



absolute
total care.

Healthy Connections 

WHOLE you



2020 Winter Bulletin

Your healthy source for living well.

Welcome to **Whole You**, a quarterly bulletin from Absolute Total Care. Four times a year, *Whole You* will bring you topics and stories to help you live well and get the most from your health coverage. We hope you find something fun and interesting in each issue.

In this issue, learn how to **beat allergies and manage asthma**. Read tips for **eating on a budget** and **getting the most value from your health plan**. Land **free tax help** long before April. Then, enjoy a relaxing activity with a coloring sheet. Finally, **kick back during spring break**—and feel great.

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.

Bible Way Annual Community Thanksgiving Dinner

Columbia, SC

Latin American Festival

Charleston, SC

Big Brothers Big Sisters 11th Annual Pep Rally

Greenville, SC

Be on the lookout for future member-focused events in 2020. We look forward to seeing you out in the community!

WHOLE
you

Earn and Use Rewards With *my*healthpays™

Your health insurance gives you important benefits.
But did you know you can also earn rewards?

With the My Health Pays® rewards program, earning rewards is easy. You just complete healthy activities such as your yearly wellness exam, getting a flu shot, or other annual screenings to protect your health.

When you complete a healthy activity, you'll earn dollar rewards. You can use them on things like:

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

If you have any questions or need more information, visit absolutetotalcare.com or call Member Services at 1-866-433-6041 (TTY: 711).



Breathe Easy: Five Tips to Help Control Your Asthma

Experience a breath of relief. Manage your asthma with these five steps:

- 1 Create an Action Plan.** Be prepared if your asthma gets worse. Make a plan with your PCP. Learn the best way to take your medicine, how to avoid triggers, and when to get help. If you have an attack, look back at your plan to understand what made your symptoms worse.
- 2 Tame Your Triggers.** These are different for everyone. They include mold, pet dander, and household cleaners. Write down how shifts in weather affect you. This will help you remember which seasons irritate your asthma the most. You can then limit outdoor activities during these seasons in the future.
- 3 Keep Moving.** Physical activity can make lungs stronger and lower the risk of an attack. It can also make your quality of life better. Do warm-up exercises before going harder. If it's cold, wear a face mask to warm the air you breathe in. In extreme temperatures, choose an indoor activity instead. As with any exercise program, check with your PCP before starting.
- 4 Manage Medications.** People react to medications differently. You may need to try a few types to find what works best for your asthma. The sooner you treat symptoms, the less severe they will be and the less medication you'll need.
- 5 Breathe Better.** Watch for signs like wheezing or shortness of breath. These could mean you are about to have an attack. If you experience symptoms, breathing exercises can help you remain calm and in control. Talk with your PCP or look into our Asthma Disease Management program to learn more.



Allergies Are Nothing to Sneeze At



Watery, itchy eyes. Sneezing fits. If you have allergies, you know how miserable this time of year can be. There are things you can do that can make you feel better this allergy season.

Allergy testing lets your doctor know what you're allergic to. That way a plan can be made to help you deal with allergies. Getting tested is a good first step to finding relief.

Additionally, what time you are outside and the weather can have a big effect on your allergies. Pollen levels are higher in the morning. So plan to be outdoors later in the day if possible. And if it's dry and windy, it is better to limit the amount of time you spend outside.

You can also learn about the amount of pollen in your area. Watch the local TV news during the weather report. Visit weather websites. There are also emails and other ways to check pollen near you.

Open windows expose you to pollen and other allergens. Use your air conditioner when at home or riding in a car. Check and change your air filters to improve air quality. And keep your carpets and floors clean and dust-free.

Lastly, watch what you eat. Foods like sugar, wheat, and dairy can make allergies worse. If you get symptoms like nausea, headache, dizziness, an itchy throat, or wheezing, take note and avoid that food in the future. Don't forget to drink plenty of water to flush and hydrate your system.

Spring Break, Health Break?

Spring break is a good time to relax. With these five tips, make your spring break a healthy break—and feel great.



