

WHOLE you

Summer 2026



WHOLE
you

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Dr. Barry Lewis, MD
Chief Medical Officer

A Message from Dr. Barry Lewis

South Carolina recently reached an important milestone with the end of a major measles outbreak. Over several months, nearly 1,000 people became sick, many of them children who were not vaccinated.

This progress was made possible through a strong response across our healthcare community. Providers, public health teams, and families worked together to identify cases quickly, limit exposure, and increase vaccinations across the state.

Higher vaccination rates were a key reason the outbreak slowed. Thousands of extra vaccine doses were given, helping protect families and reduce new cases.

While this is an important step forward, measles remains highly contagious, and the risk has not gone away. Staying up to date on vaccines is still one of the best ways to protect your child and your community.

Our teams worked closely with providers and communities across the state to support vaccination efforts and respond quickly to new cases.

We all have a role to play in keeping our communities healthy.

- Need help scheduling? Call **Member Services** at 1-866-433-6041 (TTY:711).
- Check if you or your child is up to date.
- Talk with your doctor to get your child back on track.

→ Learn how to keep your child on track with vaccines on page 2.

Dr. Barry Lewis, MD

Chief Medical Officer, Absolute total Care



 **Did
You
Know?**

South Carolina's measles outbreak was one of the largest in decades, with nearly **1,000 cases reported**.

Increased vaccination and a strong response from healthcare teams helped bring the outbreak to an end.



From Dr. Barry Lewis' message:

Here are simple ways to stay on track with vaccines.

Staying on track with vaccines helps protect your child at every stage of growth. Vaccines are a safe and effective way to keep your family and your community healthy. Following the recommended vaccine schedule helps protect your child when they need it most.

- 1 **Check your child's vaccine record**
 - Make sure vaccines match their age
 - Review the recommended schedule
 - [American Academy of Pediatrics \(AAP\) Immunization Schedule - 2026](#)

- 2 **Schedule vaccines on time**
 - Vaccines protect your child at the right stages
 - Follow age-based guidance to stay on track
 - [Download the Child Vaccine Schedule](#)

- 3 **We support your health**
 - Talk to your doctor and ask what vaccines your child needs and when
 - Bring your child's vaccine record to the appointment

! Follow the recommended vaccine schedule to help protect your child.

AAP Recommended Immunizations Schedule - 2026

	Birth	1 month	2 months	4 months	6 months	8 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
RSV	✓	1 dose during RSV season				✓	1 dose during RSV season for those at high risk*					
HepB	✓	✓			✓							
RV			✓	✓	✓							
DTaP			✓	✓	✓			✓				✓
Hib			✓	✓	✓		✓					
PCV			✓	✓	✓		✓					
IPV			✓	✓	✓							✓
COVID-19					✓		Recommended for age group					✓ As recommended**
Influenza					✓		Yearly					
MMR							✓					✓
Varicella	Birth Through 6 Years Old						✓					✓
HepA							✓	Dose 2: 6 months after dose 1				

What is Care Management?

Care management is when someone helps you stay healthy and get the care you need. They work with you to make health care easier and make sure you feel your best. They help with ongoing conditions, complex health needs, or after a stay in the hospital. A care manager can work with you to create a plan so you can work toward your health goals. Your care manager can help you:

- ✓ Find the right doctors.
- ✓ Connect you with resources in your community.
- ✓ Get supplies you need for your home.
- ✓ Help keep track and manage your prescription medicines.
- ✓ Understand and manage your health conditions.
- ✓ Set up visits with mental health professionals like therapists.
- ✓ Enroll you in programs to support your needs.
- ✓ Get the help you need to stop use of alcohol or drugs.
- ✓ Make a plan to get well and stay well.

Absolute Total Care offers care management services for those who need support managing their health. Learn more about care management and if you qualify at absolutetotalcare.com.

We Make It Easy to Get the Care You Need

Need extra support? A care manager can help you stay on track with your health. It can be hard to find time to go to the doctor — or even know where to start. But we're here to help make it easy, even when you're busy.



Want to change your doctor?

You can switch anytime online.



24/7 Nurse Advice Line. Call anytime to speak with a nurse.



No ride? We've got you. We offer no-cost rides to and from your visit.



Five Easy Ways to Get Moving with Friends

WHOLE
you

Hanging out with friends is good for your body and brain! Being social and around people who make you smile can help you feel happy, lower stress, and even keep your heart healthy. Make this time even more valuable and add some movement! Here are five easy and fun ways to get exercise while having fun with your friends.

1. Team Up. Join a local league for softball, soccer, basketball, kickball, or another sports interest. Don't worry if you're not a star player! Most leagues offer options for different age groups or experience levels. You may be able to find groups that are just for fun. Structured group activity provides exercise on a regular schedule.

2. Go for a Hunt. You don't have to break a sweat to get your body moving. Get a scavenger hunt together with friends and family. Use a mobile app that can set most of it up for you. Walking from clue to clue can help strengthen your bones and muscles.

3. Window Walk. Too hot or cold outside? Head to the mall or covered shopping center with friends to be active in all weather. Keep it fun and window shop along the way. Choose spots where you can speed up and slow down to keep your heart rate up. Add some stairs if you can for an extra challenge. Walking helps you work on your heart health and can boost your mood.

