



# WHOLE you



Spring 2026

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## Welcome to Whole You!

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

This issue is filled with helpful tips, resources, and updates to support members' health and well-being. Inside, members will find:

- Simple ways to eat healthy on a budget
- Great news for our members
- Tips for managing stress and supporting mental health
- Information about Absolute Total Care programs and services

Members are encouraged to check the calendar for events happening in their community and explore the articles that support caring for the whole you—mind and body.

**Members can earn *my*healthpays™ 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®** rewards can be used to help cover everyday needs for members and their families. Rewards can be used to help pay for:

- Groceries and household items
- Utilities and phone services
- Transportation
- Childcare
- Education expenses
- Rent

**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](#).



### Did you know?

Being an Absolute Total Care member comes with extra support—like GED testing, diaper rewards, and OTC benefits—all at no cost to you.

Get in touch with many more resources by calling **Member Services** at 1-866-433-6041 (TTY: 711).





## Absolute Total Care has been named a top health plan for member experience.

We are proud to share that Absolute Total Care received the 2025 Human Experience (HX) Pinnacle of Excellence Award® from Press Ganey. Press Ganey is a national company that measures how well health plans serve their members.

This award means Absolute Total Care is in the **top 5% of health plans** in the country for overall member experience. This ranking is based on member surveys over two years.

### What This Means For You

This award shows that our members feel:

- Listened to
- Supported
- Cared for

Your feedback matters, and it helps us improve the care and services we provide.



*This award symbol shows that Absolute Total Care is a top health plan for member experience.*

### Three Reasons This Is Great News For You

**1**

#### We listen to you.

Your feedback helps guide the way we serve you. Member surveys help us understand what is working and where we can do better.

**2**

#### We make healthcare easier.

We connect with you in the way you prefer and help make it easier to get appointments, transportation, and care.

**3**

#### We support your health.

We support your health through reminders, member outreach events, and close partnerships with doctors and care teams.

### Looking ahead

In 2026, Absolute Total Care will keep focusing on:

- Easier access to appointments
- Strong support from doctors and care teams
- Better care coordination

Our goal is simple: to help you stay healthy and feel supported.



Learn more at:

[www.absolutetotalcare.com](http://www.absolutetotalcare.com)





Did you know that people who plan before they visit the store can save hundreds of dollars on food every year? Many people think healthy eating is too expensive. But there are lots of ways to eat healthy and not blow your budget. Making the choice to start eating healthy is step one. Step two is knowing what to buy and getting a shopping plan in place.

## 1 Make a List - and Stick to It!

Making a list cuts down on buying things you really don't need. Check the weekly ads of the stores in your area to find the best deals on healthy options. Everyone knows fruits and vegetables are good for you. But buying items in season and frozen options can help you save money. For meat, check for price per pound deals and consider buying larger portions and freezing what you don't use. Don't get hung up on the packaging. Many times, store-branded items are more affordable than brand name items.

## 2 Check the labels.

Frozen and canned food items can be healthy! Read food labels and choose items with lower salt and sugar. This is a good way to make sure what you are buying is healthier.

Look for:

- Vegetables in water with low salt
- Canned fruits in water, not syrup frozen veggies without sauce frozen, no sugar added fruit
- Low sodium soups that are broth based rather than cream
- Instant whole grain rice rather than flavored rice packets

## 3 Buy Items You Can Use More Than Once.

Leftovers don't have to be boring! Get creative and think about how you can cook once but eat twice. For example, whole chickens are usually a low-cost protein source that can be used for multiple meals. Bake the chicken with veggies for dinner one night, then use the leftovers for tomorrow's meal. From tacos to stir-fry to soup, the possibilities are endless!

## 4 Buy in Bulk.

Going in with a friend or family member to purchase large quantities of items can help keep your spending down. If you don't have anyone to share bulk items with, break them down into smaller quantities. Freeze the portions for fast and easy use later.





## Anxiety and Stress: Know the Signs

Anxiety and stress can affect your mind and body. Some common signs include:

- Low energy levels
- Trouble sleeping
- Increased use of alcohol or tobacco
- Feeling irritable or having a bad temper
- Headaches
- Constant worry

## What Can Make Anxiety Worse?

Stressful life events can make anxiety feel stronger. Worries about getting sick, losing a job, or losing housing can cause a lot of stress and make it hard to cope.

## When It's Time to Get Help

If stress or anxiety feels like it has taken over your life, it may be time to get help. Asking for help is an important step toward feeling better.

Your primary care provider (PCP) can help you understand your symptoms and decide if you need extra support. There are many options available to support your mental health.

## Ways to Get Support

You can:

- Talk with your primary care provider
- Speak with a licensed counselor
- Learn more about your healthcare benefits at [www.absolutetotalcare.com](http://www.absolutetotalcare.com)
- Call Absolute Total Care to get connected to services that can help

## You're Not Alone

Your mental health is just as important as your physical health. Help is available for you and your family. Absolute Total Care can help you find local resources and support.

If you are feeling overwhelmed, stressed, or anxious, you are not alone. Help is available.

### Need Help with Everyday Needs?

Call 211 - 211 can help connect you to local support for food, housing, utilities, and other services.



### Get Support Anytime

Call or text 988 - The 988 Suicide & Crisis Lifeline is free, confidential, and available 24/7.

**HERE  
FOR YOUR  
HEALTH**

## Need Help or Have Questions?

Call Absolute Total Care Member Services at **1-866-433-6041 (TTY:711)**, 8 a.m. to 6 p.m. (EST), Monday - Friday.





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.

