



WHOLE you



Welcome + Preview of *Whole You*.

Welcome to another brand-new issue of **Whole You**, a newsletter from MHS!

This issue has plenty of great information to help you wrap up 2022 on a good note. You'll learn more about dental care and ways to improve your mental health. There's also an easy, at-home exercise guide and tips on how to manage healthy relationships with others.

We hope you enjoy this issue and that it helps you take better care of the whole you.

Get the Most From Your Plan

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

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

- Get care through our virtual care services
- Join our Smart Start for Your Baby® program
- Get answers to questions about your coverage
- Find or change your doctor
- View your claims status and more!

Visit mhsindiana.com/login to sign up today!





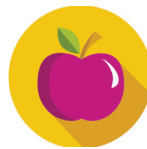
Total Care

It's important to take care of yourself in your day-to-day activities. But being healthy is not just about eating the right food. It means paying attention to all aspects of your life.

That's because every part of you affects another. Sort of like dominos falling on one another. If you're struggling with your mental health, that could impact your sleep. And if you're not getting enough sleep, that could affect your physical health. Before you know it, you're just not feeling your best. But it doesn't have to be this way. Here are some ways you can care for your whole health.



Reduce stress. Stress is something everybody deals with. But it can also impact your entire body with symptoms like headaches or trouble sleeping. There are lots of simple ways to reduce stress. Deep breathing and meditation are good ways to calm down. We know carving out time for yourself is hard, but it's so important. Try reading a book, watching a movie, or taking a walk.



Eating better. Did you know that what we eat affects both physical and mental health? But you don't need to go on an expensive diet. You can help improve what you eat by taking simple steps. Think about using less salt with your food. Instead try spicing up your dinner with things like lime juice, garlic, or red pepper flakes. And consider adding more protein, whole grains, and vegetables to your meals. You'll notice better concentration and stable moods.



Straighten up. Take a moment to think about your posture. How are you sitting? Make sure your back is straight and your feet are flat on the floor. The little time spent doing that can help you avoid issues like back pain in the future. Back pain is a leading cause of disability and a very common problem in the United States.



Get moving. Exercise is important. Aerobic exercise, or cardio, can help you with your mental and physical health. Strength and resistance training are also good forms of exercise. A healthy combination of both types of exercise can help maintain a healthy weight, manage your blood sugar levels, and help to boost your mood.



Get Some Vitamin D. Most people do not get enough Vitamin D. You can get Vitamin D from spending time in the sun. During the winter months this can be harder to do. You may want to take a Vitamin D supplement. Or you could begin to add foods with high levels of Vitamin D to your diet. Vitamin D can improve bone strength, help with depression, strengthen your immune system, and lower your risk for cancer.





Keep Your Shine

Cleaning your teeth isn't just about keeping your breath fresh. A major part of your well-being is your dental care. Did you know your oral health can offer clues about bigger health issues? Or that problems in your mouth can affect the rest of your body like your lungs? Here are some tips for getting the most out of dental care:

Reduce sugar. Try your best to limit sugar from things like soda or candy. Sugar converts into acid in your mouth which can erode the enamel of your teeth. This can also lead to cavities developing. Although you don't have to avoid sugar totally, it's good to be mindful.

Get fluoride. One of the best ways to take care of your teeth is to use toothpaste with fluoride. Fluoride is a mineral that helps prevent tooth decay by protecting your teeth's enamel. It also makes your teeth more resistant to plaque bacteria and sugars.

Use that floss. Most people know brushing is important. But many still miss a vital step in dental hygiene. Flossing is for more than simply getting food that's stuck between teeth. It stimulates the gums and reduces plaque. And if flossing is difficult, look for ready-to-use dental flossers from the drug-store.

See the dentist. It's important to visit the dentist regularly. Your daily dental care is great for your teeth, but even the best brushers can miss hard-to-reach spots. Not only can a dentist clean your teeth and look for cavities, they can spot and treat small issues before they become big problems.





The Care and the Keeping of Relationships

When you're under stress, a trusted friend or family member can really help. But stress can also damage relationships if you're not careful. Follow these tips to keep your relationships healthy.

The Golden Rule: Make sure you treat loved ones and friends the way you want to be treated. Even when you're stretched thin.

Good Fences Make Good Friends: Make sure you have clear boundaries with friends and family. Respectfully let them know if they cross a line.

Know When to Say When: If a friend ditches you over and over, consider if you really want them in your life. And of course, any physical or emotional violence is a dealbreaker.

Listen First, Talk Later: You'll learn more about what someone feels and needs by listening.

Get Help if You Need it: When you can't resolve a conflict with a romantic partner or spouse, don't be afraid to seek professional help. Talking with a religious leader can also be helpful.

Make Time for What Matters: Take time to connect if a relationship is important to you. Even a quick text can help build bonds that last.

