



# WHOLE you



2020 Winter Bulletin

## Calendar of Events:

Follow us on Facebook and Twitter to stay up-to-date on all upcoming events.

## Your healthy source for living well.

A new year is on its way. While you wait, here's a new Whole You to enjoy from MHS!

Our last issue covered a number of health topics, but there's always more to explore. Read on to stay updated on local events and your well-being this season.

In this issue of **Whole You**, prepare for the holidays with tips for **budget holiday decor** and **festive cooking with kids**. And, speaking of kids, we'll take a look at the best ways to **ward off nightmares for your little ones**, which you might choose to do with some help from our article on **star gazing**. Plus, read up on **support while pregnant, diabetes awareness**, and **where to go for care when you're sick or injured**.

We're excited to share what we've learned with you! Be sure to check out our local group events and ways that you can get involved.

Until next time! Take care—of the whole you.

Your digital member ID Card is now available! You can view, print and download it straight to your mobile wallet! Access it wherever and whenever you need it - right from your member portal. Log in to learn more.



# Give Your Baby the Best Start

**When you are pregnant with your future child, you want to take the best care of yourself and your baby. Going through so many changes in such a short period of time can cause stress. It helps to know what to expect! Below are a few points to keep in mind.**

## **Get Care Early**

It's a good idea to see your doctor as soon as you think you are pregnant. Getting care early can help you have a healthier baby. Your first prenatal visit will give you valuable news about your baby. Your doctor will likely do blood tests and an ultrasound. These will check health stats and determine due date. Your doctor will also give you a list of the dos and don'ts while pregnant.

## **Stay Regular**

Regular doctor visits will be a part of your life when you're having a baby. It is important to go to all of your prenatal visits, even if you are feeling good.

## **Your prenatal visits will happen:**

- During the first 32 weeks of your pregnancy: Every four weeks
- From weeks 32-36 of your pregnancy: Every two to three weeks
- From week 36 until the end of your pregnancy: Once per week

You can write down questions for your doctor as soon as you think of them. Bring your list to each visit. Your doctor will give you health steps to take along the way. You may discuss shots you need and the right kind of food and exercise. You will also learn about body changes, how to prepare for labor and the arrival of your new child.

## ***Start Smart for Your Baby***

## **Keep It Up**

The doctor visits don't stop after you give birth. Your new baby should see the doctor three to five days after birth and again before turning one month old. Be sure to also set up an appointment for your postpartum visit. It should take place about four to six weeks after you deliver. During this visit, your doctor will check on how your body is healing.

There are many resources you can have through MHS. Be sure to use them! With the right support, you and your baby will be as healthy as possible during and after your pregnancy.



**Complete your Notice of Pregnancy to get all of your benefits from MHS! This is the first step to getting important care for your child, before and after delivery. Plus, you can earn up to \$50 in rewards!**



# Simple Steps to Prevent or Manage Diabetes

Over a million Americans are diagnosed with diabetes each year. Below are five lifestyle changes you can make to help prevent or manage this condition in your daily life.

**1 Eat the rainbow.** Experts say to fill half your plate with fruits and veggies at every meal. Each color brings with it unique nutrients, like fiber, potassium and vitamins. Branch out and try new produce to keep things fun!

**2 Stay active.** Studies have shown that people who exercise have lower glucose levels, and they're able to process sugar better than those who only take a diabetes drug. It can be hard to get moving when you feel tired, but it will give you more energy! Talk to your doctor about the right exercise plan for you.

**3 Portion size matters.** Estimate portion sizes by using items around the house. Your palm or a deck of cards are about the size of the recommended serving for lean meats (three ounces). A half-cup of whole-grain pasta or brown rice is similar to the size of a tennis ball. And you can use your thumb to help you visualize a one-ounce serving size. That's the serving size for cheese.

**4 Sub smartly.** When you change the way you eat, focus on what you can have. Find easy substitutions. Olive and avocado oils for butter. Whole-wheat pasta and bread for white. Beef jerky and nuts for potato and tortilla chips. Fish for beef. Sparkling or flavored water over soda and juice. These simple swaps make a HUGE impact over time.

**5 Prepare a plan.** Write out weekly menus. Make shopping lists. Put time on the calendar for exercise. Sign up for an exercise class. Buy healthy snacks. Schedule your annual doctor visit and diabetes testing. By planning ahead, time crunches and daily stress won't derail you!