✓ **Search For Care**

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

✓ **View Your Benefits**

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

✓ **Access Your Member ID Card**

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



**Download Today!**

**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



## More hospitals and care coming to South Carolina



**South Carolina is growing fast. More people are moving here, and new hospitals and healthcare centers are being built across the state to meet these needs.**

Between July 2024 and July 2025, South Carolina added nearly 80,000 new residents. Because of this growth, healthcare systems are expanding services so members can get care closer to home.

### What's Being Built

Several new hospitals and healthcare facilities are under construction or planned across the state. These projects include:

- New community hospitals with emergency rooms and inpatient beds
- Expanded emergency and urgent care centers
- Medical office buildings for doctor visits and specialty care
- New behavioral health and cancer care facilities

These projects are happening in areas like Bluffton, Charleston, Greenville, Indian Land, Easley, Hilton Head Island, North Charleston, and Fort Mill.

### Why This Matters to You

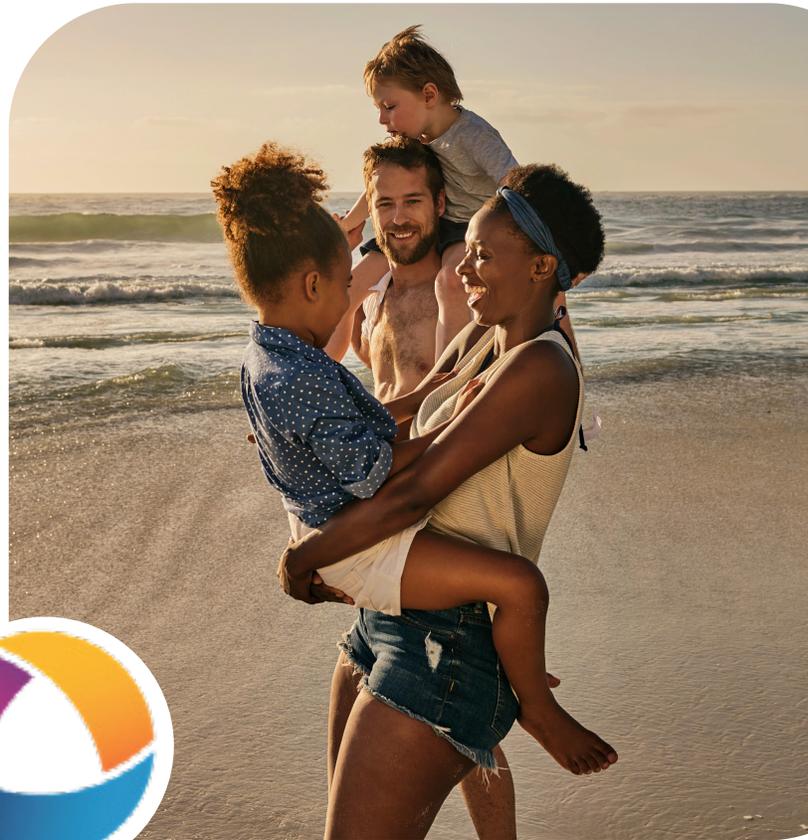
More hospitals and healthcare centers mean:

- Shorter travel times for care
- More access to emergency and urgent care
- More doctors and services in growing communities
- Better support for physical and mental health needs

With South Carolina growing, these new facilities will help bring care closer to members when they need it most.



**HERE FOR YOUR HEALTH**



### Our Commitment to Members

Absolute Total Care is committed to supporting members as healthcare services expand across the state. We help you understand your benefits, find providers, and connect to care in your community.

We are here to help. If you need help or have questions, call **Absolute Total Care Member Services** at 1-866-433-6041 (TTY:711), 8 a.m. to 6 p.m. (EST), Monday – Friday.

**Source: Becker's Hospital Review**



### Healthy eating for your heart and blood sugar

This soup is filling, budget friendly, and packed with vegetables. It's a great way to warm up and nourish your body. Eating healthy can help protect your heart and keep blood sugar levels steady. Small food choices can make a big difference—especially when meals are simple and balanced.

#### Why We Love It

- Uses simple, low cost ingredients
- Easy to make in one pot
- Great for leftovers
- Full of vitamins and fiber

### Hearty Vegetable Soup

#### Ingredients:

- 1 tablespoon oil
- 1 small onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 4 cups low sodium broth (chicken or vegetable)
- 1 can (15 oz) beans (black, kidney, or white), drained and rinsed
- 1 cup frozen or fresh vegetables (corn, green beans, or peas)
- Salt and pepper to taste

Optional: Add cooked chicken, pasta, or rice for extra protein and energy.



HERE FOR YOUR HEALTH

#### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, carrots, and celery. Cook for about 5 minutes.
3. Add garlic and cook for 1 more minute.
4. Stir in tomatoes and broth. Bring to a boil.
5. Add beans and vegetables. Lower heat and simmer for 15–20 minutes.
6. Season with salt and pepper. Serve warm.

Making a big pot of soup can save time and money. Freeze leftovers in small containers for quick meals later.



**Did You Know?**  
Fiber helps your heart and helps control blood sugar.

Join us in the community!



## 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](http://www.absolutetotalcare.com)

1

**Rubye H. Jones  
Head Start  
Parent Meeting**  
40 John McCarroll  
Greenville, SC  
1pm - 1:30pm  
Feb. 26, 2026

Stop by the Absolute Total Care table during the parent meeting to learn more about the health plan. Marketing materials will be available.

2

**Minni Hughes  
Elementary  
Parent Expo**  
8548 Willtown Rd.  
Yonges Island, SC  
9am - 11pm  
Feb. 28, 2026

Visit the Absolute Total Care table to learn about Medicaid and ATC benefits. Food provided.

3

**Beta Pi Zeta  
Chapter City Wide  
Baby Shower**  
35 Council St.  
Sumter, SC  
10am - 1pm  
Feb. 28, 2026

Community Baby Shower with giveaways and educational information.

 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.***