



WHOLE you



2020 Fall Bulletin

Calendar of Events:

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

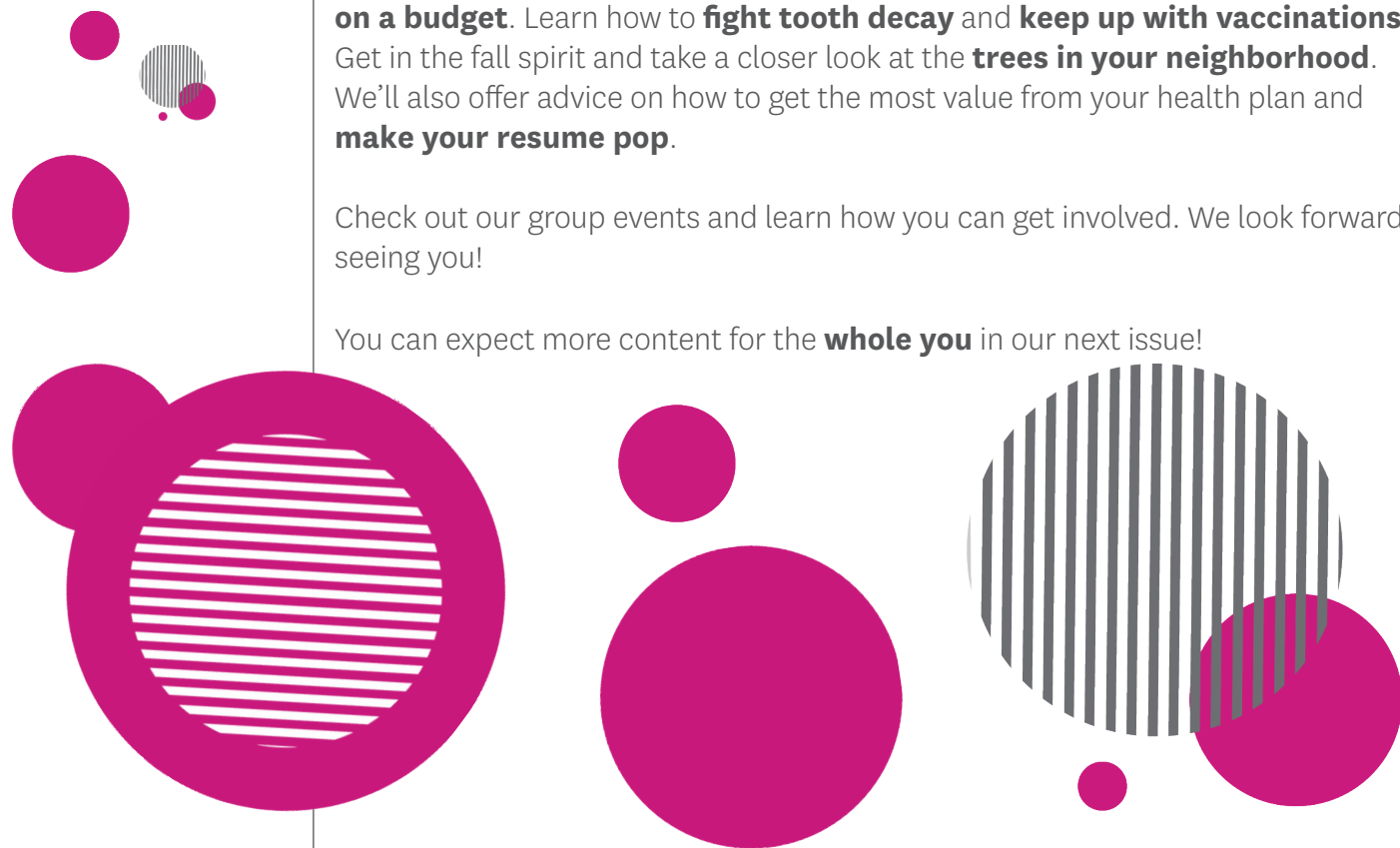
Welcome + Preview of *Whole You*.

Welcome to *Whole You*, a quarterly bulletin from MHS. We hope our last issue gave you some ideas for improving your well-being. Stay updated on local events and your health this season with *Whole You*!

In this issue, read tips for **dressing to impress at work** and **feeding your family on a budget**. Learn how to **fight tooth decay** and **keep up with vaccinations**. Get in the fall spirit and take a closer look at the **trees in your neighborhood**. We'll also offer advice on how to get the most value from your health plan and **make your resume pop**.

Check out our group events and learn how you can get involved. We look forward to seeing you!

You can expect more content for the **whole you** in our next issue!



7 Tips for Preventing Tooth Decay in Little Ones

Diapers, feeding, sleep times. There's a lot to keep track of with babies and young children. Don't forget to pay attention to oral health. Follow these seven practices to protect your little one.



Wipe gums. After each feeding, grab a piece of gauze or a wet washcloth and clean your child's gums to remove bacteria buildup. Be gentle!



Don't dip. Never coat children's pacifiers with honey or sugar to get them to use it. Protect gums and teeth by using only freshly washed pacifiers.



