



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 a new issue of **Whole You**, a newsletter from MHS. We hope you can use this to improve your well-being and learn more about your health plan benefits.

In this issue, you'll find ideas for **activities you can do** and **recipes you can make with the family**. You'll get tips on how to get the most out of your **asthma care** and see how your **living conditions can impact your health**. And finally, you will learn new information on **SIDS prevention** and your **heart health**.

We hope this helps you take better care of the whole you. Enjoy!

Stay Connected and More!

Your online member account is a great way to not only stay-up-to-date with important plan information but also to help improve your health!

Look at everything you can do:

- Manage your MyHealthPays® Rewards
- Find or change your doctor
- Get care through virtual health services
- Join Start Smart for Your Baby®
- View your claims status and more!

Visit mhsindiana.com/login to sign up today!



Four Easy and Fun Family Activities

This time of year is busy for everyone. But you can still find ways to sneak in more time for family fun. In fact, we've got some great ideas for family activities that can all be done from the comfort of your own home. And that means you don't have to break the bank while you're having fun and staying home.

Get ready for your family's next Friday night in:



Plan a movie night.

Pick up everyone's favorite movie snacks. Pop some popcorn. It's time to watch a movie or two. Can't get your family to agree on a movie? Check out a new release or something classic from your public library.



Make a meal together.

Nothing brings people together like a good meal — except for a meal you've all made together. Pick some easy dishes that everyone can help with like a healthy twist on pizza, which you'll read about later on in this issue.



Pitch a blanket tent and camp indoors.

Staying in doesn't mean you can't go camping. It's time to bring out all of the pillows and blankets. We're putting up our blanket tents in the living room.



Set up a scavenger hunt.

The great thing about doing a family scavenger hunt is that it's completely customizable. You can hide things inside the house or just use items you already have lying around. You can write riddles for your checklist or use pictures if you have little ones still learning to read.



A Healthy Twist On a Classic Family Dish

Pizza is a fun meal that the whole family can agree on. It's fun to eat and even easier to make. Topping a pizza is a great way to get the entire family to help out with dinner.

But before you make your shopping list, here are some tips to make your tomato pie a little bit healthier:

Grab a veggie crust.

Rather than using a regular pizza crust, try a frozen veggie crust like cauliflower or broccoli.

Try a sugar-free sauce.

You don't have to skip the sauce to make it healthier. Grab a sugar-free option at the store to try. Or even a no-sugar-added one instead.

Go easy on the cheese.

Cheese is a good source of protein and calcium, but everything is best in moderation.



Load up on veggies.

Go crazy with the vegetable toppings. Let the family pick out their favorites and sneak in a couple of your own.

Tip: Save time by stopping by the salad bar at the store to grab fresh, pre-cut veggies!





How to Get the Most from Your Coverage With Asthma Support

As the seasons change, people with asthma can be impacted the hardest. But MHS has various resources available to get you the support you need. Check out a few of the benefits below. Reach out and let us help you create a plan. We want to make sure you have access to the care you need when you need it the most.

For the following services and more, please visit mhsindiana.com or call **1-877-647-4848**.

Find a provider/pharmacy

Search our network of providers and pharmacies to find one that's convenient and easily accessible for you.

Care Management

You will be paired with a care coordinator who can give you specialized attention to help assist with resources and improve healthcare delivery.

MyHealthPays® Rewards Program

Earn rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests, and other ways to protect your overall health.

Transportation Assistance

Your benefits cover non-emergency rides for covered services, like your doctor visits. Set up rides by calling **Member Services** at **1-877-647-4848**.





Where You Live Can Affect Your Health

Recurring health problems can be frustrating. Especially if you're unable to figure out what's causing them. But if you or your family is having recurring issues, it could be linked to your home.

Walls that are damp or moldy can trigger your asthma. Or they can cause other breathing problems. Older homes may have things like asbestos that can harm you.



Symptoms of an Unhealthy Home

- Trouble breathing
- Throat irritation
- Wheezing and sneezing fits
- Increased number of asthma attacks
- Eye irritation
- Recurring headaches
- Aches and pains

If you are a renter, you're not alone. It's your right to have a safe place to live. And the good news is, there is help!

The **U.S. Department of Housing and Urban Development** has a **Resource Locator Tool** online. It helps find housing resources in your state.

The **Center for Disease Control** has additional information and resources.

