

WHOLE you



ISSUE 3, 2021

Welcome + Preview

We are excited to present you with the new issue of **Whole You** from Peach State Health Plan.

In this issue, you'll see a number of articles that relate to your health plan. These topics include mental health, where to go for care and pharmacy benefits. We'll also explore being eco-friendly, finding quality clothes and how to get the kids to sleep so you can rest.

Don't forget to take a look at our last issue. We talk stress-busting foods, how to prevent skin cancer and healthy BBQ ideas. Our [last issue](#) also includes daily life hacks, financial health tips and food benefits you have through your plan—plus, a crossword puzzle!

Thank you for being our member, and for taking care of the whole you.



Stay Connected and More!

Your online member account is a great way to stay up to date with important plan information and manage your insurance!

Visit pshpgeorgia.com/Login to sign up today!

Look at everything you can do:

- Get news about your coverage and benefits
- Manage your **myhealthpays**® rewards
- Find or change your doctor
- View claims status and more!

Get the Right Care at the Right Place

Make sure you know where to get medical care when you need it.
If you get sick or hurt, you have several options to get the care you need.



IN-NETWORK URGENT CARE CENTER

Go to a nearby urgent care center if your illness or injury isn't life-threatening and your primary care provider's (PCP) office is closed.

VISIT FOR:

Flu symptoms | Ear infections | High fevers
Severe sprains, pulled muscles



VIRTUAL HEALTH

Easy, 24-hour access to in-network providers for non-emergency health issues. Do it all by phone or video at no cost to you. Get medical advice, a diagnosis or a prescription from home.

MAKE AN APPOINTMENT FOR:

Colds, flu and fevers | Rash, skin conditions
Sinuses, allergies | Respiratory infections
Ear infections | Pink eye | Behavioral health*

**Limits apply for appointment times with behavioral health services, open weekdays from 8 a.m. to 5 p.m.*



PRIMARY CARE PROVIDER (PCP)

Your PCP is your main provider. Call the office to schedule a visit if you don't need immediate medical care.

MAKE AN APPOINTMENT FOR:

Vaccinations | An annual wellness exam
Help with colds, flus and fevers | General advice
about your overall health | Care for ongoing health
issues like asthma or diabetes



FREE 24/7 NURSE ADVICE LINE

Medical professionals can answer your health questions and help set up doctor appointments.

CALL FOR:

Help caring for a sick child | Help knowing if you
should see your PCP | Answers to health questions
Call us toll-free: 1-800-704-1484 (TTY: 711)



EMERGENCY ROOM (ER)

Consider all of your options before going to the ER.
Visit the ER if you're experiencing a life-threatening injury or illness.

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Use the chart on this page to help you decide your best care option.

Get the Right Care at the Right Place

Is your illness or injury life threatening?
(Ex: shortness of breath, chest pains, bleeding that won't stop, poisoning, burns or a broken bone)

YES | **NO**

Remember to make sure a doctor, urgent care center or hospital is in our network unless it is an emergency.

Immediately go to an Emergency Room for:

- Chest pains
- Bleeding that won't stop
- Shortness of breath
- Broken bones
- Poisoning
- Severe cuts or burns

Do you have a physical injury or an illness like the flu, an ear infection or a fever?

YES | **NO**

Would you prefer a virtual visit?

YES | **NO**

Do you want to see a doctor? | OR | Do you want to talk to a nurse for advice?

Is your doctor's office open?

YES | **NO**

Set up a Virtual Health appointment

Call your primary care provider (PCP)

Go to urgent care

Call our 24/7 nurse advice line

4 Truths About Mental Health



Your mental health, also known as behavioral health, is part of the whole you. It is just as important as your physical health!

Incorrect ideas about behavioral health issues may prevent people from getting support they need. Here are four truths about mental health:

1. Mental health issues have nothing to do with your strength of character.

The idea that mental health issues are a sign of weakness is harmful and untrue. These are medical disorders. Factors shaping mental health include genes and brain chemistry, injuries and diseases, trauma, high-stress jobs and home life, and family history. You cannot (and should not) “power through” mental health issues by pushing down symptoms. These things have a way of coming out, sometimes showing up as physical problems.

2. Many people have mental health issues but don't know it.

In a given year, nearly 1 in 5 American adults will have a diagnosable mental health condition. And, at some point their lives, 46 percent of Americans will meet the criteria for a diagnosable mental health condition; half of those people will develop conditions by the age of 14. Sadly, because of mental health stigma and lack of awareness, many people don't realize why they are suffering.

3. Mental health issues can worsen if left untreated.

Conditions often get worse with time. This is why it's so important to seek help early—and sometimes even when you're not sure you need it! Signs that you or someone you know may have a mental illness include:

- Feeling sad or depressed
- Trouble concentrating
- Extreme feelings (including fear, guilt, sadness, or anger)
- Withdrawal from friends or activities
- Extreme mood changes
- Alcohol or drug abuse

- Unexplained hostility or violence
- Inability to cope with stress or your feelings
- Delusions, paranoia or hallucinations (such as hearing voices)
- Thinking about hurting yourself or others

4. There is nothing wrong with needing medications.

Sometimes lifestyle changes and talk therapy are not enough to address mental health issues. In these cases, medication can play a role in treating mental disorders and conditions. This treatment may be ongoing or temporary, and should always be done under a mental health professional's care.

Here are some questions to ask your doctor if you're worried about your mental health:

- I have some of these symptoms. Could I have a mental illness?
- What is the treatment?
- Do I need to see a psychiatrist?
- Do I need therapy?
- Can you recommend a counselor or therapist I could see?
- Is this a temporary problem or is it permanent?
- Will I need treatment for the rest of my life?
- What can I do at home to help me recover?
- How can I explain to other people the mental problem that I'm having?

