



WHOLE you



2021 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*.

We are excited to present you with **the new issue of *Whole You*** from MHS.

In this issue of *Whole You*, you'll see a number of articles that relate to your health plan. These topics include mental health, where to go for care and pharmacy benefits. We'll also explore being eco-friendly, finding quality clothes and how to get the kids to sleep so you can rest!

Don't forget to take a look at our last issue. We talk stress-busting foods, how to prevent skin cancer and healthy BBQ ideas. Our last issue also includes daily life hacks, financial health tips and food benefits you have through your plan—plus, a crossword puzzle!

Thank you for being our member, and for taking care of the whole you. Until next time!

Get More Access to Manage Your Health Better

The Interoperability and Patient Access rule (CMS-9115-F) puts patients first by giving you control and easy access to your health information when you need it most. This lets you manage your health better and know what healthcare resources are available to you.

Learn more today at mhsindiana.com.



Know Where to Go for Care

Make sure you know where to get medical care when you need it. If you get sick or hurt, you have several options to get the care you need.



In-Network Urgent Care Center

Go to a nearby urgent care center if your illness or injury isn't life-threatening and your primary medical provider's (PMP) office is closed.

Visit for:

- Flu symptoms
- Ear infections
- High fevers
- Severe sprains, pulled muscles



Virtual Health

Easy, 24-hour access to in-network providers for non-emergency health issues. Do it all by phone or video at no cost to you. Get medical advice, a diagnosis or a prescription from home.

Make an appointment for:

- Colds, flu and fevers
- Rash, skin conditions
- Sinuses, allergies
- Respiratory infections
- Ear infections
- Pink eye
- Behavioral health



Primary Medical Provider (PMP)

Your PMP is your main provider. Call the office to schedule a visit if you don't need immediate medical care.

Make an appointment for:

- Vaccinations
- Annual wellness exam
- Help with colds, flus and fevers
- General advice about your overall health
- Care for ongoing health issues like asthma or diabetes



Free 24-Hour Nurse Advice Line

Medical professionals can answer your health questions and help set up doctor appointments.

Call for:

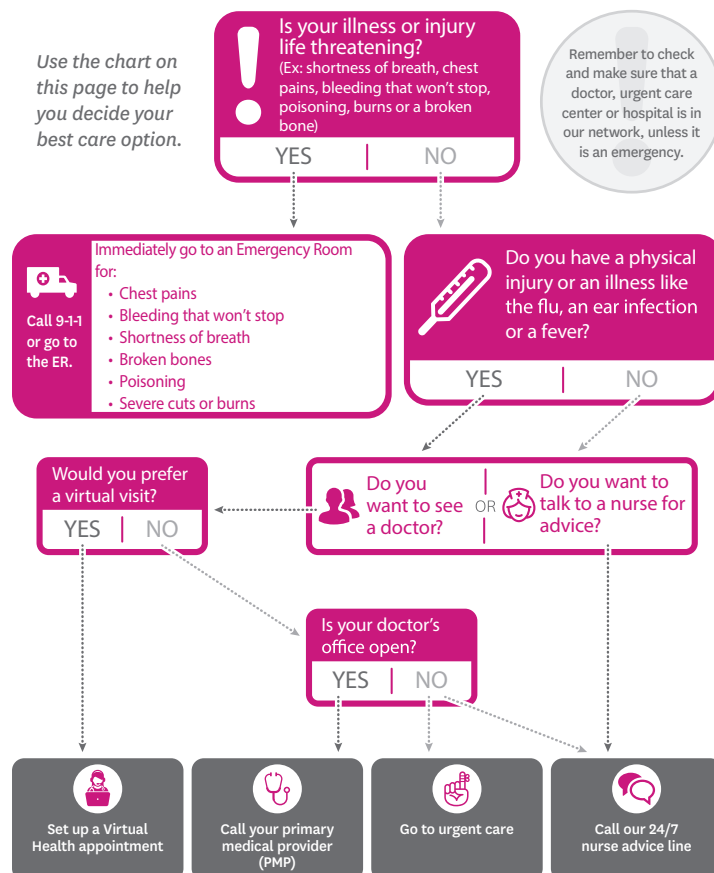
- Help caring for a sick child
- Help knowing if you should see your PMP
- Answers to health questions

Call us toll free: 1-877-647-4848



Emergency Room (ER)

Consider all of your options before going to the ER. Visit the ER if you're experiencing a life-threatening injury or illness.





