

WHOLE you



HOME STATE HEALTH YOUR MO HEALTHNET MANAGED CARE HEALTH PLAN

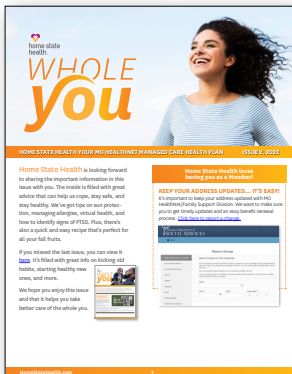
ISSUE 3, 2022

Welcome

Fall is here as we welcome you to another edition of *Whole You*, a newsletter from Home State Health.

This edition has plenty of great information to help you enjoy the coming months. For one, you can look forward to getting better sleep. There are also plenty of tips on how to get active and stay healthy. Just make sure to stay hydrated! Plus, there is a pasta salad recipe that is easy and tasty.

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



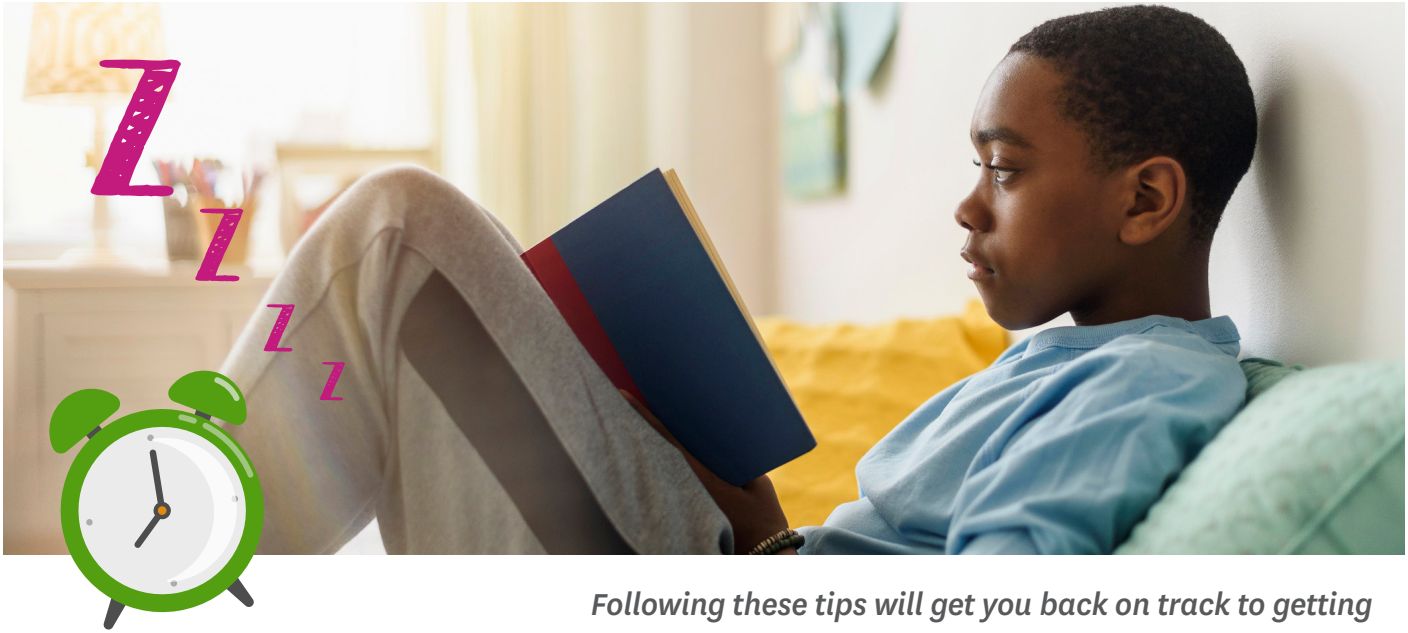
Home State Health is proud to celebrate National Hispanic Heritage Month in recognition of the important contributions Hispanic Americans have made across the U.S.