Say You're Sorry: If you're wrong, apologize and mean it. Reaching out to fix an issue builds lasting trust.

Speak Up: If you need something from a friend or partner, tell them. Nobody can read your mind – not even your mom.

Important: If you or someone you know are in danger, help is available 24/7 from the National Domestic Violence Hotline. Call 1.800.799.SAFE (7233) or visit [TheHotline.org](https://www.thehotline.org).

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Beef Stew for Cozy Holiday Suppers

Few things can bring the family together like a hot, hearty meal. This beef stew recipe is built on affordable ingredients and comes together quickly. You can adjust the seasonings to your family's tastes, swap out vegetables to your liking, and make it in a slow cooker for an even easier comfort food fix.

Ingredients:

- 3 tablespoons vegetable oil
- 2 pounds beef stew meat, cut into 1 1/2-inch cubes
- 1/2 cup all-purpose flour
- 1 medium onion, roughly chopped
- 1-2 cloves minced garlic
- 3 cups mixed fresh vegetables (potatoes, celery, carrots) chopped into bite-size pieces
- 1 (32-ounce) carton low-sodium beef broth
- 1 (15-ounce) can crushed tomatoes
- 1 teaspoon of your choice of seasoning mix (Creole, Tex-Mex, seasoned salt, etc.)
- 1-2 teaspoons dried basil and/or oregano

Slow cooker directions:

Omit oil (oil bottom of cooker if desired).

Place beef in slow cooker; combine flour, seasoning mix, and herbs; sprinkle over meat and stir to coat.

Add all other ingredients and stir to combine; cover and cook on low 8-12 hours or high for 4-6 hours.

Directions:

Heat oil in a large pot or dutch oven over medium-high heat. Add meat, flour, and onion; cook and stir until browned, 10 to 15 minutes. Add garlic and cook 1-2 minutes longer.

Add broth, tomatoes, and remaining vegetables; stir in seasoning mix and herbs. Simmer, uncovered, until potatoes and carrots are soft, meat is tender, and stew is thick, about 1 hour.

Taste and adjust seasonings; serve with bread, crackers, or corn chips if desired.



Home Is Where the Workout Is

We all know exercise is good for us. But getting enough can be tough if the weather is bad or you don't like gyms. Doing body weight exercises at home can be just as effective, though. This simple routine will help tone muscles, burn fat, and build strength. There's also a version you can do with kids. Start with as many reps as you can do and build from there.

Five Classic Moves:

Pushups. This move works arms and abs better than pretty much anything else. If a classic pushup is too challenging, put your knees down or use a wall. Keep your elbows close to your sides and be sure to keep a straight line from shoulders to toes (or knees).

Crunches. Hard to beat for abs. Keep your lower back flat on the floor as you curl up and down. Your head should be slightly lifted from your chest. Breathe out as you go up, and in as you go back down.

Squats. With squats, it won't take long to feel your legs working. Check that your feet are shoulder-width apart. Keep your knees over your toes as you move down and up.

Chair Dips. A simple, but effective, move to tone your triceps. Sit on the front edge of a chair with your hands gripping the front of the seat. Breathe in as you move your torso off the seat and down. Breathe out as you return to your starting position.

Calf Raises. Raise yourself on your tiptoes, holding for a moment before going back down. Have a chair or wall handy for balance if you need it.



Five Kid-Friendly Moves:

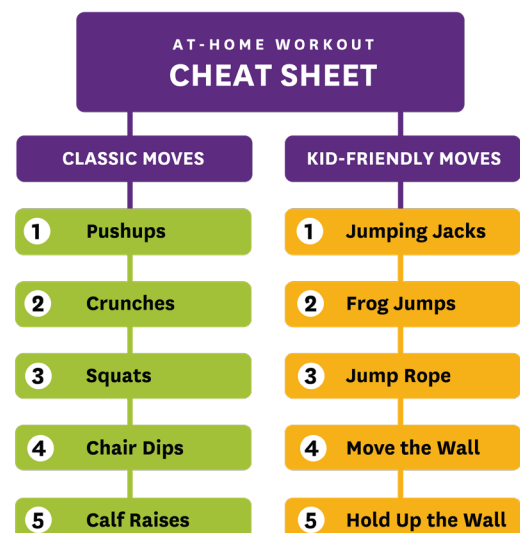
Jumping Jacks. For extra fun, ask your kid to teach you how to do this classic. Have contests to see who can do the most in a row without stopping, the fastest with good form, etc.

Frog Jumps. Also known as jump squats. Stand with feet shoulder-width apart and arms tucked to sides. Squat down as far as you can, then jump up as fast as you can. Repeat as many times as you can.

Jump Rope. There may be no faster way to get your heart rate up. If you have three or more people at home, have two turn the rope while others jump.

Move the Wall. Really just pushups using the wall instead of the floor. We won't tell if you won't...