5 Truths About Mental Health

Your mental health, also known as behavioral health, is part of the whole you. It's just as important as your physical health! Even if you're eating all your veggies, ignoring your mental well-being is ignoring your health.

Incorrect ideas about behavioral health issues may prevent people from getting support they need. Read on to learn five truths about mental health.

Mental health issues have nothing to do with your strength and character.

The idea that mental health issues are a sign of weakness is harmful and untrue. These are medical disorders. Factors shaping mental health include genes and brain chemistry, injuries and diseases, trauma, high-stress jobs and home life, and family history. You cannot (and should not) “power through” mental health issues by pushing down symptoms. These things have a way of coming out, sometimes showing up as physical problems.

Many people have mental health issues but don't know it.

In a given year, nearly 1 in 5 American adults will have a diagnosable mental health condition. And, at some point in their lives, 46 percent of Americans will meet the criteria for a diagnosable mental health condition; half of those people will develop conditions by the age of 14. That's a lot! But, because of mental health stigma and lack of awareness, many people don't realize why they are suffering.

Mental health issues can worsen if left untreated.

Conditions often get worse with time. This is why it's so important to seek help early—and sometimes even when you're not sure you need it! Signs that you or someone you know may have a mental illness include:



1 in 5 AMERICAN ADULTS

have a diagnosable mental health condition

46% AMERICANS

will meet the criteria for a diagnosable mental health condition

Want to check on your mental well-being? It's easy to set up a Virtual Health visit with a Behavioral Health Specialist.

Call 1-877-647-4848

to learn how.

- Feeling sad or depressed
- Trouble concentrating
- Extreme feelings (including fear, guilt, sadness, or anger)
- Withdrawal from friends or activities
- Extreme mood changes
- Alcohol or drug abuse
- Unexplained hostility or violence
- Inability to cope with stress or your feelings
- Delusions, paranoia or hallucinations (such as hearing voices)
- Thinking about hurting yourself or others

You can improve your mental health (often without medications).

Not all treatments involve medications. This is a common myth about seeking mental health support. Psychotherapy (“talk therapy”) can be an effective tool for change for many mental health issues. This often involves CBT, or Cognitive Behavioral Therapy. CBT makes use of our brain's neuroplasticity. Neuroplasticity means we can actually rewire our own brains through changes in behavior. If you choose to try therapy, it's important to find a therapist who understands your culture and makes you feel supported. Trusting your therapist is a big part of success.

But there is nothing wrong with needing medications.

Sometimes lifestyle changes and talk therapy are not enough to address mental health issues. In these cases, medication can play a role in treating mental disorders and conditions. This treatment may be ongoing or temporary. It should always be done under a mental health professional's care.

Your Care Coordination benefit pairs you with a Care Coordinator who can help you find local mental health resources. Learn more at mhsindiana.com.

How to Find Quality Clothing That Lasts

We've all heard it: **1. less is more**, and **2. quality over quantity**. These sayings are true in many areas, and clothing is one of them. While trends will come and go, well-made and well-fitting wardrobe items can continue to bring us joy for years. So long as we are strategic about investing in the right clothes and caring for them right, we can keep lovely staple pieces in rotation for a while.

Here are some quick tips for snagging clothes that will endure the test of time:



Shop vintage. It's not just nostalgia. Some things really aren't like they used to be—and clothing is among them. For a number of reasons, clothing made back in the day is often sturdier and built to last. (Even in cases when this is not true, it's better for the environment to recycle!)



Go natural. Look for natural fabrics. Except for in certain cases (like exercise clothing), reserve a special place in your wardrobe for items that are completely natural, such as 100 percent wool or cotton.



Look at build. How durable is the garment in your hand? Hold it up to the light and stretch one of the seams. See how much light comes through; if the thread is tight and even, keep it. You can also detect the quality of construction by looking at finishing techniques like clean seams and stitched versus glued soles.



Beware of the blend. If something claims to be a “blend,” don't be fooled! This could technically mean that it's made up of only one percent of the natural fabric. Labeling is important, and if it isn't clear, you may want to hold out for something better.





