



home state health

Your MO HealthNet
Managed Care Health Plan

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

WHOLE you

2024 | Q4 BULLETIN



Welcome!

As we fall into autumn, we are excited to bring you a new edition of *Whole You*, a newsletter from Home State Health and Show Me Healthy Kids.

We hope you had an amazing summer. As the weather cools down, we'll make sure you're prepared for flu season. Then we'll give you some tips and tricks for when you trick-or-treat. We'll also focus on staying active this time of year. Finally, we'll touch on reducing stress during the holidays.

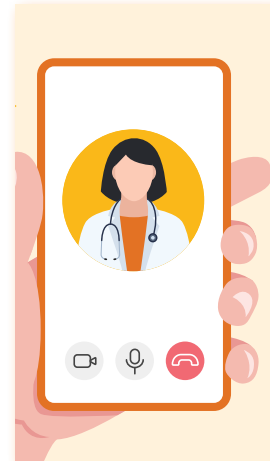
We hope you enjoy this year's final newsletter and that it helps you take care of the whole you.

Keeping your breasts healthy is important for your overall health.



Protect yourself and loved ones from influenza: get a vaccine every year.

Spooky season is here. Safety tips for your tricks and treats.



Waiting rooms: where germs spread like wildfire.

Five ways to reduce holiday stress.



Take a shot at flu immunity this fall



It's flu season again.

For some, it shows up with mild symptoms. For others, the flu can lead to serious illness or even death. The best way to protect yourself and loved ones from influenza is to get a vaccine every year. Hundreds of millions of Americans have safely received it for decades. Here are some key reasons to get a flu shot:

1. IT CAN SAVE YOUR LIFE.

The flu shot helps stop sickness, trips to the doctor and even going to the hospital.

2. IT IS A PREVENTIVE TOOL FOR CHRONIC HEART CONDITIONS.

Flu vaccination can help protect people with heart problems from having serious issues.

3. IT REDUCES THE SEVERITY OF ILLNESS.

While people can still get sick, after receiving a vaccine, the shot reduces flu symptoms.

Now that you know more about the flu, find out where you can get a flu shot by calling Member Services at the numbers below.



4. THERE IS A NEEDLE-FREE OPTION.

Many people dislike needles. Chat with your provider to see if you can take the nasal spray flu vaccine.

5. IT HELPS PROTECT PREGNANT WOMEN AND THEIR BABIES.

Getting vaccinated can protect a newborn baby for a few months before they are able to get the vaccine themselves.

6. YOU WON'T GET THE FLU FROM THE SHOT.

Many people are afraid they will get the flu from the shot. But it uses a dead form of the virus.

7. IT CHANGES EACH YEAR.

There are many strains of influenza. The CDC determines which ones are most likely to occur that year. A flu shot prepares our immune system to fight off certain strains more quickly.

8. PROTECTION DOESN'T LAST FOREVER.

Protection from a flu vaccine gets weaker over time. This is why yearly vaccination is important.

9. SIDE EFFECTS ARE USUALLY MILD.

Soreness or swelling may occur where the shot was given. Some people get mild side effects like a headache, stuffy nose or sore throat. These symptoms usually go away on their own.

10. IT'S AVAILABLE ALMOST ANYWHERE.

Flu vaccines are offered in many doctor offices and clinics. Some pharmacies, urgent care clinics, schools, colleges and workplaces offer it too.

*Earn my healthpays®
Rewards for seasonal
flu vaccine.*

Waiting rooms: where germs spread like wildfire

Sniffles, coughs and fevers are all around us this time of year.

An annual flu shot helps keep you and your family healthy. It's available at no cost and is the best way to fight the flu this season. If you do find yourself sick, you can get the care you need in no time. You have options, and you don't even need to leave your house. No more sitting in a waiting room to see your primary care provider. Talk to a nurse or a doctor right away.

NURSE ADVICE LINE As a Home State Health or Show Me Healthy Kids member, you have access to a nurse every day of the year. The nurse advice line is a covered benefit at no cost to you. When you call, you will speak with an experienced nurse within minutes. The nurse will listen to your concerns and symptoms and help you decide what to do next. You might be able to wait to see your provider. Or you might need to go somewhere to be looked at in person right away. Call Member Services at one of the numbers on the bottom of the page to reach a nurse.

TELEHEALTH Another Home State Health or Show Me Healthy Kids benefit is telehealth. You can see a doctor from the comfort of your home using your computer, smartphone or tablet. Just like an in-person visit, the provider will ask you questions about your medical history and discuss your symptoms.

They will give you clear next steps. If you need a medication, they can send the prescription to your pharmacy. The best part is how quickly you can speak with someone without an appointment! You get all the benefits of a provider without sitting in a waiting room. When you need care now, this option is quick, easy and available 24/7.