Ask us about our Diabetes Care Management program and benefits available to help you manage your condition. Also, **earn up to \$30 in My Health Pays rewards** when you work toward diabetes management!





# 4 Tips for Holiday Cooking with Kids



As we near the time for major holidays, you may be thinking more and more about food. To make and prepare meals or treats together is a special way to bond with family. When you cook with your kids, you can teach them a ritual or recipe that will become a beloved holiday tradition. Here are four tips to help you as you treasure this time with your little ones.



## Think of Age

There may be tasks your child is better suited to based on their age. Below is a set of suggested tasks for different age ranges

- **Three to five year olds:** mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- **Six to seven year olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **Eight to nine year olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- **Children age ten and older:** slice or chop vegetables, microwave foods



## Safety First

Make sure you teach your kids good habits on cooking safety. Teach them that before you get started, it's a good idea to be clean from germs. Whoever is cooking should begin by washing their hands in warm, soapy water. To measure time, sing "Happy Birthday" twice. You're all set!



## Cover Basics

As children are just getting started in the kitchen, keep things simple. Give them basic tasks to master first. For example, let them get needed items from the pantry, crack an egg or measure out an ingredient.



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## Make Your Home Festive On a Budget

Home decor is a fun part of the holiday season. When you make your living space more festive, you add to the warmth of these special times. But you don't need to max out your budget. There are so many options for DIY projects that allow you to make decorations yourself. You can even turn it into a group activity and craft them with loved ones!

### Focus On Small Accents

Add small touches to your space for a classic look. By choosing a simple motif for your home's holiday face—like live greenery, metallic accents and ribbon—you can be festive without going over the top.

### Re-Purpose Nature

Want to decorate your tree? Add flair to a shelf? Recycle what already exists in nature. Pick up some glitter and spray paint in colors that match your theme—like gold or silver—and get creative. You can use it to coat pine cones, pine needles or twigs. Or head to the store for citrus fruits. Oven-dried lemon, orange, lime and grapefruit slices make beautiful ornaments!

### Go Thrifting

Thrift stores carry a wealth of useful items. You may hit the jackpot and find a full set of decorations that you love. Or you may have to get inventive. There may be items that you can dress up yourself. For example, you can find vases, old ornaments or fake plants and spray paint them to match your other accents.

### Let There Be Lighting

Small changes can create a big effect. Lighting, for example, makes a huge impact on mood. Find simple string lights to use for your final touch. The colors don't have to be anything crazy—white or clear will work just fine! Then hang them around your home and enjoy a warm, dreamy atmosphere.



# Look Up This Fall!

Few things connect you with the wonder of nature more than looking up at the night sky. Depending on where you live, you can see a lot of interesting things. And it's a free, fun experience to share with family.

## Here are some tips for sky gazing:

### Get up high and avoid the lights.

If you live in a city, go to a park or up on a surrounding hill. Try to stay away from street lights.

### Take time to let your eyes adjust.

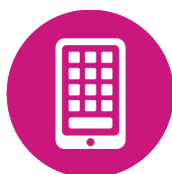
After 15 minutes in the darkness, you'll be able to see better.

### You don't need a telescope.

You'll be surprised how much you can see with the naked eye. If you have a pair of binoculars, take them! They're great for seeing details on the moon.

### Look online for free apps.

There are many easy-to-use apps for your phone that will help you locate objects in the sky.



