

WHOLE you

2021 Spring Bulletin

Welcome Back!

We are excited to bring you a new issue of Whole You from Absolute Total Care. Stay updated on local events and your health this season with Whole You!

In this issue of Whole You, prepare for the holidays with tips on how to quit smoking, sleep for better health, and include more healthy habits in your day. We shine a light on home life with some DIY decor ideas and indoor winter fun for kids. Plus, we'll offer insight on mental health in children and how to utilize the 24/7 Nurse Advice Line.

Check out our group events and learn how you can get involved. We look forward to seeing you!

In our next issue, expect more content for the whole you.

Absolute Total Care in the Community

Absolute Total Care is proud to be part of your community. Throughout the year, we participate in a wide range of events across South Carolina.

Recently, you may have spotted us at one of the below events:

- *SC Community Action Partnership and SC State Head Start Association Spring Conference*
Columbia, SC

Clear The Air - Break The Habit

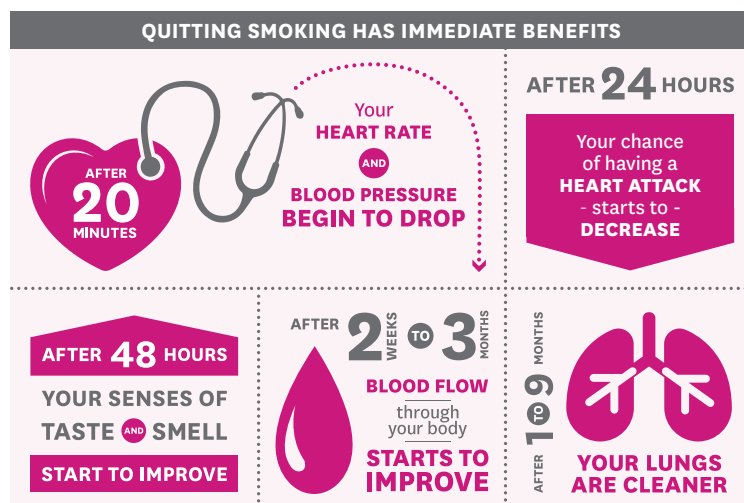
Smoking and using other tobacco products are linked to many health risks for both smokers and nonsmokers. Even still, these habits are hard to quit. The good news is that once you stop smoking, you can experience health benefits, no matter how long you've been a smoker.

Among the health issues linked to smoking is lung cancer. The risk of developing lung cancer as a direct result of smoking has been on the rise in recent years because of the harsher chemicals in cigarettes.

Your Absolute Total Care benefits include a tobacco cessation program with helpful information and support. This includes coverage of quitting aids that can make your process smoother. We understand that quitting isn't easy.

You can take charge of your health by kicking your habit. Here are some steps to help you quit smoking:

- **Set a date to quit.** Schedule a date to quit seven to 14 days from today's date. Choose a time when you can relax and focus on this change. Holidays and other stressful times are probably not the best times to quit.
- **Learn from your past.** Think about what you did the last time you tried to quit. What worked? What didn't? Plan for the times, places, and activities when you did smoke, like having a cup of coffee, after a meal, or driving.
- **Get support and create a smoke-free life.** Tell others you are quitting. And set rules that keep other people from smoking in your house, car, or in front of you. Take all cigarettes and ashtrays out of your car, home, and workspace. You can also find a quit-smoking mobile app to help keep you honest with your progress.
- **Talk to your doctor.** Contact your primary care provider (PCP) about your decision to quit. Your doctor may offer possible medications and products that can help you quit. Some work better than others. Ask for a recommendation.



Wash Your Brain With...Sleep?

Few things have the power to affect your mood and health like sleep. What might only seem like a minor problem when you're well-rested can feel like a total mind collapse if you've been up all night.

Good health starts with healthy habits. And sleep matters because it can help prevent serious health issues like diabetes, heart disease, and obesity. Alzheimer's, stroke, and dementia have also been linked to sleep problems.

Scientists have long asked why we spend so much of our lives asleep. Some research suggests that our brains, when we rest, are like dishwashers. They use this time to clear out toxins that have built up.

Even if we know enough about sleep to know we should get more of it, most of us don't get enough. Sleep myths are common. One is the belief that you can adapt to very little sleep with time and practice. Another is that you can "catch up" on lost sleep and it's just as good as getting regular sleep each night. (It's not.)

- Keep a set sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least seven hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid caffeine in the late afternoon or evening.
- Avoid alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Age Group	Recommended Hours of Sleep per Day
Newborn (0-3 Months)	14-17 Hours
Infant (4-12 Months)	12-16 Hours (Including Naps)
Toddler (1-2 Years)	11-14 Hours (Including Naps)
Preschool (3-5 Years)	10-13 Hours (Including Naps)
School Age (6-12 Years)	9-12 Hours
Teenager (13-18 Years)	8-10 Hours
Adult (18-60 Years)	7+ Hours
Adult (61-64 Years)	7-9 Hours
Adult (65+ Years)	7-8 Hours



How to Get the Most From Your Coverage - 24/7 Nurse Advice Line



It's good to know all of your options when it comes to medical care. And it's good to know that Absolute Total Care offers the 24/7 Nurse Advice Line at no cost to you. So you can get medical advice without leaving home!