Learn more about your telehealth provider options and how to create an account at: www.homestatehealth.com/members/medicaid/telehealth.html

Checking in on your breast health

Keeping your breasts healthy is important for your overall health.

Breast cancer may seem like it comes out of nowhere, but there are ways to catch it early.

Breast cancer screenings help doctors find signs of disease before you feel sick. This makes the cancer that much easier to treat.

Here's how you can take care of your breasts:



- 1 KNOW WHAT'S NORMAL.**
Pay attention to how your breasts usually look and feel. Tell your doctor if you notice any changes.
 - 2 GET SCREENED.**
Depending on your age and family history, it might be helpful to get a breast exam or mammogram, which is an X-ray that is used to check for breast cancer. If you are 40 to 74 years old, you should get one each year.
 - 3 WATCH FOR SIGNS.**
Look for lumps, swelling or changes in breast size or shape. Check for dimples or redness on your skin. Tell your doctor about anything unusual.
 - 4 DO SELF-EXAMS.**
Once a month, feel your breasts for any lumps or changes. You can do this in bed or in the shower. Examine anything that looks different in the mirror.
- MAINTAIN A HEALTHY LIFESTYLE.**
You can lower your chances of getting breast cancer by staying active. This includes eating a healthy diet, getting regular exercise, maintaining a healthy weight and reducing alcohol intake. Ask your doctor any questions you have about your risk.

Speaking with your doctor about your breast health is important. They can be a great resource for you as you get screening results. Get some peace of mind, and check your breasts today.

Safety tips for your tricks and treats

Spooky season is here.

As you get ready for Halloween, share these tips with your kids. It's important to stay safe when we have fun!

COSTUME SAFETY

- Look for flame-resistant costumes. This includes wigs and accessories.
- Make sure shoes fit well and costumes don't drag on the ground. Tripping can be dangerous near firepits or sewers.
- Make sure any makeup or face paint is nontoxic. Test it on skin to make sure there are no allergic reactions.
- Avoid sharp weapons like long swords. Make sure all weapons have soft tips.
- Add reflective tape or stripes to costumes to make them more visible.

TRICK-OR-TREAT TIPS

- Don't let young children walk alone. Make sure there is at least one adult per group of children.
- Plan out a route with your teenagers. Discuss a time they should come home.
- Keep a cellphone and flashlight on hand. Let light and a GPS guide the way as needed.
- Only go to homes with porch lights on. Decorations and lights are usually an invitation. Don't disturb people who don't celebrate Halloween.
- Never go into a stranger's home or car.
- Stay on well-lit streets. Always use the sidewalk. Make sure you are careful when crossing streets.

PREPARING YOUR HOME

- Consider nonedible goodies. Food allergies are more common than you think. Glow sticks, spider rings, vampire fangs, pencils, bouncy balls and stickers are fun alternatives.
- Light the area well so your visitors can see.
- Clear your porch of leaves or anything else young kids can trip over.
- Always examine collected candy when your child comes home. Throw out anything that isn't sealed, has holes or looks spoiled.

Now it sounds like your ghouls and goblins are ready for a fun night of Halloween traditions. Enjoy!



Keeping activity high when the temperature is low

The days are getting shorter.

The weather is getting colder. And the holidays are upon us. It's really easy to fall into a routine of staying indoors, snoozing your alarm or increasing your screen time from the comfort of your bed.

Here are some ways to stay active this season.

WALK THE WALK. As the autumn leaves change colors, we are blessed with a colorful shift of the world around us. The first snowfall is another beautiful moment. These are great excuses to go on a nature walk and enjoy the scenery.

Find an activity buddy. Pair up with a friend or family member for weekly exercise. Hold each other accountable. Routines give your week a new, fun structure.

PAY ATTENTION TO THE WEATHER. Some activities depend on the weather. Build a snowman with your friends after a night of fresh powder. Is there a rare afternoon of sunshine coming up? Enjoy it at a park or nature preserve.

OPEN THE DOORS TO HOUSEHOLD CHORES. It's a great time to get to those tasks you've been putting off. Maybe you can rearrange furniture to switch things up a bit. Use this opportunity for a deep clean behind those beds and dressers.

