

# WHOLE you



## 2022 Winter Bulletin

### In this Issue:

Get the Most From Your Child's Plan .....	2
Find Help Easily with Sunshine Health's Community Resource Database .....	2
Start the Year with Healthy Dental Habits ...	3
3 Ways to Subtract Added Sugar from Your Child's Diet .....	4
Your Child May Be Eligible for Extra Help at School .....	5
Warm Up from the Inside Out .....	6
HAPPY Program for CMS Members 18+ .....	7
Taking Better Care of You Can Help You Take Better Care of Your Child .....	8
Tips for Getting Care Quick .....	10

## Your healthy source for living well.

Welcome to another issue of Whole You, a newsletter from Children's Medical Services (CMS) Health Plan, operated by Sunshine Health.

We are very excited to share this issue with you. It's filled with great advice to help you and your child kick off a new year. Plus, we share a delicious soup recipe that will keep your family warm.

You can read about how to cut sugar from your child's diet and how to set them up for success at school. We offer tips about how to take good care of your child's dental health, as well as your own holistic health. We also introduce some extra support resources offered by CMS Health Plan.



**Don't forget, benefit renewal is starting soon.** Make sure The Florida Department of Children and Families or Florida KidCare has your correct contact information so your child can keep their coverage. You can check your contact information with DCF at [myflorida.com/accessflorida](https://myflorida.com/accessflorida) or by calling 1-850-300-4323 (TTY 1-800-955-8771). You can check your contact information with Florida KidCare at [healthykids.org/renew](https://healthykids.org/renew) or by calling 1-800-821-5437.

In case you missed it, check out [our last issue \(PDF\)](#). There was an interesting article about asthma care, tips for staying hydrated, a recipe for pizza with a healthy twist and more.



# Get the Most From Your Child's Plan



Make sure your child is getting all the benefits from their healthcare plan. The online member portal is a great place to discover the amazing perks designed to help your child stay healthy.

Take a look at some of the things you can do:

- Get care for your child through our virtual care services
- Enroll your child in the Start Smart for Your Baby® program
- Get answers to any questions about your child's coverage
- Find or change your child's doctor
- View claims status and more!

Visit [SunshineHealth.com/Login](https://SunshineHealth.com/Login) to sign in today!



## Find Help Easily with Sunshine Health's Community Resource Database

Do you need help finding food, housing or another resource? It's just a few clicks away.

The online Sunshine Health Community Resource Database makes it easy to access free and reduced-cost programs and services in your area. The tool connects CMS Health Plan members and their caregivers to community-based organizations that offer different types of support.

Finding help is easy. All you have to do is visit [CommunityResources.SunshineHealth.com](https://CommunityResources.SunshineHealth.com) to search our network of more than 5,000 partners throughout Florida.

Just enter your ZIP code. Then you can search for help with these topics:

- Food
- Goods
- Health
- Care
- Work
- Housing
- Transit
- Money
- Education
- Legal

## Start the Year with Healthy Dental Habits

Teaching kids to care for their teeth early will help them form good dental habits. And good dental habits will set them up to have healthy teeth for life.

It takes a bit more than brushing, but none of the steps are hard. Here are some tips for how to help your child take care of their teeth.

### For babies:

- Clean teeth and gums with a soft washcloth or a baby toothbrush
- Don't put your baby to bed with a bottle
- Check teeth for spots and stains

### For kids:

- Kids ages 2 and older should brush with a pea-size amount of fluoride toothpaste (start sooner if your child's dentist or doctor recommends it)
- Limit sugary snacks and drinks
- Talk to your child's doctor or dentist about fluoride varnish and dental sealants, which help protect the back teeth from cavities
- Remember to schedule regular dental visits



### BRUSH

Have your child brush twice a day with a soft-bristled toothbrush. Replace it every three to four months.



### FLUORIDE

Have your child brush with fluoride toothpaste. Fluoride helps protect teeth from cavities.



### FLOSS

Remind your child to floss every day to remove food from in between their teeth.



### DENTIST

Kids 1 year and older should see the dentist every year!

## 3 Ways to Subtract Added Sugar from Your Child's Diet

Most foods we eat contain naturally occurring sugars. The bigger problem is with added sugars. Coming out of the holiday season, it's safe to say a lot of us had more than our fair share of sweet treats filled with sneaky added sugars.

So, what can you do to cut sugar from your child's diet? Here are three quick and easy tips to help you be more aware of how much added sugar your child has each day.

