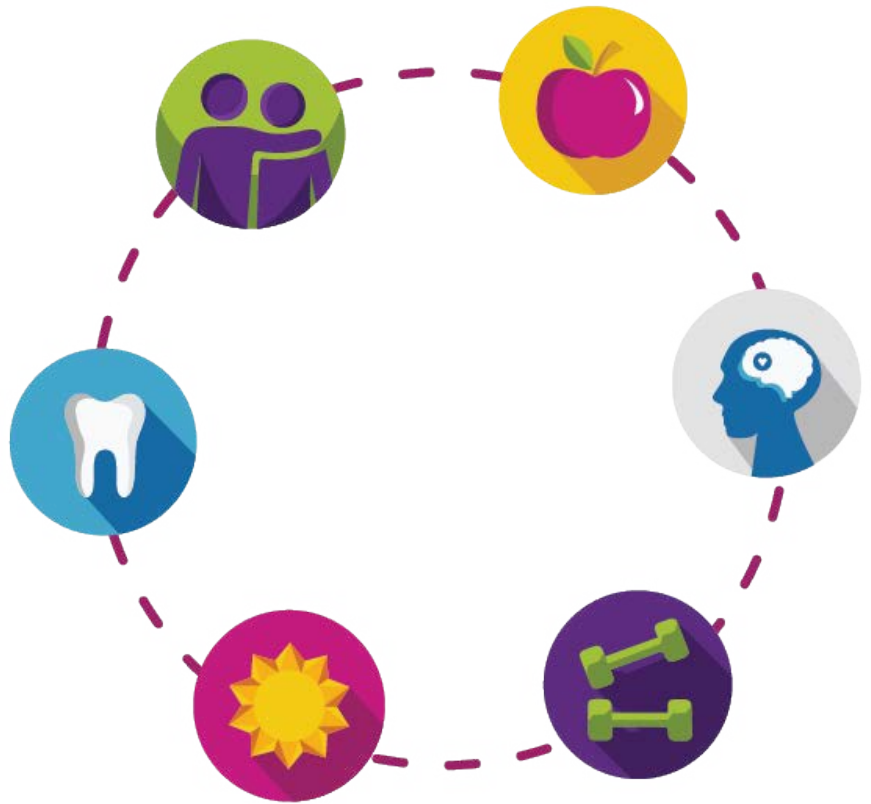


It's important to take care of yourself in your day-to-day activities. But being healthy is not just about eating the right foods. It means paying attention to all aspects of your life.

That's because every part of you affects another. Sort of like dominoes falling on one another.

If you're struggling with your mental health, that could impact your sleep. And if you're not getting enough sleep, that could affect your physical health.

Before you know it, you're just not feeling your best. But it doesn't have to be this way. Here are some ways you can care for your whole health.



■ **Reduce Stress:** Stress is something everybody deals with. But it can also impact your entire body with symptoms like headaches or trouble sleeping. There are lots of simple ways to reduce stress. Deep breathing and meditation are good ways to calm down. [And if you feel like you need help, try taking advantage of our mental health benefits.](#) We know carving out time for yourself is hard, but it's so important. Try reading a book, watching a movie, or taking a walk.

■ **Eating Better:** Did you know that what we eat affects both physical and mental health? But you don't need to go on an expensive diet. You can help improve what you eat by taking simple steps. Think about using less salt with your food. Instead try spicing up your dinner with things like lime juice, garlic, or red pepper flakes. And consider adding more protein, whole grains, and vegetables to your meals. You'll notice better concentration and stable moods.

■ **Straighten Up:** Take a moment to think about your posture. How are you sitting? Make sure your back is straight and your feet are flat on the floor. The little time spent doing that can help you avoid issues like back pain in the future. Back pain is a leading cause of disability and a very common problem in the United States.

## Keep Your Shine



*Cleaning your teeth isn't just about keeping your breath fresh. A major part of your well-being is your dental care. But did you know your oral health can offer clues about bigger health issues? Or that problems in your mouth can affect the rest of your body like your lungs? Here are some tips for getting the most out of dental care:*

