



WHOLE you

[2026 | Q3 BULLETIN]



Need Help Finding Everyday Resources?

Do you need help with food, housing, rides, jobs, or other community services? Peach State Health Plan can help connect you with resources in your area.

Your health is about more than doctor visits. We want to learn about your needs and help you find the right support.

Take our quick [Drivers of Health assessment](#) to find resources that may help you. You can also call our Drivers of Health team at 1-800-504-8573 (TDD/TTY: 1-800-255-0056).

Need help right away? Call our Community Connections Hotline at 1-866-775-2192.



Welcome to another edition of Whole You

As we transition into the end of Summer we wanted to share with you the latest edition of Whole You, a newsletter from Peach State Health Plan. In this edition you'll find:

- ▶ **Urgent Care or the Emergency Room? Know Where to Go**
- ▶ **Back-to-School Success Starts with Mental Wellness**
- ▶ **Five Tips for Healthy School Lunches**
- ▶ **Healthy Living Tips**
- ▶ **Important Information about our Mobile App**
- ▶ **And more.**

Did you miss our last newsletter? Take a look [here](#).



Renew Every Year to Keep Your Coverage

Medicaid renewal is how the State of Georgia checks to see if you still qualify for your Georgia Families Medicaid benefits including those offered through PeachCare for Kids®, Planning for Healthy Babies® or Georgia Pathways to Coverage programs. Most people must renew their coverage every 12 months, or once a year.

Your renewal date may be different from someone else's. The State of Georgia will let you know when it is time to renew. Watch for messages from the State and Peach State Health Plan. We will also remind you when it is time to take action.

Be sure to keep your contact information up to date. This can help you get important messages about your renewal.



Follow These Steps to Renew:

1 Update your contact information.

Go to gateway.ga.gov, call 1-877-GA-DHS-GO (1-877-423-4746), or go in-person to your local Division of Family and Children Services office. To find the location and business hours for your local office, visit: dfcs.georgia.gov/locations.

2 Check your mail or email.

The State of Georgia should send you a letter about 45 days before your renewal date. The letter will tell you what you need to do to renew your coverage.

3 Did not get a letter?

If you don't receive your letter from the State of Georgia within 45 days, please call 1-877-GA-DHS-GO (1-877-423-4746) or visit your local DFCS office. To find the location and business hours for your local office, visit: dfcs.georgia.gov/locations.

Have Questions?

We're here to help. Visit our [How to Renew](#) page or call Member Services at **1-800-704-1484** TDD/TTY **1-800-255-0056** today.

Urgent Care or the Emergency Room? Know Where to Go



When you feel sick or hurt, it can be hard to know where to go for help. Should you visit urgent care? Or should you go to the emergency room (ER)?

Choosing the right place can help you get care faster and may cost less. It can also help make things feel easier.

When to Go to Urgent Care

Urgent care is for health problems that need care today but are not life-threatening.

Some examples of when to go:

- A sprain or strain
- A small broken bone, like a finger or toe
- Fever or flu symptoms
- Mild stomach pain
- Mild asthma or allergy symptoms
- A sore throat, sinus pain, or ear pain
- Minor burns or rashes

Urgent care may provide:

- X-rays
- Stitches for small cuts
- Breathing treatments
- Tests for strep throat, flu or COVID
- Medicine for fever, vomiting or diarrhea

When to Go to the Emergency Room (ER)

The ER is for serious or life-threatening emergencies. People with the most serious problems are seen first.

Some examples of when to go:

- Chest pain or trouble breathing
- A serious head injury or passing out
- A large broken bone, like a hip or leg
- A severely broken bone, like a bone that pierces through the skin
- A seizure
- Heavy bleeding that will not stop
- Signs of a heart attack or stroke, such as loss of vision, drooping face, numbness in one arm or leg, or difficulty speaking
- Poisoning
- A drug overdose



The ER may provide:

- Life saving care for heart attacks and strokes
- Advanced trauma care for severe injuries
- Treatment for serious head injuries
- Help for severe allergic reactions
- Emergency care for pregnancy-related complications
- Advanced tests and imaging

Where Do I Go? Here are a few everyday examples:

- **Flu symptoms:** Go to urgent care for fever, cough or sore throat.
- **Chest pain:** Head straight to the ER if there are any signs of a heart attack.
- **Sprained ankle:** Visit urgent care for an exam and X-ray.
- **Allergic reaction:** Go to the ER if you have trouble breathing or facial swelling.