### 1 Swap out the sugary drinks.

When we think about sugar, the first thing that probably comes to mind is a sweet dessert. But many of the things we drink, like sodas, juices and teas, are loaded with added sugars. Try replacing your child's sugary drink with a glass of water. Trading even one of those drinks a day can have a big impact.

**2 Feast on fruits.** Everyone has the occasional sweet tooth. Next time your child wants something sweet, offer them a piece of fruit instead. Fruits can satisfy their sweet craving and are a good source of vitamins and nutrients.

**3 Look at the labels.** When you go to the grocery store, be cautious of how things are marketed to you. Foods that may seem "healthy" like granola or protein bars can be packed with added sugars. Thankfully, nutritional labels now include how much added sugar is in food. Check how much sugar is from the ingredients they use versus how much is being added.

More info:

<https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>



### GROCERY BENEFIT

Your CMS Health Plan benefits include a \$75 quarterly allowance for fresh produce. Visit [healthybenefitsplus.com/CMS](https://healthybenefitsplus.com/CMS) to register today.

## Your Child May Be Eligible for Extra Help at School

If your child has a diagnosed medical or attention disorder, they may be able to get extra help at school through a special education plan.

There are two types of plans. One is called a 504 Plan and the other is called an Individualized Education Plan (IEP). Both should be updated annually to make sure a child is getting what they need to be successful at school.

The 504 Plan is for children who do not need specialized instruction but could use some accommodations to make school better. For example, a 504 could make it so a student gets extra time for tests, less homework or a seat that is closer to the front of the classroom.

An IEP is more in-depth and best for children who need specialized instruction. The federal government is more involved with IEPs and requires documented proof that a plan is helping a student. An IEP includes goals and benchmarks to track a student's growth,

and can include extra supports, like speech or physical therapy, or extracurricular activities.

If you think your child needs a 504 or IEP, contact their school or school district and ask for an evaluation. If you have questions or need help, contact your child's care manager.

If your child already has a 504 or IEP and the support is not enough, you can apply for a scholarship to enroll them in a private school. Visit [StepUpforStudents.org](https://www.stepupforstudents.org) for more information.

SOURCES:

<https://www.fldoe.org/academics/exceptional-student-edu/>

<https://www.washington.edu/accesscomputing/what-difference-between-iep-and-504-plan>



## Warm Up from the Inside Out

When the weather is cooler, there's nothing better than a hearty soup to keep you and your family warm. In fact, soups are winter's unsung heroes. If you know you have a busy week ahead, you can always make extra to freeze and reheat later. And if your child is a picky eater, soups are an easy way to make sure they get a balanced meal with vegetables and protein.

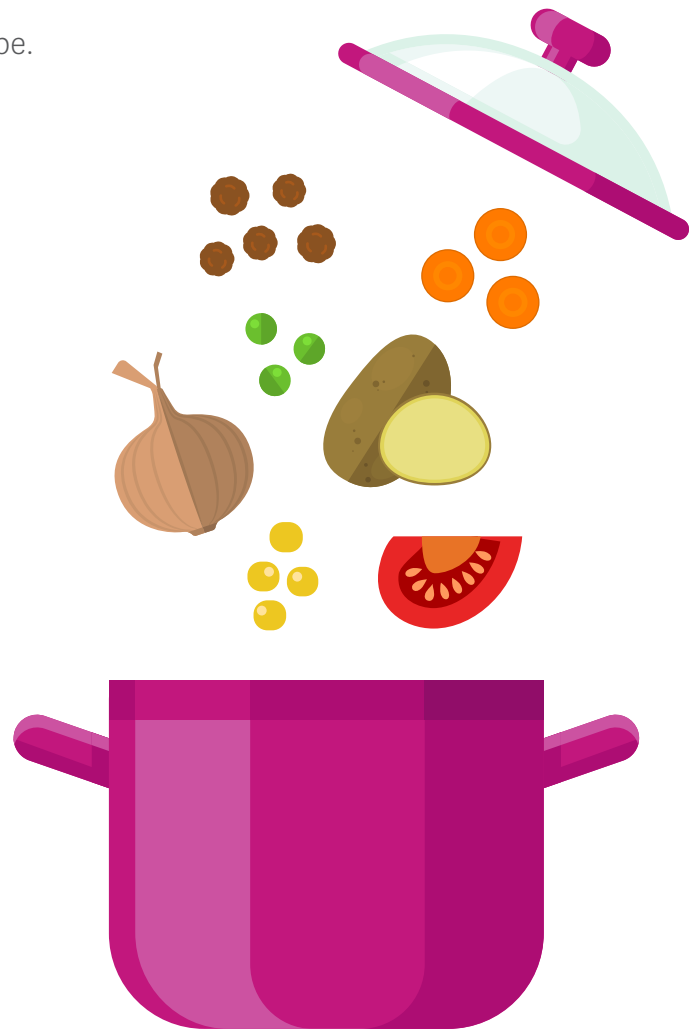
Check out this delicious and savory Vegetable Beef Soup recipe.