4. Play Video Games. Well, active ones! From bowling to archery to dancing, try something to get your heart pumping instead of just sitting on the couch. Make it a group competition and burn some calories!

5. Go Bowling. You'd be surprised how the action of throwing a bowling ball helps strengthen and tone your muscles. Additional health benefits include better hand-eye coordination and improved flexibility and balance. Plus, getting up and down for your turn adds more steps to your day.

Talk to your doctor before starting or changing an exercise routine.

*my*healthpays™

Members can earn rewards from Absolute Total Care when they complete healthy activities.

Members may earn rewards for actions such as:

-  Completing health screenings
- Going to yearly wellness visits
- Getting recommended tests or checkups

My Health Pays® makes it easier for members to turn healthy actions into real life benefits. For more information about Absolute Total Care's Member Rewards Program, visit our [Rewards Program webpage](#).



Fraud, waste, and abuse can raise healthcare costs and take resources away from members who need them most. Absolute Total Care is committed to protecting your benefits.

What it means

Fraud: Intentionally giving false information to receive benefits

Waste: Careless use of healthcare services

Abuse: Practices that lead to unnecessary costs

See something that does not seem right?

Report it. You can remain anonymous. Reporting helps protect your benefits and your community.

How you can help

- Review your medical bills and EOBs
- Make sure services match your care
- Do not share your member ID



Call 1-866-685-8664 or visit [absolutetotalcare.com](https://www.absolutetotalcare.com) to report concerns (you can stay anonymous).



Did You Know?

Connecting Members Through Our New Mobile App

Get the Health Insurance Portal mobile app to stay connected with Absolute Total Care and informed on the go. Our mobile app is a convenient and secure tool, to help you take control of your health.

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.



App Store



Google Play



Learn more at:
www.absolutetotalcare.com

This fresh summer recipe is light, refreshing, and full of natural flavor. It's a simple way to stay cool and nourish your body during warmer months. Eating well can support your overall health, keep you hydrated, and help maintain steady energy levels throughout the day. Small, balanced choices can make a big difference—especially when meals are quick and easy to prepare. especially when meals are simple and balanced.

Why We Love It

- Uses fresh, seasonal ingredients
- Quick and easy to prepare
- Great as a snack or light meal
- Helps keep you hydrated
- Full of vitamins and nutrients

Fresh Summer Fruit Salad

Ingredients:

- ▢ 1 cup strawberries (sliced)
- ▢ 1 cup blueberries
- ▢ 1 cup grapes (halved)
- ▢ 1 peach or orange (cut into small pieces)
- ▢ Juice of 1/2 lemon or lime
- ▢ Optional: fresh mint leaves

Tip: Use any fresh fruit you have on hand—this recipe is easy to change based on what's in season

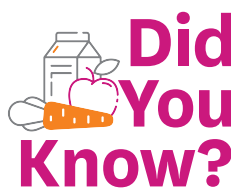


Healthy eating helps your body and mind.
Small steps can make a big difference.



Directions:

1. Wash all fruit
2. Cut fruit into small, bite sized pieces
3. Squeeze lemon or lime juice over the fruit
4. Gently mix everything together
5. Chill for 15-30 minutes before serving
6. Enjoy!



Fruits like watermelon, berries, and oranges are made up mostly of water, which helps keep your body hydrated

Community Impact

We are proud to support events and partnerships across South Carolina that connect members to care, resources, and each other. From community gatherings to educational events, these moments reflect our commitment to improving health and well-being where it matters most.



**Music on Main Concert Series
Spartanburg, SC**

Partnering with local leaders to strengthen community engagement and outreach.



**Baby Shower Our Lady of Mercy
Charleston, SC**

Celebrating and supporting moms with education, essentials, and care resources.



**SC Head Start Parents Conference
Charleston, SC**

Sharing resources and support with families to help children get a strong start.



**Music On Main with Mayor Rice
Spartanburg, SC**

Connecting with the community through local events that bring people together.



**Partnership with Eli Collin's
Foundation
Florence, SC**

Supporting community-driven efforts to expand access to care and resources.



Community Events Calendar

Connect with us at our upcoming community events this year. Learn more about your health plan benefits, access helpful resources, and meet our team in your area.

Need help finding an event?

Absolute Total Care Member Services can help members find events and resources in their community.

Visit: www.absolutetotalcare.com

1

Music on Main

**June 18, 2026
5:30pm-8pm
100 W. Main St.
Spartanburg, SC**

Join us at the City of Spartanburg's annual music festival! Stop by our table to learn more about your health plan and pick up helpful resources.

2

Rooted in Freedom

**June 20, 2026
9am-1pm
28 Bolt St.
Greenville, SC**

Attendees will have the opportunity to receive free screenings, including urgent care services and diabetic eye screenings.

3

Juneteenth

**June 20, 2026
3pm-9pm
River Front Park
1061 Everglades Ave
N. Charleston, SC**

Join us at a local Juneteenth celebration! Stop by our table to learn more about Medicaid and Absolute Total Care member benefits—we're here to connect and support our community.

 Questions? Call us at 1-866-433-6041 (TTY: 711).

 All events are open to members and the community.

***Community events can help members stay active, learn
new skills, and connect with local resources.***