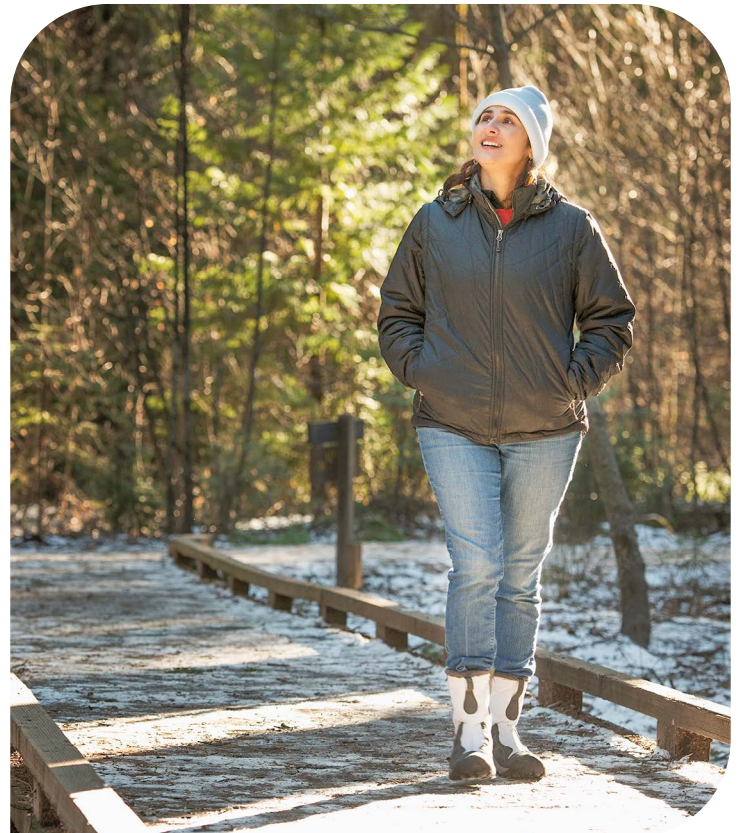
FOLLOW ALONG ONLINE. There are plenty of online workout classes, such as Jazzercise or yoga. Hundreds of these videos can be watched.

VOLUNTEER, MY DEAR. You can lend a helping hand to your elderly neighbors by shoveling their driveways or walking their dogs.

TRY SOMETHING NEW. There are plenty of activities that are more accessible in the winter, like ice skating, skiing, sledding and snowshoeing, just to name a few.

JOIN THE CLUB. Colder weather means it's time to join a club. Bowling, yoga and indoor rock climbing are some activities that are more fun in groups.

Your body and mental health will thank you for staying active this season. You will strengthen bones and muscles, lower blood pressure, and sleep better. Exercise also boosts your immunity during cold and flu season. Even a few minutes of activity each day can go a long way. And don't forget to stay hydrated!



Five ways to reduce holiday stress

This time of year is supposed to be joyful — but for many of us, anxiety can take over. To help you cope with added stresses during this time of year, try these five tips:

1 COOK UP SOME JOY

Creative tasks like cooking or baking can help improve your mood. Try a new recipe, and include some seasonal flavors. You could simply add some vanilla extract to cinnamon tea — or add dried cranberries and toasted walnuts to coleslaw.

2 GREEN UP THE GIFT WRAP

Get creative wrapping presents. It's fun and can be cheaper and greener than store-bought wrapping paper. Use newspaper, brown paper grocery bags, old maps or leftover fabric. You can even make the gift part of the packaging, putting small gifts into a bucket, basket or purse.

3 LEND A HAND

When you volunteer, it can lower stress and help you feel a sense of purpose. You can even meet others with similar interests. That can also boost your mood and decrease feelings of stress or anger. Giving back your time and talents can help you spread some joy this season and feel good about yourself.

4 GIVE YOURSELF A BREAK

It's a busy season, so be sure to schedule some time for yourself. Curl up with a book, listen to music or go for a nature walk. Exercise, nature and music have all been shown to lower anxiety.



5 MAKE IT BY HAND

You don't have to spend money on the latest gadget for your loved ones. The most meaningful gifts are handmade. Plus, the process of making them can help reduce stress. If you're a knitter, a cozy hand-knit scarf makes a beautiful gift. Try painting a mug or picture frame. Or visit your local arts and crafts store for inspiration.

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. For Show Me Healthy Kids interpreter services, call 1-877-236-1020 (TTY/TDD 711). For Home State Health interpreter services, call 1-855-694-4663 (TTY/TDD 711).

Si usted, o alguna persona a la que ayuda, tiene preguntas sobre Home State Health, tiene derecho a recibir ayuda e información en su idioma sin ningún costo. Además, hay servicios de interpretación en lenguaje de signos americanos. Para los servicios de interpretación de Show Me Healthy Kids, llame al 1-877-236-1020 (TTY/TDD 711). Para los servicios de interpretación de Home State Health, llame al 1-855-694-4663 (TTY/TDD 711).

如果您或者您帮助的人对Home State Health有疑问，您有权免费以您的语言得到帮助和相关信息。我们也提供美国手语口译服务。如果需要Show Me Healthy Kids口译服务，请致电1-877-236-1020 (TTY/TDD 711)。如果需要Home State Health口译服务，请致电1-855-694-4663 (TTY/TDD 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。