



Healthy Connections 

WHOLE you

2025 | FALL



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Welcome to another edition of Whole You, a newsletter from Absolute Total Care.

As summer winds down, we're here to help you head into fall feeling your best.

Welcome to the latest edition of Whole You, the newsletter from Absolute Total Care created to support your health and well-being. In this issue, you'll find tips for keeping kids healthy as they return to school, quick and nutritious breakfast ideas to start your day right, and guidance on where to go when you need care.

We're also excited to introduce our new mobile app, a convenient way to access your plan details, find care and manage your health anytime and anywhere.

Be sure to check the calendar for upcoming events in your area. And if you missed our previous issue, you can catch up [here](#).

Thanks for reading. We hope this edition helps you continue caring for the whole you.

It Pays to Stay Healthy

Did you know you can earn My Health Pays® rewards from Absolute Total Care when you complete certain healthy actions? Activities such as completing your health screening, yearly wellness checks and screenings and tests.

Visit [Absolute Total Care](#) today to learn more about our My Health Pays® rewards!

You can use your rewards to make purchases or pay for a variety of services:

- Everyday items at Walmart
- Utilities
- Transportation
- Childcare
- Education
- Rent



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Immediate Care Options – Where to Go and When

1 Walk-in Clinic – When you're sick and your doctor is not available.

Urgent Care centers offer quick, effective care for minor injuries and illness that needs immediate attention but are not life-threatening. Urgent Care has doctors and nurses who can give you a diagnosis and prescription if needed. You do not need an appointment to be seen.

Examples of urgent care:

- Severe body pain with fever.
- Giving a shot or treating a small wound.
- Fixing a simple sprain or broken bone.
- Ear infections or earaches.
- Cold, flu, sore throat.
- Urinary tract infections.
- Minor cuts and burns.

2 Urgent Care – When you need care fast.

These clinics are a good choice when you aren't feeling well and want to be seen in person. They can test and diagnose many common illnesses, just like your doctor's office. Nurse practitioners and physician assistants usually staff them. You can make an appointment online or by calling the clinic.

Examples of basic care:

- Ear infections or earaches.
- Colds.
- Flu.
- Strep throat.
- Sore throat.

3 Emergency Room (ER) – When you have a life-threatening medical emergency.

The ER should be used for life-threatening emergencies. A medical emergency is a sudden illness or condition that could result in serious harm to you and needs care right away. You will be seen based on how severe your condition is.

Examples of a life-threatening condition or possible medical emergency:

- Bleeding that will not stop.
- Suddenly unable to see, move or speak.
- Severe pain, including chest pain.
- Coughing or vomiting blood.
- Convulsions or seizures.
- Chemical poisoning.
- Loss of consciousness.
- Trouble breathing.
- Drug overdose.



Did you know?

If you have a life-threatening emergency, call 911 or go directly to the ER. If you or a loved one are having a mental health crisis, you can call or text 988 for 24/7, private, cost-free help. As an Absolute Total Care member, help is always close by. Call 1-866-433-6041 (TTY: 711), log in to the Member Portal or mobile app, or use the 24/7 Nurse Advice Line for support.





Healthy Connections 

Stay Connected with the Health Insurance Portal App.

✓ Search for Care

Find doctors and urgent care near you, change your primary care doctor and more.

✓ View Your Benefits

See the benefits and services available to you.

✓ Access Your Member ID Card

Open and share your digital member ID card in the app or save it to your iPhone wallet.

✓ Take a Health Quiz

Let us know your health needs to better serve you.

✓ Let Us Know You're Pregnant

We can connect you to programs and services for a healthy pregnancy.

How to Get Started

- 1. Download the App:** Search for “Health Insurance Portal” in the App Store or Google Play.
- 2. Select South Carolina:** From the “state” drop down menu, select “South Carolina.”
- 3. Log In:** Use your member portal login or create an account to get started.

Download Today!



App Store



Google Play



Keep Kids Healthy: Easy Tips for a Safe School Year

Simple Habits for a Healthy School Year

Keeping kids healthy doesn't have to be hard. With a few daily habits, we can help protect them and their classmates from getting sick.

Clean Hands, Healthy Kids

Handwashing is one of the best ways to stop germs. Teach kids to wash with soap and water for 20 seconds, covering the front and back of their hands. Remind them to wash:

- Before and after eating
- After using the bathroom
- After playing outside
- After coughing or sneezing
- After touching shared items

Teach Germ Awareness

Talk with your child about how germs spread and where they hide, such as doorknobs, lunch tables, and keyboards. A little education can help prevent many sick days.