### Ingredients

- 2 pounds ground chuck
- 1 small, sweet onion, chopped
- 1 teaspoon table salt
- ½ teaspoon black pepper
- 3 (14-oz.) cans reduced-sodium beef broth
- 3 (29-oz.) cans mixed vegetables with potatoes, drained and rinsed
- 3 (14½-oz.) cans diced new potatoes, drained, and rinsed
- 1 (15-oz.) can sweet peas with mushrooms and pearl onions, drained and rinsed
- 2 (26-oz.) jars tomato, herbs, and spices pasta sauce
- 1 (14½-oz.) can diced tomatoes with sweet onion

### Instructions

1. Brown ground chuck and onion in a large soup pot over medium-high. You might want to do this in batches. Stir for 5 to 8 minutes or until meat is cooked all the way through.
2. Drain it well and return to your pot. Stir in salt, black pepper, and beef broth while you bring it to a boil.
3. Stir in all the mixed vegetables. Bring to a boil. Then, cover and reduce heat.
4. Let it simmer for at least 20 minutes or until fully heated.



More info:

<https://www.southernliving.com/recipes/chunky-vegetable-beef-soup-recipe>

# HAPPY Program for CMS Members 18+



The coronavirus pandemic has left many of us feeling lonelier and more isolated. Children's Medical Services (CMS) Health Plan members 18 and older can get help through HAPPY, a national emotional support program.

HAPPY is a mobile app members can use to talk to someone about their emotional troubles. Support Givers answer calls 24/7 to help people who are feeling stressed, anxious or lonely. They are there to listen and offer compassion and encouragement.

Research shows that loneliness and social isolation can take a toll on a person's mind and body. The feelings are linked to a 26 percent increase in the likelihood of early death. They have been linked to heart disease, dementia, stroke and depression.

We all need emotional support to be and stay healthy. HAPPY can help.



**All you have to do is download the HAPPY mobile app. It is free, secure and confidential. You can use the app to call HAPPY and immediately get help. You can also call HAPPY toll-free at 1-855-953-4567.**

SOURCES:  
<https://www.health.harvard.edu/blog/the-power-and-prevalence-of-loneliness-2017011310977>

# WHOLE you

## Taking Better Care of You Can Help You Take Better Care of Your Child

As a parent, caring for your child's health is a top priority, and taking care of yourself should be, too. The healthier you are yourself, the better care you can give your child.

Health goals are often related to physical health, like eating better, being more active, losing weight, or joining the gym. But there's more to think about. We have put together a few ways to take care of your whole self, including your mental and emotional health.