Did you know?

- Hispanic Heritage Month was **first observed in 1968** under President Lyndon B. Johnson. It was officially enacted into law on August 17, 1988, under President Ronald Reagan. Ever since, it's been observed from September 15 – October 15.
- Eight Latin American countries (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, Chile and Belize) **celebrate their independence days** during this month-long period.
- Hispanic Heritage Month is a time to recognize the rich culture and contributions of Hispanic and Latino individuals who trace their ancestries to Mexico, Central America, Spain, South America and parts of the Caribbean.



A Good Night's Rest



Jumping into your bed after a long day is a great feeling. Sleep is one of our body's most important functions. Yet people around the world still struggle to get enough hours of sleep.

Not getting sleep can increase your risks for things like obesity, heart disease, and bad mental health. But it does not have to be this way. **By using good habits, it is possible to get better sleep.**

Sources:

[Are You Getting Enough Sleep?](#)

[1 in 3 adults don't get enough sleep | CDC Online Newsroom](#)

[Sleep tips: 6 steps to better sleep - Mayo Clinic](#)

Following these tips will get you back on track to getting those hours you need.

Create a routine: If you create calming habits, your body will recognize the pattern and know that it is time to sleep. That way your mind can move into a state of rest. Try going to bed and waking up at the same time, having the same drink each night, taking a nightly bath, or **reading a book** before bed.

Quiet down: Make your bedroom as relaxing, comfortable, and dark as you can. Turn off electronic devices like televisions and phones. And look into using white noise. There are plenty of free white noise apps you can use on your phone. Anything that will keep your room relaxing.

Watch what you eat and drink: Before bed make sure to not consume large meals, caffeine, tobacco, or alcohol. Try not to go to sleep hungry or stuffed, as the discomfort from either might keep you up in the night. And products like caffeine and alcohol can affect the quality of your sleep.

Exercise during the day: Get some exercise. Being active during the day can help you fall asleep more easily at night. But do not work out close to bedtime as it can keep you up.

Drink Up!



Water plays a major role in the human body. Having enough of it is key for your health. Everyone knows to drink water, but it can be hard for people to stay hydrated. That is why we have these tips to help you get enough water every day.

- 1. Mix it up:** If you do not like the taste of water or want some variety, there are ways for you to spice it up. You can use a flavor enhancer, add some fresh fruit, or mix in a bit of fruit juice. There are also flavored water options available from the store. And think about getting some carbonated water if you want something like soda.
- 2. Use a reusable bottle:** Bring a reusable bottle wherever you go. Keeping that bottle around is more than just convenient. Your bottle will work as a reminder to drink. If you see the bottle in your room or in your bag, you will be constantly reminded to hydrate.
- 3. Don't wait:** If you feel thirsty, you are already dehydrated. Try to make a drinking routine within your everyday tasks. You can have a glass after every meal, before going to bed, or every time you go to the bathroom. What's important is that you steadily drink water throughout the day.



Use a
reusable
bottle

Mix
it up

Don't wait
till you're
thirsty

Sources:

[Tips for drinking more water - Mayo Clinic Health System](#)

[6 Simple Ways to Stay Hydrated - Scripps Health](#)

[12 Simple Ways to Drink More Water](#)

Overheating and Exhaustion: Keeping Cool

It's important to remember that overheating is a real health risk. Heat exhaustion happens when your body is not able to cool itself down. Drinking water, resting in a cool place, removing extra clothing, and avoiding the hottest parts of the day can help. But if ignored, it can turn into a heatstroke and become life-threatening.

That is why it is so crucial to look out for subtle signs of heat exhaustion. But not to worry, we have your back. Here is a list of signs to watch out for so you can be prepared.