Stay Up to Date on Vaccines

Vaccines protect against serious illness. Make sure your child is current on all required immunizations. Older kids and adults need some vaccines too, so check with your healthcare provider.



Build a Strong Immune System

Support your child's health with simple daily routines:

- Eat a rainbow of fruits and veggies for essential vitamins and minerals.
- Stay active every day with outdoor play or sports.
- Get plenty of sleep to help the body recharge and repair.
- Wash hands often to reduce exposure to germs.
- Stay hydrated by drinking water throughout the day.
- Limit sugary snacks and drinks to keep the immune system strong.
- Schedule regular check-ups with your child's healthcare provider.



Morning Foods to Fuel Your Body



No. 25



Start your day with protein for more energy and better metabolism. Protein helps build muscle and keeps you feeling full. Here are five easy, healthy and tasty ideas.

1 **Make Oatmeal.**

Oatmeal is a great choice to keep you feeling full until lunch. Use skim milk instead of water to boost protein. Top with fresh fruit and nuts to add crunch and extra nutrition.

2 **Go Greek.**

Plain Greek yogurt helps your muscle, hair and skin health. Dress it up by making your own chia peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Next, add chia seeds. Top it off with chopped blueberries and bananas. Use plain yogurt or make smart choices that limit added sugar. Read the nutrition label to make the best choice.

3 **Try Quinoa.**

The options are endless with this healthy grain. People think of quinoa as a lunch or dinner food. Try it in your morning meal and you won't be let down. It is a great source of iron, magnesium, vitamin E and fiber. It can lower your risk of diabetes and improve bone health. Just like oatmeal, quinoa is a great base for a high protein meal.

4 **Pick Peanut Butter.**

A single serving is packed with protein. This makes it a better choice on whole grain toast than butter or jelly. Be sure to measure out two tablespoons. Also check the label to check for added sugar. These steps help you keep calories in check.

Try peanut butter, strawberry and banana quesadillas for another yummy option. To make, spread one tablespoon of natural peanut butter on two whole wheat tortillas. Top one tortilla with slices of banana, strawberry and a sprinkle of cinnamon. Put the other tortilla on top and press gently to help stick together. Cook each side in a skillet on medium heat for three minutes or until golden brown.



JUBILEE:

Festival of Black History and Culture



Something Exciting is Coming!

Now celebrating its 47th year, Jubilee is more than a festival — it's a FREE community celebration that honors the vibrant legacy of South Carolina's Black history and culture. This cherished event brings together musicians, artisans, dancers and storytellers for a day of joy, connection and creativity. With something for everyone to enjoy, Jubilee is a powerful tribute to heritage, art and community spirit.

- Live music featuring performances by talented local and regional artists.
- Traditional artists offering hands-on demonstrations and teaching the public about their craft, with a focus on how their art connects to Black history and culture.
- Children's activities and crafts in the fourth annual Kids Zone, presented by the Columbia (SC) Chapter of The Links, Incorporated.
- Historical and cultural presentations including African American Civil War re-enactors, storytellers, poets, and more, all highlighting the richness of African American history.
- Tours of the Mann-Simons Site and the Modjeska Monteith Simkins House, both located within the festival grounds. Check out www.historiccolumbia.org for more information.

Save the Date

Jubilee: Festival of Black History and Culture

September 20, 2025

11AM-6PM

**Mann-Simons Site
1304 Marion Street
Columbia**



Hosted by:



**HISTORIC
COLUMBIA**

Calendar of Events



Event Recap Back 2 School Bash!

On August 1, 2025, Coach Dawn Staley teamed up with the InnerSole Foundation and Absolute Total Care to help local students head back to class in style. Held at Eau Claire High School, the free event offered backpacks, school supplies, sneakers, as well as face painting, popcorn, ice cream, and plenty of dancing—because nothing jumps off the bus like a new pair of shoes and a smile.



Our community came together for a day of fun, music, and back-to-school spirit with Dawn Staley.

Community Events

September 15 & 16

8 a.m. - 5 p.m.

SC Thrive Conference

670 Verdae Blvd.

Greenville, SC 29607

September 20

11 a.m. - 1 p.m.

**Spanish Heritage
Celebration**

2611 Grant St.

Columbia, SC 29203

September 20

11 a.m. - 6 p.m.

**Jubilee: Festival of Black
History and Culture**

Mann-Simons Site

1304 Marion St.

Columbia, SC 29201

September 27

3 p.m. - 6 p.m.

**The Meadow Community
Crime Watch Fun
Day/National Night Out**

724 Ridgeview Rd.

Marion, SC 29571