- **Use That Floss:** Most people know brushing is important. But many still miss a vital step in dental hygiene. Flossing is for more than simply getting food that's stuck between teeth. It stimulates the gums and reduces plaque. And if flossing is difficult, look for ready-to-use dental flossers from the drugstore. And with our over-the-counter benefits, you can get the oral hygiene items you need for less.
- **Reduce Sugar:** Try your best to limit sugar from things like soda or candy. Sugar converts into acid in your mouth which can erode the enamel of your teeth. This can also lead to cavities developing. Although you don't have to avoid sugar totally, it's good to be mindful.
- **Get Fluoride:** One of the best ways to take care of your teeth is to use toothpaste with fluoride. Fluoride is a mineral that helps prevent tooth decay by protecting your teeth's enamel. It also makes your teeth more resistant to plaque bacteria and sugars.
- **See the Dentist:** It's important to visit the dentist regularly. Your daily dental care is great for your teeth, but even the best brushers can miss hard-to-reach spots. Not only can a dentist clean your teeth and look for cavities, they can spot and treat small issues before they become big problems. And make sure to check your plan's dental benefits. **With Home State Health dental benefits, you can visit your dentist once a year for cleanings and checkups at no cost to you.**

## The Care and Keeping of Relationships

Take time to  
connect if a  
relationship is  
important to you.  
Even a quick text  
can help build  
bonds that last.



When you're under stress, a trusted friend or family member can really help. But stress can also damage relationships if you're not careful. Follow these tips to keep your relationships healthy. .

- **The Golden Rule:** Make sure you treat loved ones and friends the way you want to be treated. Even when you're stretched thin.
- **Good Fences Make Good Friends:** Make sure you have clear boundaries with friends and family. Respectfully let them know if they cross a line.
- **Know When to Say When:** If a friend ditches you over and over, consider if you really want them in your life. And of course, any physical or emotional violence is a dealbreaker.
- **Listen First, Talk Later:** You'll learn more about what someone feels and needs by listening.
- **Get Help if You Need it:** When you can't resolve a conflict with a romantic partner or spouse, don't be afraid to seek professional help. Talking with a religious leader can also be helpful.
- **Make Time for What Matters:** Take time to connect if a relationship is important to you. Even a quick text can help build bonds that last.
- **Say You're Sorry:** If you're wrong, apologize and mean it. Reaching out to fix an issue builds lasting trust.
- **Speak Up:** If you need something from a friend or partner, tell them. Nobody can read your mind – not even your mom.

*Important: If you or someone you know is in danger, help is available 24/7 from the National Domestic Violence Hotline. Call 1.800.799.SAFE (7233) or visit [TheHotline.org](https://www.thehotline.org).*

## Beef Stew for Cozy Holiday Suppers

*Few things can bring the family together like a hot, hearty meal. This beef stew recipe is built on affordable ingredients and comes together quickly. You can adjust the seasonings to your family's tastes, swap out vegetables to your liking, and make it in a slow cooker for an even easier comfort food fix.*

**Prep time: 20 minutes**

**Cook time: 1 hour**

**Total time: 1 hour 20 minutes**

**Serves 8**

### Ingredients:

- 3 tablespoons vegetable oil
- 2 pounds beef stew meat, cut into 1 ½-inch cubes
- ½ cup all-purpose flour
- 1 medium onion, roughly chopped
- 1-2 cloves minced garlic
- 3 cups mixed fresh vegetables (potatoes, celery, carrots) chopped into bite-size pieces
- 1 (32-ounce) carton low-sodium beef broth
- 1 (15-ounce) can crushed tomatoes
- 1 teaspoon of your choice of seasoning mix (Creole, Tex-Mex, seasoned salt, etc.)
- 1-2 teaspoons dried basil and/or oregano

### Instructions:

1. Heat oil in a large pot or Dutch oven over medium-high heat. Add meat, flour, and onion; cook and stir until browned, 10 to 15 minutes. Add garlic and cook 1-2 minutes longer.
2. Add broth, tomatoes, and remaining vegetables; stir in seasoning mix and herbs. Simmer, uncovered, until potatoes and carrots are soft, meat is tender, and stew is thick, about 1 hour.
3. Taste and adjust seasonings; serve with bread, crackers, or corn chips if desired.
4. Slow cooker directions: Omit oil (oil bottom of cooker if desired). Place beef in slow cooker; combine flour, seasoning mix, and herbs, sprinkle over meat and stir to coat. Add all other ingredients and stir to combine; cover and cook on low 8-12 hours or high for 4-6 hours.



## Home is Where the Workout is



*We all know exercise is good for us.  
But getting enough can be tough if the  
weather is bad or you don't like gyms.  
Doing body weight exercises at home  
can be just as effective, though.*

*This simple routine will help tone muscles, burn fat,  
and build strength. There's also a version you can  
do with kids. Start with as many reps as you can do  
and build from there.*

### Five Classic Moves

**Pushups:** This move works arms and abs better than pretty much anything else. If a classic pushup is too challenging, put your knees down or use a wall. Keep your elbows close to your sides and be sure to keep a straight line from shoulders to toes (or knees).