## What can you see?

### Planets.

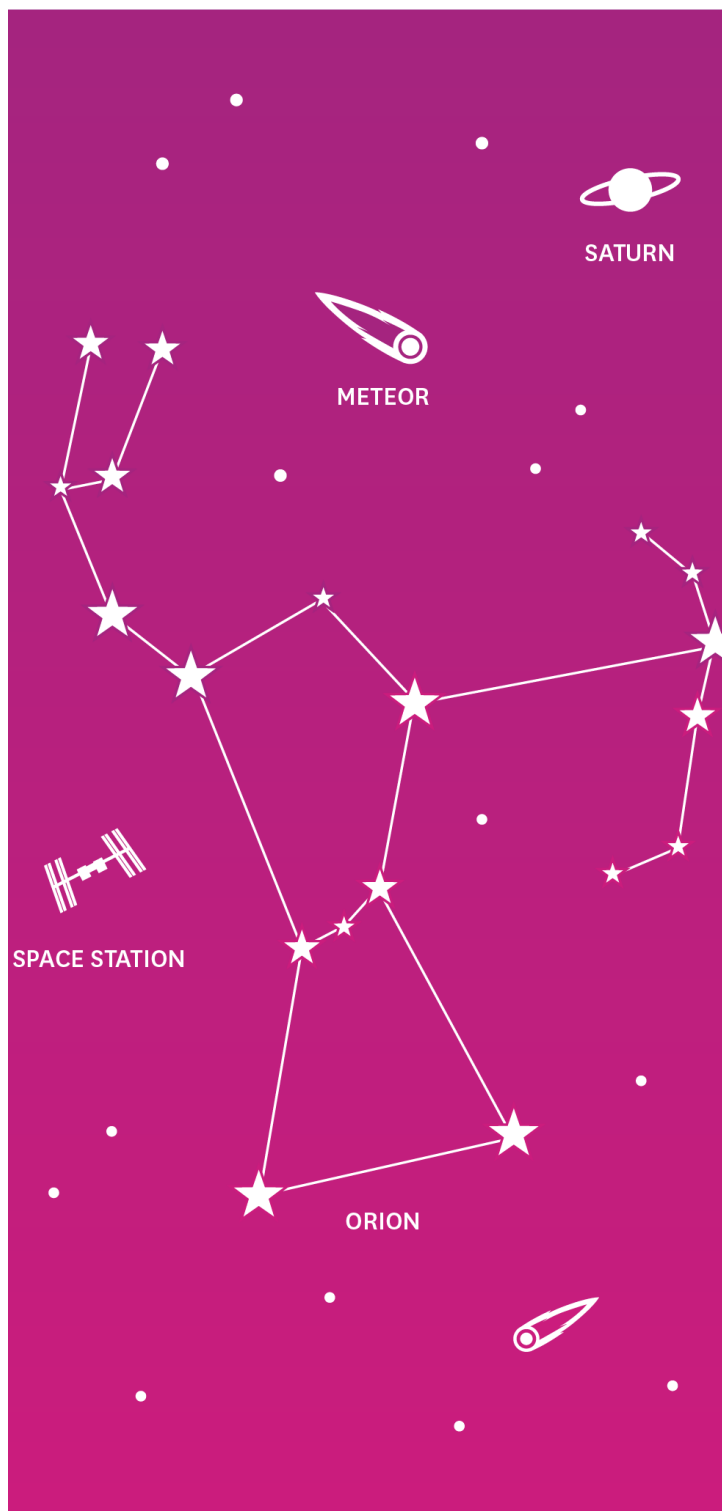
How can you tell a planet from a star? Stars twinkle, and planets don't! Look for Mars from October to December 31. It actually has a slightly reddish color. You can spot Jupiter during this time, too. You can even see Saturn's rings with an inexpensive telescope.

### Meteors.

Want to see a shooting star? There are two times this fall you might be able to. From early October to early November, Earth will pass through the Orionid meteors. And the month of November is the best time to see the Leonid meteor shower. Good luck!

### The International Space Station.

Want to see You can actually see this man-made laboratory pass overhead at certain times. It looks just like a slowly moving star! Visit this NASA website to see viewing chances in your zip code: [www.spotthestation.nasa.gov](http://www.spotthestation.nasa.gov).



# Know Where to Go for Care

**You want to take good care of yourself and your family. Part of this is knowing where to go when one of you is hurt or sick. Read on to learn more about the treatment you need for different issues. This way, you can get the right care at the right place and the right time.**

## **Free 24/7 Nurse Advice Line**

Medical experts can answer your health questions and help set up doctor visits. Use this option if you need help caring for a sick child or to know if you should see your PCP.

## **Free 24/7 Virtual Care**

Get expert care by phone or video. Use anytime and anywhere. For less severe health issues such as sinus problems, colds, skin problems or the flu.

## **Primary Care Provider (PCP)**

Your PCP is your main doctor. If you don't need medical care right away, you can call the office and schedule your visit. This kind of care is for when you need a vaccine, a yearly checkup or help with colds or the flu. You may also visit for health issues like asthma or diabetes.