Enjoy activity. You don't need a gym. Take a hike, go sightseeing on a bicycle, or enjoy a swim. Prefer games? Grab a Frisbee, start a game of disc golf, or try your hand at another type of play. There are many fun activities that can keep you moving.



Give back. Look for ways to support your community by volunteering. Many nonprofit organizations need assistance. Helping others relieves stress. A win-win!



Practice moderation. For some, having a drink or two is part of unwinding. But alcohol

can negatively impact even occasional drinkers because it elevates blood sugar levels. It can also lead to unhealthy snacking. Make sure to drink water and limit your intake.



Eat smart. Just because you're on vacation doesn't mean calories and nutritional value don't count. Your body still needs vitamin-rich fuel. If you indulge at one meal, don't let it derail your week. Eat veggies, fruits, and lean proteins throughout the day to feel your best.



Catch some shut-eye. Try to keep your sleep routine within an hour or so of normal. By sticking to a consistent sleep schedule, you will feel more rested and have the energy to make your spring break the best one ever.



How to Eat Healthy and Shop Smart on a Budget



Healthy eating doesn't have to come with a high price tag. Check out these ideas for nutritious budget meals.

Choose wisely by selecting in-season and frozen fruits and vegetables. Check for price-per-pound deals on meat; consider buying larger portions and freezing what you don't use. Ask the butcher for lean and inexpensive cuts. Beans are also an easy and affordable source of protein.

Discount grocers and farmers' markets offer healthy options at lower costs than other stores. Many of the same products are carried in sister stores with different brand names.

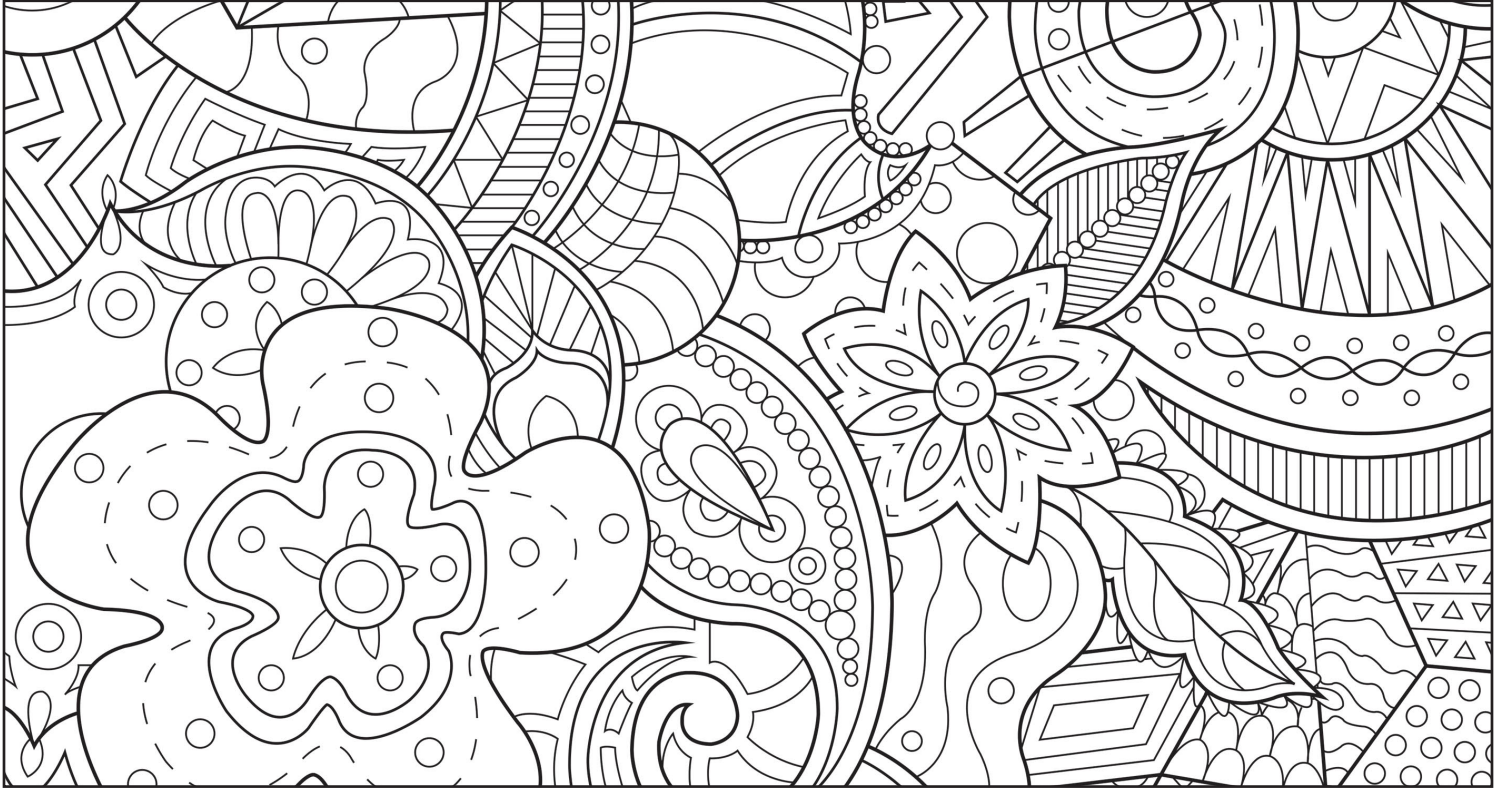
Make a shopping list to cut down on impulse buys. Check the weekly advertisements of the grocers in your area to find the best deals on healthy options. Cut out or print coupons. Many grocers now have their own apps that let you make a shopping list. Then you can "clip" electronic coupons and view their advertised sales.