For life-threatening emergencies, call 911 or go directly to the ER. If you or a loved one is having a mental health crisis, you can call or text 988 for 24/7, for private, cost-free help.

[Explore all your Peach State Health Plan care options.](#)

Back-to-School Success Starts with Mental Wellness



A new school year means new routines, new teachers, and new chances to learn and grow. As you get your child for school, remember to make mental health part of your back-to-school checklist.

Starting school can be exciting. It can also cause stress or anxiety. New routines, schoolwork, and social changes may feel like a lot for children and parents. Supporting your child's mental health can help them feel confident and ready to learn.

Tips for a Healthy School Year

► Create Consistent Routines

Regular bedtimes and morning routines can help lower stress. Healthy limits on screen time can also help your child stay focused.

► Talk About Feelings

Ask your child how they feel about the new school year. Let them know it is normal to feel excited, nervous, or both.

► Watch for Signs of Stress

Look for changes in your child's sleep, eating, mood, or energy. Losing interest in things they enjoy may also be a sign that they need extra support.

► Stay Connected

Talk with your child often. Stay in touch with teachers and other trusted adults. This can help you spot concerns early.

► Build Healthy Habits

Healthy meals, exercise, time outdoors, and enough sleep can help support your child's mental and emotional health.

Support Is Available

Mental health is just as important as physical health. If your child is dealing with stress, worry, behavior changes, or other emotional concerns, Peach State Health Plan has resources that may help.

- [Pyx Health](#) provides personalized support, encouragement, and resources to improve overall well-being.
- [Grow Therapy](#) connects members ages 6 and up with licensed mental health providers. Members can get counseling and therapy in-person or online.



When to Seek Help

Talk to a health care provider if emotional or behavior concerns start to affect your child's daily life, relationships, or schoolwork. Getting help early can give your child tools to manage challenges and feel more confident.

If you or someone you know is having a mental health crisis, call or text 988 to reach the Suicide & Crisis Lifeline. Free, private support is available 24 hours a day, 7 days a week.

Five Tips for Healthy School Lunches

Packing school lunches can feel rushed. But lunch is a great chance to help kids eat healthy foods and try new things. Here are five simple tips to make healthy lunches that kids will enjoy.

1. Use Foods You Already Have

Try new ways to make meals with foods from home. Instead of deli meat, use baked or grilled chicken or turkey. These have less salt and more protein. You can roll chicken, cheese, and lettuce in a tortilla. Cut it into small pieces so it is easy to eat. Leftover chicken can also be cut into small bites. You can even make turkey taco roll-ups with whole-grain tortillas.



2. Add Crunchy Foods

Crunchy foods can be healthy and fun to eat. Apples, celery, baked chips, and nuts are good choices. Apples have vitamin C and fiber. Pair apple slices with cheese for a tasty snack. Put chicken and grapes on celery for a light chicken salad. Mix different unsalted nuts to make your own trail mix.

3. Swap Out Chips

Instead of regular chips, try popcorn, veggie straws, or crackers. Look for popcorn with little or no salt. Choose baked or low-salt crackers made with whole grains. Veggie straws made from real vegetables can help kids eat more veggies. Always check food labels and avoid snacks with too much salt or added sugar.

4. Try Easy Dips

Dips can make fruits and vegetables more fun. A yogurt dip with low sugar is great for fruit. Greek yogurt adds extra protein. For veggies, try dips made at home instead of store-bought dressings. Mashed avocado, hummus, or yogurt with herbs are good options. Cut veggies into thin sticks so they are easy to dip.

5. Make Fruit Fun

Fruits help kids stay healthy and strong. They have vitamins that help fight sickness. Try mixing berries together for a colorful fruit cup. You can also make fruit on sticks using different fruits. Pack yogurt, fruit, and granola separately so kids can make their own parfait. Cottage cheese with peaches or apple slices with nut butter are other easy ideas.



Small Steps to Help Control of Your Blood Pressure

Renewing works the same way:



High blood pressure is often called the "silent killer" because it usually has no symptoms. Left untreated, it can increase your risk for heart disease, stroke, and other serious health problems. The good news is that small, healthy changes can make a big difference.