Teach Your Kids to Help the Planet

We all want to set the best example for our children. One of the most powerful ways we can teach our kids how to be in the world is to show them. When we practice eco-friendly habits, we pass these habits on to the next generation—and we show our kids how to live in a way that respects the planet.

Many people want to live greener but feel overwhelmed by what this might mean. Rest assured that even small changes can help! Our world benefits when many people commit to just a few everyday habits. Here are four ways you can move toward an eco-friendly life:



Recycle. This is a basic step that any family can take to reduce their carbon footprint. It's likely that where you live already has a system in place. Be sure to read up on your local recycling guidelines. This will tell you which items to recycle and how to recycle them.



Don't buy plastic bottles. This is simple. Whenever possible, avoid purchasing plastic bottles. Plastics are a huge and quickly growing segment of the trash we produce. Find a reusable water bottle you like, and keep using it!



Go car-free. Whether you're walking, riding a bike or using public transit, there are many great ways to get around. Living car-free or cutting down on car travel can have major impacts on the environment.



Cut down on meat. Eating a plant-based diet is a high-impact strategy for lowering carbon emissions. Exploring meatless options for meals is also a great strategy for health! Eating more fruits and veggies is a good call all the way around.





































































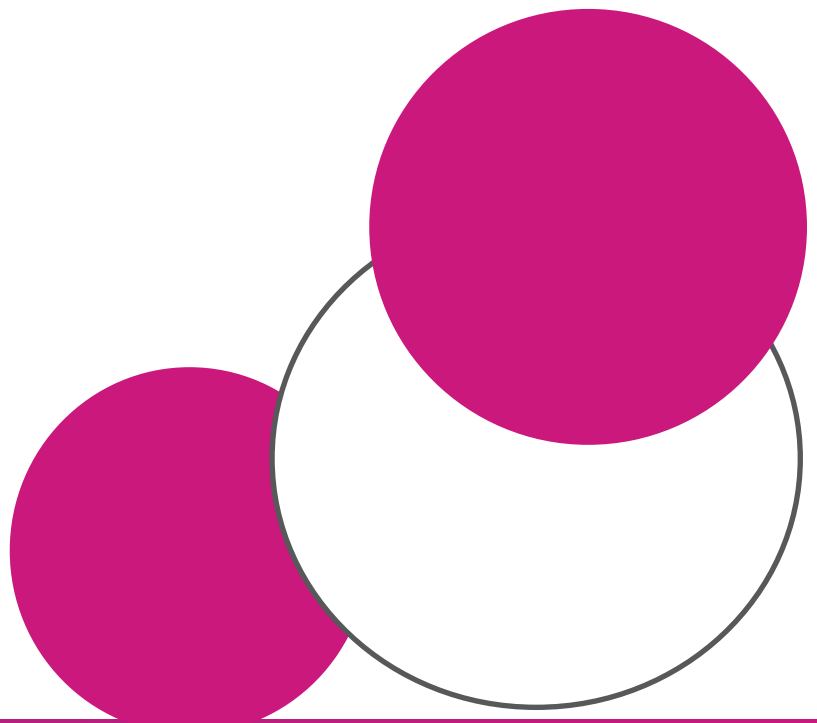
Have Fun Drinking Your Water

Here's a way to keep yourself hydrated and to track it.
Drinking your water can be fun!

WATER TRACKER

Fill in a drop for each glass you drink. Try to finish the week with all of your drops filled!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
   	   	   	   
   	   	   	   
FRIDAY	SATURDAY	SUNDAY	MONDAY
   	   	   	   
   	   	   	   



Getting Kids to Sleep So You Can Rest

Simple as sleep may seem, it can be tough for parents and children to get much sleep! Experts say toddlers and school-aged children should get 10 to 12 hours of sleep each night. But, just trying to get your child to bed can cut into that time. Lack of rest can leave you with a crabby, tired child the next day (not to mention a crabby, tired you). Here are five tips to help your kids snooze so you can catch all the Zs you deserve!



Routine, Repeat. Children respond well to knowing what comes next. This is also true for bedtime. A bedtime routine can include taking a bath, reading a book or singing softly in a rocking chair. Tailor your routine to what your child finds calming. The main thing is to create a certain series of events and stick with it as often as you can. Your child will begin to follow along!