MHS can help you find local resources for housing needs. Contact us **MHS Member Services** at **1-877-647-4848**.



Five Hydration Hacks

Life gets busy for everyone. It's easy to forget to do basic things like drinking water. While there's no official number for how much plain water you should drink in a day, there are some positive effects to making it a daily routine. Drinking water helps prevent dehydration. But it also helps improve your mood and clears your thinking.

- 1 Start your day with water.** Most of us reach for a cup of coffee before our feet even hit the ground. When you go for your cup of joe, grab a second cup to fill with water. Sneaking in water first thing is a great way to start your day hydrated.
- 2 Carry a water bottle with you.** Using a refillable water bottle is a great trick to making sure you're hydrating throughout the day. If you keep it with you, you're more likely to drink it.
- 3 Mix things up with some fresh fruit.** If you get bored with drinking plain water, try adding some fruit. The more common ones are lemon or lime. But why stop there? If more flavor is what you're missing, add berries, melons, and even pineapple.
- 4 Serve water with your meals.** Instead of pairing your meals with sugary drinks, pour yourself a glass of water. Meals can act as milestones to stay hydrated throughout your day.
- 5 Schedule water breaks.** Use your phone or computer to set reminders to take a break and get another cup of water. Take a moment to refresh and rehydrate yourself.



Understanding the Basics of SIDS

Sudden Infant Death Syndrome (SIDS) is an important topic. We want to offer you more information about SIDS. We hope to help dispel any fear or mystery about it. It's true we don't know the exact cause of SIDS. But we do know there are ways to possibly prevent it.



#1

Know the basics.

SIDS can happen in otherwise healthy infants. Usually, cases are determined when there's no cause of death found. It's the leading unexpected death in infants under a year old. It usually happens during sleep. And is more frequent in the winter.

#2

Certain babies are at higher risks.

SIDS occurs more often in boys than girls. African American and Native American infants are up to three times more likely to suffer from SIDS. Infants 2 to 4 months old are the most susceptible. The mother's age and a pre-mature birth may also increase the risk.

#3

Avoid risks during sleep.

The CDC recommends babies sleep on firm surfaces. And that they be laid only on their backs to sleep. Don't keep soft pillows, toys, crib bumpers, and blankets in their sleeping areas.

#4

Extra exposure can increase chances.

When newborns are exposed to infections or overheating, their chances for SIDS goes up. Especially, if they have underlying issues. Also, smoking during pregnancy cuts the amount of oxygen a baby receives. Which can increase the risk of SIDS.

#5

Prenatal care is key.

Keeping your doctors' appointment while pregnant is so crucial. Your visits can help detect things early. It's one of the most important steps new mothers can take before and during pregnancy.

Even though there are still unknowns about SIDS, you can still try to prevent it. Hopefully, you found this helpful. And it gave you some ideas to help with your baby.



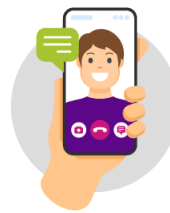
Are You Working Too Much?

Most of us want to perform well at our jobs. But working long hours and not taking care of yourself can cause heart health complications down the road. MHS is pleased to offer a few tips. Helping you avoid the pitfalls of working too much and improve your heart health.



Plan and prioritize

Write down ways to add healthy habits into your schedule. Do you want to eat healthier? Exercise more? How about stop checking emails after dinner? Prioritize your goals. But be realistic with yourself. Small steps can make a big difference.



Connect with others

Spending time with family, hanging out with friends, or calling friends are great ways to get the health benefits of strong relationships. Make the time to enjoy connecting with friends or loved ones — even virtually — and you'll be improving your health!



Slumber smarter

You're at a higher risk for cardiovascular and coronary heart disease when you don't get enough sleep. Aim for the recommended seven to nine hours each night. Having a consistent sleep and wake time is good for your body and mind. It tells them to get into a rhythm that helps you feel rested all day long.



Take some me time

It's important to plan activities you look forward to during the week. Carve out time to read a good book or cook your favorite meals. Even better, think of ideas to stay active, like running or exercising.



Alleviate anxiety

It's important to unwind after a long day of work. Let go of your stress. Unplug and clear your mind. Be present in the moment. Try a free yoga class or meditation with videos online. Take a hot shower or listen to music to decompress. Dedicating time to calm down from a busy day can lower your anxiety and depression. And help keep you healthy and alert.