Simple Ways to Keep Your Blood Pressure in Check



Know Your Numbers

Have your blood pressure checked regularly. Knowing your numbers is the first step to managing your health.



Eat Heart-Healthy Foods

Choose plenty of fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Try to limit foods that are high in salt, such as canned, packaged, and fast foods.



Maintain a Healthy Weight

Even losing a small amount of weight can help lower blood pressure and improve overall health.



Manage Stress

Take time to relax, connect with family and friends, and enjoy activities that help you feel your best.



Move More

Aim for at least 30 minutes of physical activity most days of the week. Walking, dancing, gardening, and biking are all great ways to stay active.



Get Quality Sleep

Most adults need 7 to 9 hours of sleep each night. Try to go to bed and wake up at the same time each day.

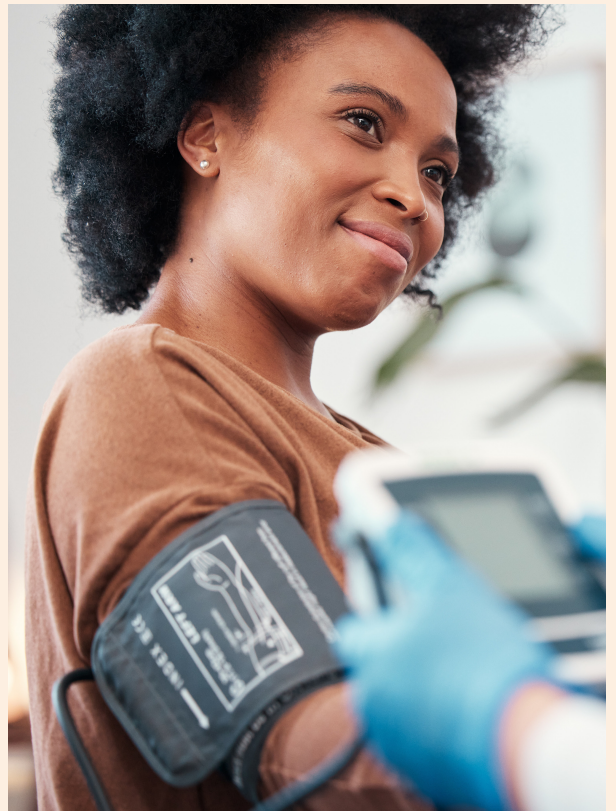


Avoid Tobacco and Limit Alcohol

Smoking and vaping can increase your risk for heart disease and stroke. If you need help quitting, talk with your doctor about available resources.

Get Personalized Support for Better Heart Health

Our Care Management team can connect you with resources like a blood pressure cuff, health education, and personalized support to help you stay on track. Call us at **1-800-504-8573** TDD/TTY **1-800-255-0056** to learn more.



Need Help?

Talk with your doctor about ways to lower your blood pressure and improve your heart health. Small changes today can lead to big health benefits tomorrow.

Breathe Easier: Understanding Asthma



Asthma is a condition that affects your lungs and can make it harder to breathe. It happens when your airways become swollen, tighten, and produce extra mucus. Common triggers include pollen, dust, smoke, pet dander, strong odors, and changes in weather.

Know the Signs

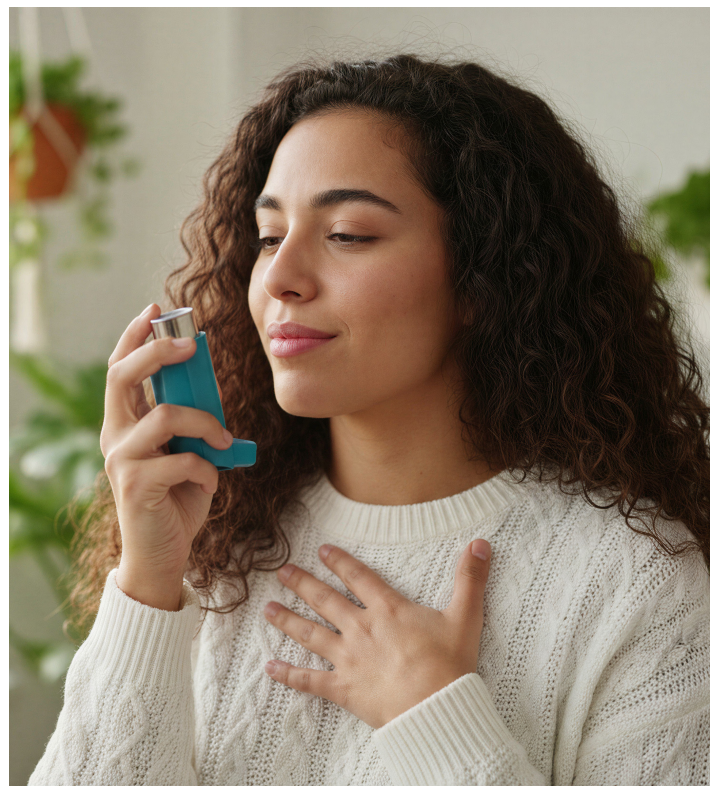
Talk with your doctor if you experience:

- ✓ Frequent coughing
- ✓ Wheezing (a whistling sound when breathing)
- ✓ Shortness of breath
- ✓ Chest tightness
- ✓ Feeling tired during everyday activities

Tips for Managing Asthma

A few simple steps can help you stay healthy and reduce asthma flare-ups:

- ✓ Take your medications as prescribed.
- ✓ Learn and avoid your asthma triggers when possible.
- ✓ Work with your doctor to create an Asthma Action Plan.
- ✓ Stay up to date on recommended vaccines, including flu shots.



When to Seek Emergency Care

Call 911 right away if you have severe trouble breathing, cannot speak or walk because of shortness of breath, or if your lips or fingers turn blue.

Take Charge of Your Health

With the right treatment plan and support, most people with asthma can manage their symptoms and continue doing the activities they enjoy. Talk with your doctor about the best ways to keep your asthma under control.

Make the Most of Your Benefits

For eligible members with asthma, Peach State Health Plan offers hypoallergenic bedding as a Value-Added Benefit (VAB). Hypoallergenic bedding can help reduce exposure to common allergens such as dust mites that may trigger asthma and allergy symptoms.

To learn more visit the [PSHP Value-Added Benefits page](#) or reach out to one of our Care Managers at **1-800-504-8573 TDD/TTY 1-800-255-0056**.



Stay One Step Ahead: Important Diabetes Checkups You Don't Want to Miss



Managing diabetes is about more than checking your blood sugar. Regular checkups and screenings can help you stay healthy and catch problems early.

Here are a few important ways to stay on track:



Know Your Numbers

Talk with your doctor about routine checks like your A1C, blood pressure, cholesterol, and kidney health. These screenings help you understand how well your diabetes is being managed.



Protect Your Vision

Even if your eyesight seems fine, a yearly eye exam can help detect diabetes-related eye problems before they become serious.



Take Care of Your Feet

Diabetes can affect circulation and nerves in your feet. Check your feet daily and ask your doctor to examine them during your visits.



Don't Forget Your Smile

People with diabetes are more likely to develop gum disease. Regular dental checkups can help keep your mouth healthy.



Stay Up to Date on Vaccines

Vaccines such as flu, COVID-19, pneumonia, and shingles can help protect your health. Ask your provider which vaccines are right for you.

Taking care of your diabetes today can help you stay healthy, active, and independent for years to come. Be sure to talk with your doctor about the exams, screenings, and preventive care that are right for you.

Get Personalized Support for Managing Your Diabetes

Our Care Management team can connect you with resources like gym memberships, healthy meals, health education, and personalized support to help you stay on track.

Call us at **1-800-504-8573** TDD/TTY **1-800-255-0056** to learn more.



Did you know we have a Mobile App?

Get the Health Insurance Portal mobile app to stay connected and informed with Peach State Health Plan 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

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 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.



How to Get Started

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



Download Today!

Visit Peach State Health Plan's [Digital Access page](#) to learn more.

Need Extra Help Managing Your Care?

Taking care of your health can be hard. You do not have to do it alone.

Peach State Health Plan's Care Management program can give you extra support. Our care team can help you:

- Find the healthcare services you need.

- Understand your care and treatment plan.
- Find help with food, housing, transportation, and other needs.

Care Management is available at no cost to members who qualify.