Cook once, eat twice. For example, whole chickens are usually a cheaper protein source that can extend into multiple meals.

Going in with a friend or family member to purchase bulk items helps keep your spending and food waste down. Freeze individual packs of food in freezer-safe storage bags for fast and easy food prep later.

Take a Coloring Break

You don't have to be a kid to enjoy the benefits of coloring. Recent studies have found that adults can use coloring to help with stress. It's like meditating. You switch your thoughts to coloring instead of worrying. Take a few minutes and relax with this coloring page. There is even another one for you to share with your child or a friend.



Get Free Help This Tax Season



Tax time can be confusing. You have many options for help with filling out your tax return and getting filed on time. Best of all, these options are free to use.

Volunteer Income Tax Assistance (VITA)

The Internal Revenue Service (IRS) offers a free program for people who need help filling out their tax documents. Volunteers are trained and ready to work with you throughout the tax season.

Tax Counseling for the Elderly (TCE)

If you are 60 years and older, the IRS provides free assistance with its TCE program. IRS-certified volunteers can help with tax questions about pensions and retirement.

VITA and TCE sites are close to where you live. You can find them nationwide at places like community centers, libraries, and schools. Visit <https://irs.treasury.gov/freetaxprep/> to find a VITA or TCE site. Or, call 1-800-906-9887. Before you

go, make sure you have the paperwork you'll need. Find the full list of what to bring at <https://www.irs.gov/individuals/checklist-for-free-tax-return-preparation>.

IRS Phone Assistance

If you have questions about filling out your return, call the IRS at 1-800-829-1040 (TTY/TDD: 1-800-829-4059). Representatives are available to help from 7 a.m. to 7 p.m. Your wait time can vary. The IRS estimates it at about 15 minutes.

MyFreeTaxes

The United Way and H&R Block have teamed up to create MyFreeTaxes. It's a website with 24/7 access to H&R Block expert software. Plus, you can use this free service to electronically file your state and federal taxes. The software can even check for any tax credits you may have missed. And that is important in helping you get your maximum refund. Visit myfreetaxes.com for more information.

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).

နမ့်ကတိ ကညိ ကျိအလိ, နမ့်န့် ကျိအတိမၤစၢၤလၢ တလံာ်ဘျုးလၢန့ၣ်နီၤတံၢ်ဘျုးန့ၣ်လီၤ. ကိး
866-433-6041 (TTY: 711)

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အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့် ငွေအတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-866-433-6041 (TTY: 711) သို့ ခေါ်ဆိုပါ။