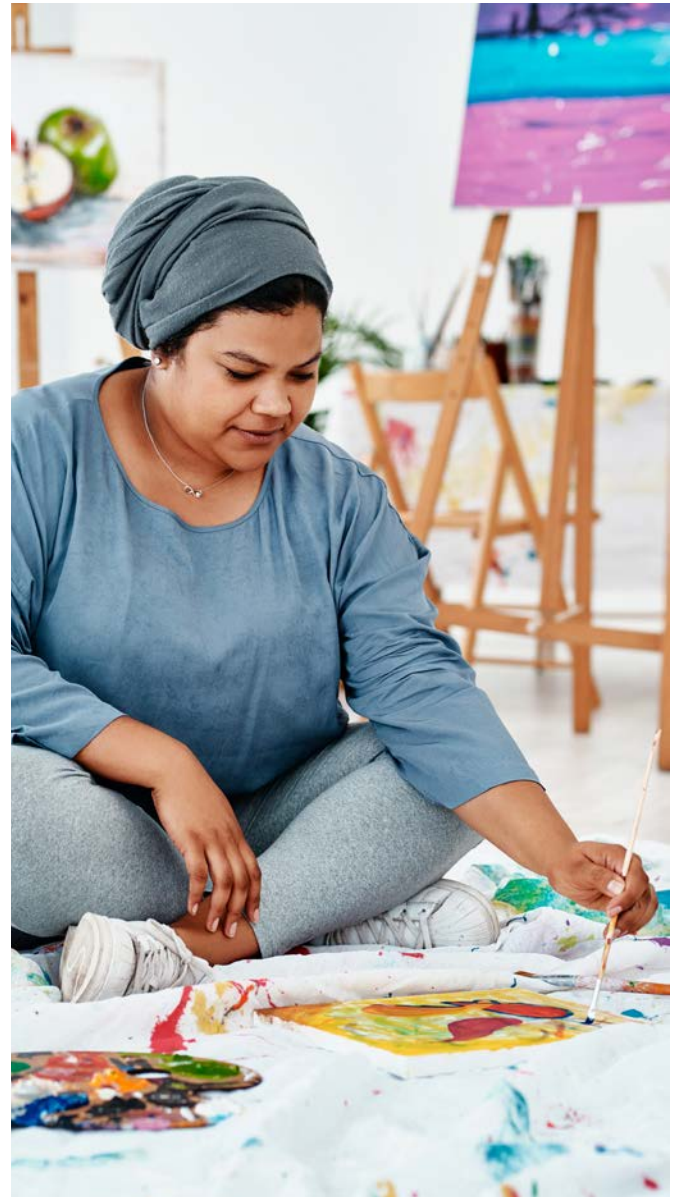
### **Be creative.**

Some people like to write morning pages or journal as a way to process their thoughts. You could also paint, play an instrument, or dance. You could try baking or building something around the house. Creating something is a great way to help alleviate anxiety and stress.



### **Just breathe.**

Yes, breathing is something we all do involuntarily. But sometimes, we have to remind ourselves to do it, even if only for a minute at a time. You can also try a full 10-15-minute meditation exercise. Whatever you can do to take a time to pause. Allowing yourself to pay attention to your breathing and nothing else can help you refocus your mind.



*Continued on next page.*



## Taking Better Care of You Can Help You Take Better Care of Your Child (Cont.)



### Take a break.

Give yourself a chance to take a break. That can be as simple as a break in the middle of your workday or unwinding with a warm shower or bath at the end of the night. You will be able to perform better and do more if you allow both your body and mind to get the rest they need.



### Remember the basics.

Focusing on your whole health also means the basics. Make sure you drink enough water to stay hydrated. Get plenty of sleep. Stand up often and take short walks. You might be surprised to see how much these little things can help you feel better.



**You can do these activities alone or with your child, and you can customize them however you want. Try them out one-by-one or all at once and find what works best for you.**



# Tips for Getting Care Quickly

The fewer roadblocks, the better when your child needs to see a doctor. We've put together some quick tips for getting care fast.



## Try Telehealth

Telehealth is when you connect with a provider virtually, over a computer, tablet or phone. It's a great option when you don't have the time or transportation to get your child to a doctor's office. Contact your child's doctor to ask about their telehealth options.



## Be On Time for Appointments

If you do make an appointment, it's important to be on time. That way, you won't miss the chance for your child to see the doctor and get the treatment they need.



## Call Your Child's Care Manager

Your child's care manager is a great resource if you need help finding care. They can answer your questions and help you schedule an appointment with the right provider for your child's symptoms.



## Keep Doctors in the Loop

If your child sees more than one provider, make sure to notify each doctor about all medications, tests and visits to other doctors. That way, your child's care is coordinated, no time is wasted, and your child can get the right help quickly.



## Visit a Walk-In Clinic

If your child is too sick to wait for an appointment, take them to a walk-in clinic. Providers in these offices can treat your child for common illnesses, like a cold or stomach bug.



The Children's Medical Services Health Plan has partnered with Sunshine Health to provide managed care services to our members. Sunshine Health is a licensed Florida health plan.

Children's Medical Services Health Plan provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and other formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-866-799-5321, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-799-5321, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Children's Medical Services Health Plan, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-799-5321 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Children's Medical Services Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-799-5321 (TTY 1-800-955-8770).

<City>, <State> <ZIP>  
<Address 2>  
<Address 1>  
<Member Name>  
Parent or Guardian of

Important managed care plan information  
Address correction requested  
Electronic service requested

P.O. Box 459086  
Fort Lauderdale, FL 33345-9086



For Children's Medical Services Health Plan,  
call 1-866-799-5321 (TTY 1-800-955-8770)  
Mon.-Fri., 8 a.m.-8 p.m. Eastern  
or visit [SunshineHealth.com/CMS](http://SunshineHealth.com/CMS).

For Florida KidCare,  
call 1-888-540-Kids (5437) TTY: 1-800-955-8771,  
7:30 a.m.-7:30 p.m. Eastern, Monday-Friday (except holidays)  
or visit [FloridaKidCare.org](http://FloridaKidCare.org).

© 2022 Sunshine Health All rights reserved.