- **Early Signs:** Look out for sweating, tiredness, thirst, irritability, or muscle cramps. Some of these signs may seem minor, but it is important to take them seriously. When someone has heat exhaustion at this stage, they should get out of the heat and drink water.
- **Heat Exhaustion:** If not helped, the condition will get worse. Symptoms such as nausea or vomiting, headaches, weakness, dizziness, a darkening of the urine, or cool and moist skin will start to show. The affected person should stop any activity, drink water, take off extra clothing and move to a cool place. If the person is not better after an hour of cooling off, call a healthcare provider.
- **Heatstroke:** In the final stages, heat exhaustion can lead to heatstroke. If someone has heatstroke, they may show signs of a fever, hot and dry skin, fast and shallow breathing, rapid but weak pulse, irrational behavior, confusion, seizure, or loss of consciousness. Find medical help right away and call 911 or your local emergency number if you think someone has heatstroke.

Ways to Stay Cool:

1. Drink water
2. Rest in a cool place
3. Remove excess clothing
4. Avoid hottest part of the day



Sources:

[How to avoid overheating during exercise: MedlinePlus Medical Encyclopedia](#)

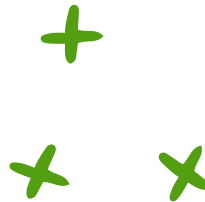
[Heat exhaustion - Symptoms and causes - Mayo Clinic](#)

[Heatstroke - Symptoms and causes - Mayo Clinic](#)

Outdoors Activities: Fun in the Sun

Picture this: it's a beautiful day and the weather is nice. If you are looking for something to do, doing some activities outdoors may be a fun way to spend your time. It can also be good for your health. Here are a few ways to get outside and have a great time.

- **Basketball:** Wherever you go, basketball hoops can be found almost anywhere. You can bring people and play a pickup game together. Or you can go to the courts solo to shoot hoops and practice your aim.
- **Chalk Drawing:** Feeling artistic? Use your creativity with sidewalk chalk. If you want a less physical activity, this is the perfect way to go. Have some fun with the kids or have a drawing contest with friends.
- **Baseball:** Once you get a game of baseball going, it is an exciting way to spend an afternoon. If you're not feeling up to a game, that's fine, too. You can just play catch with a ball and some gloves.
- **Beach Volleyball:** When you do not want to dive into cold water, volleyball is a great way to spend your time. And you do not have to be at a beach to play. Plenty of outdoor spaces have sand volleyball areas where people can play.



Pasta Salad

A Quick, Tasty Meal for the Whole Family

Grabbing some food and drinks with loved ones is a great way to spend an evening. But you do not want to spend all day preparing the food. What you need is something simple and tasty.

We have just the answer for you: a pasta salad recipe. And remember, what we list is just one way to do it. You can change the pasta, or use other vegetables. Modify this however you want, it's your meal after all!

Ingredients:

- 1 (16 ounce) package of rotini pasta
- 1 (16 ounce) bottle of Italian dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch of green onions, chopped
- 4 ounces of grated Parmesan cheese
- 1 tablespoon of Italian seasoning

Instructions:

1. First, bring a pot of water to boil. Add salt as desired.
2. Next, place pasta in the pot to be cooked according to package instructions, then drain water.
3. Toss the pasta into a large bowl with the Italian dressing, cucumbers, tomatoes, and green onions.
4. In a separate bowl, mix the Parmesan cheese and Italian seasoning. Then mix into the large bowl with the salad.
5. Finally, cover and refrigerate until ready for serving.



M M M M M!

Source:

[Simple Pasta Salad Recipe | Allrecipes](#)

Benefits of Breastfeeding

Breastfeeding is recommended by doctors as the best way to give a baby its nutrition. Not only does it promote a bond between mother and child, but it also has health benefits for both. For National Breastfeeding Month, here are some reasons to breastfeed your baby.