## **In-Network Urgent Care Center**

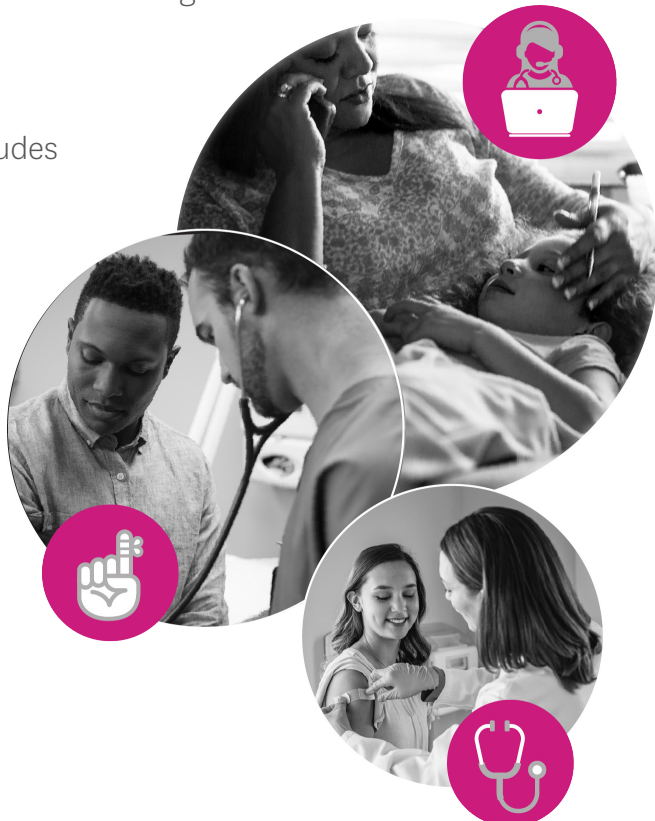
Go here if your PCP's office is closed and you need care for a health issue that is noncritical. This includes flu symptoms with vomiting, ear infections, high fevers and sprains.

## **Emergency Room (ER)**

Consider all of your options before you go to the ER. This care option is for issues that are life-threatening.

### **This includes:**

- broken bones
- bleeding that won't stop
- labor pains or other bleeding (if pregnant)
- shock symptoms (sweat, thirst, dizziness, pale skin)
- drug overdose
- ingesting poison
- bad burns
- convulsions or seizures
- trouble breathing
- sudden inability to see, move or speak
- chest pains or heart attack symptoms
- gun or knife wounds





# 5 Tips to Help Kids Ward Off Nightmares



**Nightmares can cause anxiety on top of sleep loss. They may occur because a child sees or hears something that frightens or confuses them, leaving their imagination to fill in the blanks. Here are five tips for helping your child keep bad dreams at bay.**

- 1. Listen and Reassure.** If your child calls out in the middle of the night, provide a hug and a sense of security. This can go a long way. Remind them that they're safe, at home and that nothing bad is happening to them. Take some deep breaths together and let them tell you about the nightmare. If needed, check out the closet or under the bed to show it's safe. Give extra snuggles and remind them that it was just a dream.
- 2. Do Some Day Prep.** If your child's nightmares are consistent in storyline, character or setting, address fears during daytime activities. Read a book together that has the fear in the storyline but ends happily. Look for games or puzzles with the feared animal or character. These can help your child explore why they are scary and calm their mind at night.
- 3. Get Creative.** Sometimes you have to go on a monster hunt! Leave enough time before bed to search the room for monsters together with flashlights. Hang up a "no monsters allowed" sign on the door or go shopping and let your child pick out a new night-light. Let your child take to bed whatever helps create a feeling of safety—even if it's the family dog!
- 4. Reinforce Routine.** Bedtime routines lower stress. If bad dreams happen often, take the same steps each night to help calm your child. Turn on the night-light, check under the bed, peek in the closet and read a happy story. These are easy steps to add to your child's bedtime routine to help relieve anxiety.
- 5. Face the Fear.** Often the best way to address a fear is to face it head-on. Seeing or doing something "in real life" may help your child understand the difference between a nightmare and reality. If the fear is fantasy-based, work together to rewrite the ending. The two of you can come up with silly ways to change the dream. Let your child know that they get to choose how the story goes!