



WHOLE you



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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 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**.

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

Adult vaccinations have a lot of benefits. Below are tips to help you protect your health and the health of others.

1

Keep Records

Keep track of your immunizations and put the information in a safe place. Having an accurate record can save you time and money by preventing unneeded vaccinations. Ask your primary care provider to make sure you're current on your shots.



Some immunizations require “boosters” to remain effective. Ask your primary care provider to make sure you're current on your shots.

2

Stay Current

Some immunizations require “boosters” to remain effective. Depending on your age and health, you may also be at risk for different diseases that vaccinations help prevent. Certain shots, like the flu shot, are needed every year. Check with your healthcare provider to find out which vaccines can help you stay healthy.



3

Don't Worry

Many people worry about getting shots. But you shouldn't. Vaccines are tested under strict regulations before they are deemed safe. Few people experience side effects from immunizations. But those who do usually have mild ones like soreness at the spot of the shot. Speak with your healthcare provider if you have any concerns about an immunization.

4

Stay Healthy

Many people cannot afford to get sick. Vaccines can help you stay healthy so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends, and hobbies.



Keep track of your immunizations and put the information in a safe place. Having an accurate record can save you time and money by preventing unneeded vaccinations.

Vaccines give you the best protection available against a number of serious diseases. They are some of the safest ways to protect your health and the health of others.



Apple Pecan Kale Feta Salad with Maple Apple Dressing

Salad:

- 3 cups kale, de-stemmed, washed, and torn
- 1 apple, sliced thinly
- 2 tablespoons cranberries
- 2 tablespoons pecans
- 3 tablespoons crumbled feta

Place the kale in a large bowl. Add the apples, cranberries, pecans and feta cheese on top.

Maple-Apple Vinaigrette Dressing:

- 2 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Whisk the ingredients together and pour over the salad.

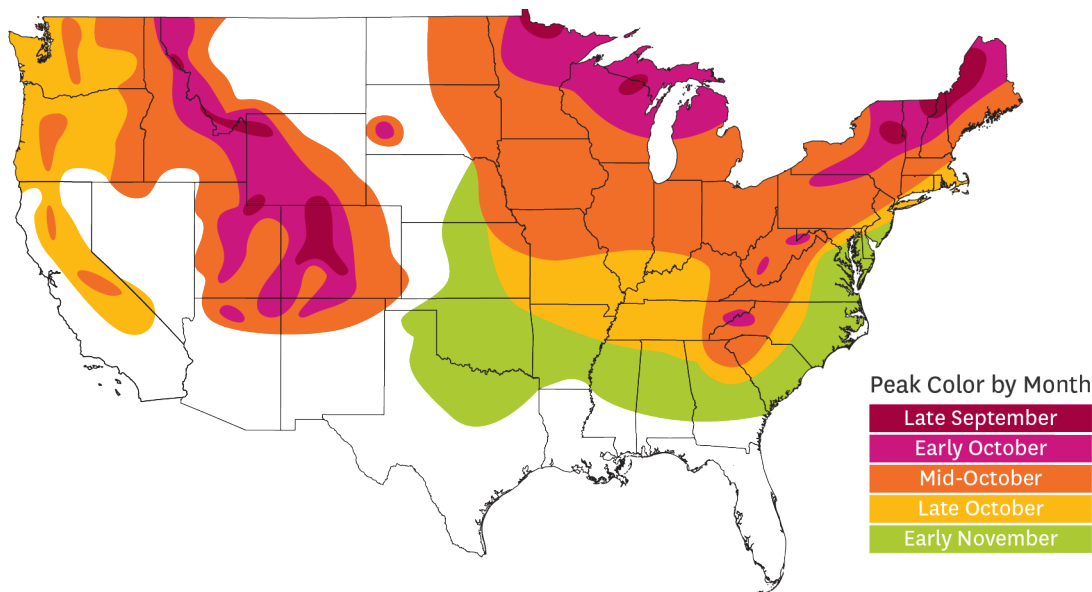


Know Your Trees

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. To tell what kind of trees they are, just take a look at the shape of their leaves.

- ❶ Sugar Maple
- ❷ Ohio Buckeye
- ❸ Pin Oak
- ❹ American Sycamore
- ❺ Tulip Tree
- ❻ Gingko
- ❼ American Elm
- ❽ White Oak



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. Pay for things like rent, childcare, education and more. You can also spend your rewards at 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.



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*healthpays®



What to Know About Breast Cancer

The American Cancer Society estimates that there are over 3.8 million breast cancer survivors in the United States. Early detection is key to successful treatment. Here are ways to lower your risk.

Risk Factors: Alcohol, being overweight after menopause, and not being active are some key risk factors. Be sure to talk to your doctor about your risk factors.

Don't Skip Tests: Mammograms are one of the best tools for early detection. Women should begin yearly mammograms at 40. If you've put off a screening because of the pandemic, schedule it as soon as possible.

Check Yourself: Monthly self-exams are another great tool. The more familiar you are with your breasts, the more likely you'll catch a problem. You can ask your doctor for self-exam resources, or search online at [Cancer.org](https://www.cancer.org).

Don't Delay: If you have questions or think you may have breast cancer, contact your doctor right away.

Spread the Word: Share what you know with friends and family. You could save a life.