Hold Up the Wall. Also known as wall sits. Start with your back against a wall and your legs about six inches away. Slide down into a sitting position, "hold up the wall," as long as you can, then come back up. Keep knees over ankles and don't let hips go below your knees.





Free Mental Health Apps

Our mental health impacts how we think, feel, and act. Maintaining a good mental state is a major part of our well-being. But it's not always easy. If you have access to a smartphone, here are some free and helpful apps to check out.

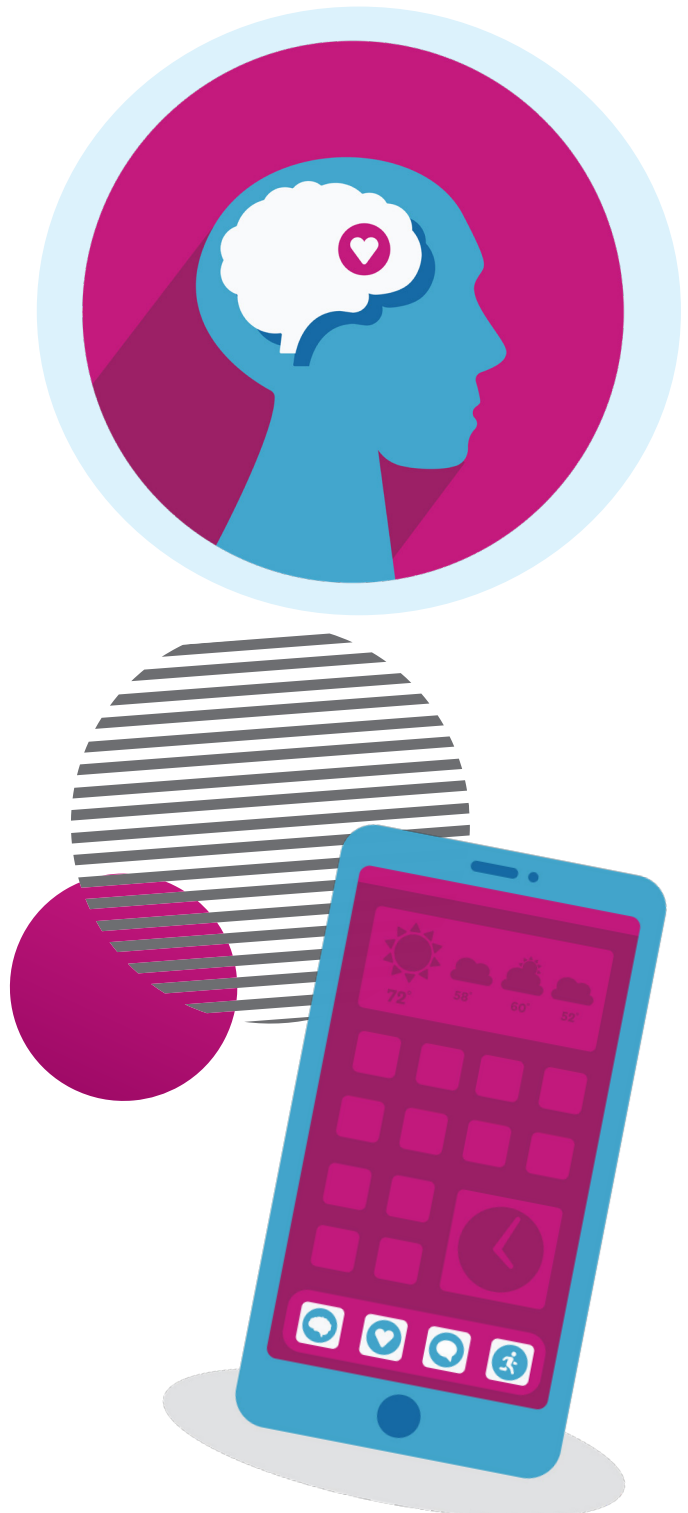
Moodfit. Moodfit helps you track your moods and gives you exercises for negative emotions. The app is adaptable based on your goals and has visual insights to keep you on track. Great for all-around mindfulness.

Calm. Get introduced to the world of meditation with Calm. Although there are in-app purchases, the app offers some free meditation programs to help you manage your well-being.

QuitNow. A popular app designed to help you quit smoking, QuitNow is great for curbing your addiction. It works by dividing the task into small and easy steps. Along the way, you'll celebrate numerous goals and achievements as you continue to quit.

Way Of Life. Although very simple, Way of Life is a good, free goal tracking app. Just choose a habit you want to form or get rid of. Once you have picked your goal, you will get reminders and progress updates on how you are doing.

988 Indiana. If you or someone you know is currently experiencing thoughts of suicide, or a mental health or substance use crisis, please call 988 to reach Suicide & Crisis Lifeline and speak with a trained crisis specialist 24/7. 988 is more than just an easy-to-remember number—it will offer a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.





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.