Begin brushing. Once the first tooth emerges, start with a child-size soft toothbrush and use a tiny amount of kid-friendly toothpaste. (The size of a grain of rice. At age 3, you can use a bit more—the size of a pea.) Don't forget to use non-fluoride toothpaste until they're able to spit on their own.



See a dentist. Schedule the first dentist appointment when the first tooth comes in but no later than the first birthday.



Limit snacking. When your child is able to eat solid food, get in the habit of choosing snacks that are sugar-free or unsweetened. Healthier, teeth-friendly snack choices are fruits and vegetables, low-fat cheese and water.



Use water. Be sure to rinse or brush your child's teeth after they have high-sugar food or drink. When possible, give your child water instead of juice.



Schedule checkups. It's hard to spot tooth decay in infants without a full dental exam. Small, white spots can appear on their gums above the upper front teeth but they may not be visible to you. If you suspect your child has these symptoms, contact a pediatric dentist.



Dress to Impress at Work

Looking sharp on the job can make you more confident. Being polished isn't the most important thing, of course. But a bit of extra confidence can help your work performance. Follow some of these tips to make sure you're dressed to impress!

Dress for the job. How you dress at work should depend on a few factors, like dress code, what you do every day and company culture. To begin, make sure your clothes abide by the guidelines your company's leadership has put forth. Next, consider what you do on a day-to-day basis. You want what you wear to be comfortable for those tasks. Finally, what is your company culture like? Take your cues from here on whether to aim for more casual or formal dress.

Invest in the basics. As you build your work wardrobe, keep it simple. Choose a base neutral color like black, gray, white or beige and build from there. Find a few well-made items and wear them often. You can make these the center of your wardrobe, and use accessories to make them more versatile.

Try hand-me-downs. You don't need to ruin your budget. A great way to find high-quality items is to organize a clothing swap with friends. You can also visit secondhand stores. Look for clothes that will last a long time. Do this by paying attention to material: if it's a fabric blend, select a high ratio of natural fibers like cotton and wool to synthetics. For example, you would want a cotton piece of clothing to be at least 60 percent cotton. Other signs of quality include metal instead of plastic zippers, spare buttons, and solid stitching and seams.

Put your spin on it. Do you wear a uniform to work? If so, you may have some limits to what you can do with your look. It's okay! Just get creative. Depending on your company's rules, you may still be able to add some personal style to your uniform with touches like unique jewelry, hairstyles or accessories such as ties or socks. Do what you can to feel like you—and shine!





What You Need to Know About Immunizations

Staying current on shots is important for you and your kids. Protect your health and the health of those around you by following these vaccination tips.

Keep records. Keep track of shots you and your children receive and store these records in a safe place. This can save you time and money. It can also help you avoid getting a shot you don't need. Can't find the records you need? Talk to your primary care provider.

Stay current. Even if you got all your shots as a child, some require "boosters" to remain effective. Depending on your age and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, there are shots for things like the flu that are needed on a yearly basis.

Don't worry. Shots are tested before they are deemed safe for use. Few people have side effects from them. Those who do usually have only mild and temporary ones like soreness or redness where the shot was given.

Travel safe. Don't travel outside of the country without checking about the shots you or your kids may need. Certain countries may expose you to diseases your current shots don't protect you from. Try not to wait until the last minute. Some shots can take several days or even weeks to take effect. The CDC's website is a great resource to make sure you're covered.

Be aware. Vaccines can help you avoid common illness like the flu and whooping cough. These can have serious effects on those around you, like children and those with asthma, diabetes or heart disease. The shots you need depend on your age, your medical history and even your job. Be sure to talk to your doctor to find out which ones are right for you and your family!



You can earn
myhealthpays[®]
rewards when you get
the shots you need!

Smart Start for Your
Baby can help guide
you when you make
vaccine decisions for
your baby!



Feed a Family of 4 on \$200 a Month

Housing and food are the biggest expenses many families face. When budgets are tight, you can give yourself some major relief: cut meal costs. If you aren't in the habit of planning and prepping food, it can be hard. But once you get into the habit, it's second nature. Use these tips to get you and your family started.

Plan, plan, plan. You can't reach a goal if it isn't well-defined. Choose a budget and a meal plan, and stick to it. Do some Internet research. You'll see that many people have had success with plans as frugal as \$200 a month for feeding a family of four. That's \$50 a week. It can be done—and healthfully, too!

Use coupons. Don't worry! You don't need to spend all your time cutting coupons. But pay attention to what you buy often. If you can find coupon deals for those items, use them. Check out the local newspaper; you may find good sales on the front page of your grocery store ad. Another option is using coupon apps on your phone. (There are also apps that will help you plan your meals based on the foods you have.)

Shop at discount supermarkets. These stores provide bulk options that can be less expensive than products at other stores. If you know you will be eating a lot of something that will stay good for a long time—like peanut butter or cereal—get it here.

Make things easier on yourself. Does work keep you too busy during the week to cook? Try cooking meals ahead of time and freezing them. You can throw what you want for dinner into a crock pot in the morning and dinner will be served by the time everyone gets home! The more convenient your plan is, the more likely you are to stick to it.