Our free 24/7 Nurse Advice Line allows you to get quick, expert answers to your health questions from registered nurses. These nurses have spent lots of time caring for people. Now they are eager to help you.

Use the 24/7 Nurse Advice Line to:

- Find a PCP

- Talk about concerns while caring for someone who is sick
- Determine the best place to go for care — your PCP, the ER, or somewhere else
- Schedule a ride to a medical visit
- And more!

A normal medical visit can take weeks or months to get into. You may not even be sure whether you need one. This simple, fast, and free benefit is a great place to start if you are unsure of the best care option for you or a loved one. Or, if you just want the comfort of hearing a medical expert on the other end of the line!

Spring Into Healthy Eating Habits

If you're unhappy with the way you eat — because you want to change your health, your mood, or your body — a good place to start is with getting to know yourself better.

Be honest. When you assess your true eating habits, you're more likely to be able to make and keep healthy changes. Do you find yourself reaching for sweets when you're stressed? Are you skipping breakfast? Is lunch a quick run to a drive-through?

Don't forget to give yourself credit for the good eating habits you already have! Do you eat when your body tells you to? Do you enjoy what you eat? These are healthy habits, too! You can build on these as you keep making healthier food choices.

What we eat can seriously affect our mood, and the reverse is true, too! How we feel can have a major impact on what foods we crave. If we're stressed, we may be more likely to reach for high-fat and high-sugar comfort foods that aren't always the best for our bodies. We all have our struggles, and it's important to focus on emotional health.

- **Get support.** See if a co-worker, friend, or family member is also interested in making healthy changes. Together you can share recipes and advice.
- **Take notes.** Consider keeping a food diary or use an app to track your current eating habits.
- **Have fun.** Suggest activities with friends that aren't food-focused. Maybe a walk through the park or a night of dancing.
- **Use add-ons.** Add more fruits and vegetables to both your meals and snacks. Whether it's a sliced banana on your favorite cereal or a salad for lunch, it's all good!



- **Make it easy.** Keep healthy snacks nearby, like air-popped popcorn or dry-roasted mixed nuts. Or, find a recipe you like and make your own!
- **Be patient.** Know that changing your eating habits will not happen overnight. Don't beat yourself up if you have a "bad" day. This is about learning new ways to enjoy food and making small changes over time.

DIY Decor to Make Your Home Your Temple

Your home is where you want to be able to feel safe and relaxed. It's where you can be you. It makes sense, then, that you would also want your home to reflect your unique style — to make it even more like your personal temple, away from the outside world.

A great way to connect with yourself and your space is to get creative with your hands. You don't need to drop a lot of money on the newest decor. You can transform a room with simple changes. Give some of these DIY decor ideas a chance!

(A) Craft your own headboard.

Want to give your bedroom a new look? It may be as simple as switching up the area behind your bed. There are many ways to do this even if you're looking for a fast project. Find a large tapestry that you love and hang it where a headboard would go. You can get the same effect with a floor-to-ceiling strip or two of removable wallpaper!

(B) Bring back old items.

Use your imagination! Find some board games whose designs you enjoy and use them to decorate your walls or

repurpose their boxes for a more unique storage option. Display your favorite trinkets in a vintage printer's tray. Add colorful paint to a drab chair or an old vase.

(C) Create art from art.

Choose a piece of art that speaks to you. It doesn't need to be a painting — it could be an album or a sculpture. Let this inspire an entire statement wall in the room of your choice. This wall will be the focal point of the room. Use bold paint or wallpaper that matches this piece of art, and use accent pieces throughout the room that complement these colors.

(D) Let there be light (and life).

Never underestimate the power of plants and lighting to change your space. Brighten up any room with a pop of color that a little green will provide. Change the mood of your place by using the glow from lamps and other light sources instead of the usual overhead kind. Or try “layering” light: combine lights at the level of the floor, the wall, and the ceiling. Think table and floor lamps, hanging fairy or bulb lights, and even candles.



No-Screen Indoor Fun for Kids



When winter hits many areas of the country, freezing temps and icy conditions make it unsafe for outside playtime. As dropping temps bring frozen weather to many this winter, and with the need to protect ourselves and others from the spread of COVID-19, outside playtime may not be safe. But being stuck inside doesn't mean the only way to keep kids having fun is by sitting them in front of a screen. Here are a few ways to get children up, moving, and having a good time without leaving the comfort of home.

1. Stay on Course. Choose a room with some open space, like the living room or basement. Now, make an obstacle course! Stack up some books to hop over, skip to the end of the room, and set up a jump rope station. Furniture in the way? Use it as another obstacle to run around or leap over! The kids will be laughing and breaking a sweat in no time.