**Crunches:** Hard to beat for abs. Keep your lower back flat on the floor as you curl up and down. Your head should be slightly lifted from your chest. Breathe out as you go up, and in as you go back down.

**Squats:** With squats, it won't take long to feel your legs working. Check that your feet are shoulder-width apart. Keep your knees over your toes as you move down and up.

**Chair Dips:** A simple, but effective, move to tone your triceps. Sit on the front edge of a chair with your hands gripping the front of the seat. Breathe in as you move your torso off the seat and down. Breathe out as you return to your starting position.

**Calf Raises:** Raise yourself on your tiptoes, holding for a moment before going back down. Have a chair or wall handy for balance if you need it.

### AT-HOME WORKOUT CHEAT SHEET

#### CLASSIC MOVES

1 Pushups

2 Crunches

3 Squats

4 Chair Dips

5 Calf Raises

#### KID-FRIENDLY MOVES

1 Jumping Jacks

2 Frog Jumps

3 Jump Rope

4 Move the Wall

5 Hold up the Wall

### Five Kid-Friendly Moves

**Jumping Jacks:** For extra fun, ask your kid to teach you how to do this classic. Have contests to see who can do the most in a row without stopping, the fastest with good form, etc.

**Frog Jumps:** Also known as jump squats. Stand with feet shoulder-width apart and arms tucked to sides. Squat down as far as you can, then jump up as fast as you can. Repeat as many times as you can.

**Jump Rope:** There may be no faster way to get your heart rate up. If you have three or more people at home, have two turn the rope while others jump.

**Move the Wall:** Really just pushups using the wall instead of the floor. We won't tell if you won't ...

**Hold up the Wall:** Also known as wall sits. Start with your back against a wall and your legs about six inches away. Slide down into a sitting position, "hold up the wall" as long as you can, then come back up. Keep knees over ankles and don't let hips go below your knees.

## World Mental Health Day & Mental Health Apps



*Our mental health impacts how we think, feel, and act. Maintaining a good mental state is a major part of our well-being. But it's not always easy. If you have access to a smartphone, check out these helpful apps, at no cost to you.*

**Moodfit:** Moodfit helps you track your moods and gives you exercises for negative emotions. The app is adaptable based on your goals and has visual insights to keep you on track. Great for all-around mindfulness.

**Calm:** Get introduced to the world of meditation with Calm. Although there are in-app purchases, the app offers some meditation programs to help you manage your well-being.

**QuitNow:** A popular app designed to help you quit smoking. QuitNow is great for curbing your addiction. It works by dividing the task into small and easy steps. Along the way, you'll celebrate numerous goals and achievements as you continue to quit.

**This Is Quitting:** Not actually an app, this text support service is geared toward young people who want to quit vaping. Simply text <DITCHVAPE> to 88709 for peer support on your quitting journey.

**Way Of Life:** Although very simple, Way of Life is a good, goal tracking app. Just choose a habit you want to form or get rid of. Once you have picked your goal, you will get reminders and progress updates on how you are doing.



*Get the support you need with our mental health program.*

*If you're struggling with mental health, you don't have to go it alone. We get you the care you need with Home State Health's [mental health program](#).*

## What to Know About Breast Cancer



*The American Cancer Society estimates that there are over 3.8 million breast cancer survivors in the United States. Early detection is key to successful treatment. Here are ways to lower your risk.*

**Risk Factors:** Alcohol, being overweight after menopause, and not being active are some key risk factors. Home State Health coverage includes primary care visits at no cost. Be sure to talk to your doctor about your risk factors.

**Don't Skip Tests:** Mammograms are one of the best tools for early detection. Women should begin yearly mammograms at 40. If you've put off a screening because of the pandemic, schedule it as soon as possible. Mammograms are covered as part of your Home State Health coverage, so don't miss this important test.

**Check Yourself:** Monthly self-exams are another great tool. The more familiar you are with your breasts, the more likely you'll catch a problem. You can ask your doctor for self-exam resources, or search online at [Cancer.org](https://www.cancer.org).

**Don't Delay:** If you have questions or think you may have breast cancer, contact your doctor right away.

**Spread the Word:** Share what you know with friends and family. You could save a life.





## Stay connected and more!

Your [online member account](#) is a great way to not only stay up to date with important plan information but also to help improve your health!

### Look at everything you can do:

- Manage your **myhealthpays**® rewards
- Find or change your doctor
- Get care through our virtual health services
- Join our Start Smart for Your Baby®
- View your claims status and more!



## Protect yourself and those close to you.

### FIGHT COVID-19 AND THE FLU Get your vaccines!

Members can earn **myhealthpays**® reward dollars for getting the flu and COVID-19 vaccines.



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)。

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