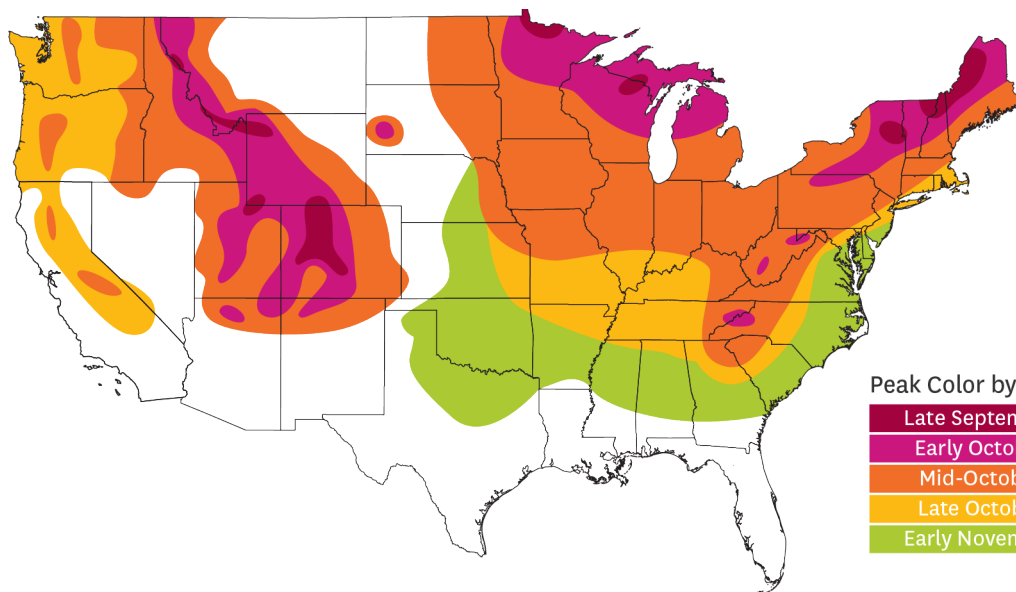
Know Your Trees

Fall is here! The weather is cooler and it's a great time to be outside connecting with nature. You might take a relaxing walk in your neighborhood. Or, you might want to get more of a workout on a weekend hike.

Here's another reason it's a good time of year to be outside: This is when the trees around you really start putting on a show as their leaves change colors. And to tell what kind of trees they are, just take a look at the shape of their leaves.

Here are the leaves of some common trees in the U.S. See how many you can see where you live!

- 1** Sugar Maple
- 2** Ohio Buckeye
- 3** Pin Oak
- 4** American Sycamore
- 5** Tulip Tree
- 6** Ginkgo
- 7** American Elm
- 8** White Oak



Peak Color by Month

Late September
Early October
Mid-October
Late October
Early November

When do leaves have peak color where I live?

The best time to see fall color varies each year, but here are the average times by region.



Use All Your Health Plan Benefits



Do you know about all the benefits your coverage provides? They go beyond medical care. Get the most from your health plan with additional member benefits, like:



My Health Pays® Rewards Program.

Earn rewards when you do healthy things like getting your annual checkup. And you can spend your rewards at places like Walmart*.



Disease Management Coaching. You can receive rewards by working toward your health goals. Complete an initial intake assessment, create a care plan with measurable goals, and complete a successful closure of your care plan to change your life while earning rewards along the way.



IN Tobacco Quitline. Did you know that you can earn rewards while you work to quit smoking? Enroll through IN Tobacco Quitline and My Health Pays will reward you every step of the way.



After-School Programs. Is your child between 6 and 18 years old and a health plan member? Get them free after-school care. Help is available to pay for certain programs.



Transportation Services. If you need a ride to your doctor, we can help! Don't miss another appointment. We'll help you get to your health-related visits.

my health pays®



5 Resume Tips for Landing That Job



Hiring managers have a lot of resumes and LinkedIn profiles to sort through. After a while, they all start to look the same. Don't let yours get lost! Follow these five tips and make sure they get a second look.

Write in a human voice. Being professional doesn't mean you need to write like a robot. Avoid overly formal language and instead write in a conversational way.

Copy what you admire. Do some Google searches for the resumes of successful people. Study their LinkedIn profiles. Meet with contacts whose careers interest you and ask for their input. This will help narrow down the kind of feedback you get and ensure that it's relevant to you.

But don't be afraid to color outside the lines. Anyone can look up a resume template on the internet. Give yourself permission to put your own flare on your resume or LinkedIn profile. What makes you a unique candidate for this job?

Make it relevant. Maybe you are applying to a job in a new field. That's okay if you don't have tons of experience. Figure out which aspects of your old job could help you in this new position. Focus on these job responsibilities and talk about how they might help in the new job.

Keep it short and sweet. When it comes to resumes and LinkedIn profiles, less is usually more. Choose only the most important parts of your career history to focus on. Make resumes visually simple and no longer than one page. LinkedIn profiles can be pulled from what's in your resume.