Go Lights-Out. Shut off gadgets 30 to 45 minutes before lying down. This includes tablets, mobile phones, computers and TVs. (Also any bright lights around the home!) These screens cause your brain to be on alert and can suppress melatonin, the natural hormone your body produces to help you sleep. Turning off devices is a great tip for adults, too! Let your mind slow down and relax so you can doze off soundly.



Soothe With Sounds. Does a little voice call out to you every time you tip-toe past your child's room? You may want to consider adding some background noise. A fan, sound machine or soft music can help lull a child to sleep and prevent frequent wakeups when silence is disrupted. This can be extra useful if you have children with varying bedtimes. A bonus is that the background noise will become part of the bedtime routine and your child will connect the sound with sleep.



Quiet Cravings. It's hard to sleep if you're hungry, so don't rule out snacks! It goes without saying that caffeine and sugary foods like candy and cookies are out. But also be on the lookout for hidden sugars in some of your child's go-to snacks. Granola bars, cereal and juice may have more sugar than you think. Don't let gluten-free or organic labels fool you, either. Honey, agave and organic sugar is still sugar! Some lower-sugar snacks include popcorn, pretzels, cheese with whole grain crackers and fresh fruits like berries or oranges. Be sure to check nutrition labels on packaged foods to avoid too much sugar before bed.



Set Up a Sacred Space. Sometimes the sleeping space is the cause of the problem. Is your child's bedroom dark enough? Is it too hot? Are there toys that are easy to access? Remove the pull to play by placing items into bins and taking the bins from the room at night. Invest in blackout curtains or shades for perfect darkness. The ideal temp to sleep in is between 65 and 72 degrees. Consider a fan to level out the room temperature for max comfort. These are the final steps in your bedtime routine!



How to Get the Most from Your Coverage With MHS

As our valued member, you have a number of services available to you. Be sure you get the most from your plan by knowing about your pharmacy benefits like home delivery for prescriptions.

When you need either prescription or over-the-counter (OTC) drugs, your doctor will write you a prescription. Your doctor will then contact your pharmacy, or you can take the prescription to your pharmacy to fill the order and get your drug(s). MHS is committed to providing appropriate, high-quality, and cost-effective drug therapy to all MHS members. MHS works with providers and pharmacists to ensure that medications used to treat a variety of conditions and diseases are covered.

Members have access to a 90-day (3 months) supply of maintenance medications from our preferred mail order pharmacy, CVS Caremark. Maintenance medications are medications used to treat long-term chronic conditions or illnesses.

To learn more about Caremark call 1-888-624-1139 or visit caremark.com/manage-prescriptions/rx-delivery-by-mail.html.

What are your wishes?

It can be hard to talk about end-of-life care. But it's important to talk about it now. That way, your loved ones will know what your wishes are if you become unable to speak for yourself.

An **Advance Directive** is a document that says what treatments you do and do not want. Once you have a directive, there's still more to do. Make sure your doctor puts a copy in your file. Make sure your loved ones know where to find a copy.

You can find more information on **Advance Directives** at caringinfo.org.

Member Rights & Responsibilities

As an MHS member, you have a right to:

- receive information about MHS, our services, healthcare providers and member rights and responsibilities
- be treated with respect, dignity and privacy
- equal access to health care services without discrimination
- information on care and treatment options given in a way you can understand and follow
- talk with your doctor and make decisions about your care regardless of cost or benefits
- say no to treatment or therapy
- a second opinion
- make a complaint about MHS or the service care you received
- ask for an appeal if you are unhappy about the outcome or a complaint or decision
- call MHS to suggest how we can improve our member rights and

responsibilities statement or policy

- receive a Member Handbook
- ask and get a copy of your medical records and to be able to ask that the record be changed or corrected if needed
- know that MHS must follow all federal and state laws and regulations
- be free from any form of restraint or seclusion used as a means of force, discipline, ease or revenge

You have a responsibility to:

- provide MHS and your doctors the information needed for your care
- tell your doctor how you feel so you both understand your health and any problems you might have
- work with your doctor to develop a treatment plan you can follow and ask questions if you don't understand what you need to do