- **Prevent Illness:** A mother's milk contains antibodies. Through feeding, the mother shares her antibodies with the baby. These can help babies develop a strong immune system and protect them from illnesses. It has also been shown that breastfed babies are safer from asthma, obesity, Type 1 diabetes, and sudden infant death syndrome.
- **Lower Risk for Mom:** Breastfeeding doesn't just help the baby with illnesses. Women who breastfeed their children can reduce their risk of breast and ovarian cancer, Type 2 diabetes, and high blood pressure. It has also been shown to help with postpartum depression.
- **Cost-Effective:** A great benefit of breastfeeding is the cost. Compared to formula, breastfeeding costs you nothing. Getting the right formulas and bottles can be expensive. So breastfeeding is not only a health benefit, it is a cost benefit, too.
- **No Waiting:** No matter where you go, your baby does not have to wait to be fed. With breastfeeding, you do not have to worry about mixing formulas or preparing bottles. Breastfeeding can also be a source of comfort for the baby when traveling when their normal routine has been disrupted.
- **Best Nutrition:** Breast milk is the best way for babies to get their nutrition. As the baby grows, the mother's milk will change to her baby's needs as they grow. Breastfed babies are also less likely to become obese.



Get the support you need with our Start Smart for your Baby® program.

If you're an expecting parent, you can get baby essentials such as diapers, a car seat, and more.



Sources:

[August is National Breastfeeding Month - Reliant Medical Group](#)

[Breastfeeding Benefits Both Baby and Mom | DNPAO | CDC](#)

Some Self-Care

Healthy Aging Month is here. Decisions we make impact our health as time goes on. Smart choices now can save you time, money, and heartache in the future. So here are some helpful tips to keep you feeling your best.



Skincare is Healthcare: Our skin is a vital part of our health. No matter your skin color, be sure to wear sunscreen when you plan to be outside for a long time. Sunscreen helps shield against harmful UV rays, sunburns, and skin cancer. You can also help by regularly washing your face and moisturizing. Putting these into your routine will help reduce acne and early skin aging.



Don't Skip Brushing: People assume that a decline in dental health always happens as you age. But in reality, you can protect yourself from things like gum disease and tooth loss. Brushing your teeth and flossing daily are the best places to start. Regular cleanings are also very important. <Talk to your case manager about our dental benefits and free annual cleaning.>



Protecting Your Sight: When it comes to your eyes, it is crucial to protect them from harsh light. Sun exposure may lead to an increased risk of cataracts. Make sure to cover your eyes by wearing sunglasses outside. Wearing a hat can also boost your eye protection.



Keep Your Heart Healthy: The risk of getting heart diseases goes up with age. So keeping your heart in its best condition is key for your health. Make sure you have annual checkups with your doctor, even if you feel healthy. Exercise regularly, eat healthy, and manage your stress to help your heart.

Sources:

[11 ways to reduce premature skin aging](#)

[Heart Health and Aging](#)

[Best Way to Age-Proof Your Vision | Johns Hopkins Medicine](#)



Virtual Health—Anytime, Anywhere Medical Advice!

It's good to know all of your options when it comes to medical care. And it's good to know that Home State Health offers [Babylon](#) at no cost to you—so you can see the doctor without leaving home.

Babylon is your easy, **24-hour access** to in-network providers for non-emergency health issues. Get medical advice, a diagnosis or a prescription. Do it all by phone or video. And, have easy access through your mobile device!

A normal doctor visit can take weeks or months to get into. Babylon allows you to get the same quality care on **your** time.

Use Babylon for:

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

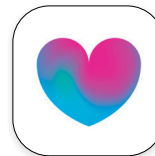
Learn more and download the Babylon app at HomeStateHealth.com.

Not sure whether to schedule a doctor visit?

Call our Free 24/7 Nurse Advice Line at **1-855-694-HOME (4663) TTY: 711**. Medical experts can talk to you about your health concerns and help you set up a doctor visit if you need one.

*Behavioral health services are available Monday - Friday 7:00 a.m. to 7 p.m. CST

Get started: Search 'Babylon Health' in the App Store or Google Play.



Download the **Babylon app**



Register by entering your personal information and the code HOMESTATEHEALTH.

You must be 18 or older to register. If you are a parent or guardian registering for a child under 18, you must register first and then add the child to your account. A parent or guardian needs to be present during a Babylon video appointment with a minor.



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)。

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。