2. Play Musical Chairs. Grab the kitchen chairs, some music, and your family for a fun-filled game that will get your blood pumping. In between the laughter, you'll find out who's the most competitive!

3. Hoop It Up. Clear a space that's free of furniture, sharp edges, and breakables and then take out the hula-hoop. This old standard is a great way to get kids moving. Plus, it strengthens core muscles! For a creative twist, have them walk backwards while hula-hooping or spin the hoop around their arms or ankles.

4. Have Farm Fun. Remember animal races from when you were a kid? Bring back some of the classics for your children. Have them bunny hop across the living room, squat and waddle like a duck through the kitchen, and jump like a frog in the hallway. Ask them to imitate the moves of their favorite animal, then have everyone join in!

5. Slide and Skate. Using a room without carpet, have the kids put on some socks and "skate" through the space. Make a game of it by having your children (or you) challenge each other to see who has the best "ice skating" spin or who can skate the fastest to a certain point. Stay safe! Make sure the furniture is out of the way before you start and wear any protective gear you have, like knee pads.

6. Go Scavenger Hunting. Create a set of clues on index cards or small pieces of paper. These will tell where to find the "treasures" — small items or prizes that you will have hidden around your home. You can make this game as easy or as hard as you'd like. If your kids aren't old enough to read, draw pictures!



Behavioral Health is Part of Children's Well-Being

It's good to know what can impact your child's behavioral health, also known as mental health or mental well-being. One in five children has a mental health condition. Where your children live and their sense of safety affect their mental well-being. Without help, children can struggle at school and with others. This can impact their overall health in the long term. Some other areas that may impact your child's behavioral health include school, diet, family issues, and genetics.

Stress from these things can cause mental strain. Sometimes it can be hard to tell if your child's behavior needs to be looked at by an expert. Some signs include:

- Major change in daily mood
- Change in school performance or behavior
- Constant worry
- Decline in sleep
- Frequent nightmares
- Increased aggression
- Frequent temper tantrums
- Less interest in school or favorite activities
- Shift to choosing to spend time alone
- Unexplainable headaches or belly aches



You can talk to someone if you are worried about your child. It may be hard to admit that your child is having problems. But you are not alone. Nearly 20 percent of American youth suffer from a mental disorder. It is up to you to protect your child's health. It is just as important to check on their mental health as it is to check on their physical health.

Your child should get a well-child visit every year. Talk to your child's doctor if you notice a change in how your child learns, plays, speaks, or acts. Ask for help early. This will help them be successful and avoid long-term health problems.

You have the right to seek care for your child. There are resources available to you no matter where you live or where you come from. Absolute Total Care can help.

Mental Health America has a parent test that can help you decide if your child is showing signs of a behavioral health condition.

Resources are also available to help you find healthy food, housing or other needs that support your child's physical and mental well-being. Absolute Total Care can help you find local resources. Contact us at absolutetotalcare.com or 1-866-433-6041 (TTY: 711).

Notice of Non-Discrimination

Absolute Total Care (ATC) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATC provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact our Manager of Member Services, by mail at: 1441 Main Street, Suite 900, Columbia, SC 29201; by phone at: 1-866-433-6041 (TTY: 711); or by email at: ATC.MBRsvc@centene.com.

If you believe that ATC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance using the contact information provided above. You can file a grievance in person or by mail or email. If you need help filing a grievance, we are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201 or by phone at: 800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language Services

If your primary language is not English, language assistance services are available to you, free of charge. Call: 1-866-433-6041 (TTY: 711).

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-433-6041 (TTY: 711).

إذا كانت لغتك الأساسية غير اللغة الانكليزية فإن خدمات المساعدات اللغوية متوفرة لك مجاناً. اتصل على الرقم:
1-866-433-6041 (رقم هاتف الصم والبكم 711)

Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-866-433-6041 (TTY: 711).

Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-866-433-6041 (телетайп: 711).

Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-433-6041 (TTY: 711).

Se você fala português do Brasil, os serviços de assistência em sua língua estão disponíveis para você de forma gratuita. Chame 1-866-433-6041 (TTY: 711)

如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-866-433-6041 (TTY: 711)

Falam tawng thiam tu na si le tawng let nak asi mi 1-866-433-6041 (TTY: 711) ah tang ka pek tul lo in na ko thei.

धयद आप हदी बोलते ह तो आपके िलए मुफ्त म भाषा सहायता सेवाएं उपलब्ध ह। 1-866-433-6041 (TTY: 711) पर कॉल कर।

한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-866-433-6041 (TTY: 711)번으로 전화해 주십시오.

Haka tawng thiam tu na si le tawng let asi mi 1-866-433-6041 (TTY: 711) ah tang ka pek tul lo in ko thei.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-433-6041 (ATS: 711).

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