**Limits apply for appointment times with behavioral health services (open weekdays from 8 a.m. to 5 p.m.).*

Untreated mental health issues make life harder than it has to be.

If you have concerns, the best thing you can do for your health is reach out to a professional. If you want to check in on your mental well-being, **it's easy to set up a Virtual Health or face-to-face visit with a behavioral health specialist.** To find a mental health professional near you or who can offer Virtual Health, go to the Peach State Health Plan Find a Provider Web located at <https://findaprovider.pshpgeorgia.com/location>

How to Find Quality Clothing That Lasts

WE'VE ALL HEARD IT: 1. LESS IS MORE, AND 2. QUALITY OVER QUANTITY. These sayings are true in many areas, and clothing is one of them. While trends will come and go, well-made and well-fitting wardrobe items can continue to bring us joy for years. So long as we are strategic about investing in the right clothes and caring for them right, we can keep lovely staple pieces in rotation for a while.

Here are some quick tips for snagging clothes that will endure the test of time:



SHOP VINTAGE. It's not just nostalgia. Some things really aren't like they used to be—and clothing is among them. For a number of reasons, clothing made back in the day is often sturdier and built to last. (Even in cases when this is not true, it's better for the environment to recycle!)



GO NATURAL. Look for natural fabrics. Except for in certain cases (like exercise clothing), reserve a special place in your wardrobe for items that are completely natural, such as 100 percent wool or cotton.



LOOK AT BUILD. How durable is the garment in your hand? Hold it up to the light and stretch one of the seams. See how much light comes through; if the thread is tight and even, keep it. You can also detect the quality of construction by looking at finishing techniques like clean seams and stitched versus glued soles.



BEWARE THE BLEND. If something claims to be a “blend,” don't be fooled! This could technically mean that it's made up of only one percent of the natural fabric. Labeling is important, and if it isn't clear, you may want to hold out for something better.



Teach Your Kids to Help the Planet



We all want to set the best example for our children. One of the most important things we can teach our children is how to protect the planet. When we practice eco-friendly habits, we pass these habits on to the next generation—and we show our kids how to live in a way that respects the planet.

Many people want to live greener but feel overwhelmed by what this might mean. Rest assured that even small changes can help! Our world benefits when many people commit to just a few everyday habits. Here are four ways you can move toward an eco-friendly life:



Recycle.

This is a basic step that any family can take to reduce their carbon footprint. It's likely that where you live already has a system in place. Be sure to read up on your local recycling guidelines. This will tell you which items to recycle and how to recycle them.



Go car-free.

Whether you're walking, riding a bike or using public transit, there are many great ways to get around. Living car-free or cutting down on car travel can have major impacts on the environment.



Don't buy plastic bottles.

This is simple. Whenever possible, avoid purchasing plastic bottles. Plastics are a huge and quickly growing segment of the trash we produce. Find a reusable water bottle you like, and keep using it!



Cut down on meat.

Eating a plant-based diet is a high-impact strategy for lowering carbon emissions. Exploring meatless options for meals is also a great strategy for health! Eating more fruits and veggies is a good call all the way around.

WATER TRACKER

Fill in a drop for each glass you drink. Try to finish the week with all of your drops filled!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------|----------|-----------|----------|
| | | | |
| FRIDAY | SATURDAY | SUNDAY | MONDAY |
| | | | |

Getting Kids to Sleep So You Can Rest

Simple as sleep may seem, it can be tough for parents and children to get any! Experts say toddlers and school-aged children should get 10 to 12 hours of sleep each night. But, just trying to get your child to bed can cut into that time. Lack of rest can leave you with a crabby, tired child the next day (not to mention a crabby, tired you). Here are five tips to help your kids snooze so you can catch all the Zs you deserve!



ROUTINE, REPEAT. Children respond well to knowing what comes next. This is also true for bedtime. A bedtime routine can include taking a bath, reading a book or singing softly in a rocking chair. Tailor your routine to what your child finds calming. The main thing is to create a certain series of events and stick with it as often as you can. Your child will begin to follow along!



GO LIGHTS-OUT. Shut off gadgets 30 to 45 minutes before lying down. This includes tablets, mobile phones, computers and TVs. (Also any bright lights around the home!)

These screens cause your brain to be on alert and can suppress melatonin, the natural hormone your body produces to help you sleep. Turning off devices is a great tip for adults, too! Let your mind slow down and relax so you can doze off soundly.



SOOTHE WITH SOUNDS. Does a little voice call out to you every time you tip-toe past your child's room? You may want to consider adding some background noise.

A fan, sound machine or soft music can help lull a child to sleep and prevent frequent wakeups when silence is disrupted. This can be extra useful if you have children with varying bedtimes. A bonus is that the background noise will become part of the bedtime routine and your child will connect the sound with sleep.



QUIET CRAVINGS. It's hard to sleep if you're hungry, so don't rule out snacks! It goes without saying that caffeine and sugary foods like candy and cookies are out. But also

be on the lookout for hidden sugars in some of your child's go-to snacks. Granola bars, cereal and juice may have



more sugar than you think. Don't let gluten-free or organic labels fool you, either. Honey, agave and organic sugar is still sugar! Some lower-sugar snacks include popcorn, pretzels, cheese with whole grain crackers and fresh fruits like berries or oranges. Be sure to check nutrition labels on packaged foods to avoid too much sugar before bed.



SET UP A SACRED SPACE. Sometimes the sleeping space is the cause of the problem. Is your child's bedroom dark enough?

Is it too hot? Are there toys that are easy to access? Remove the pull to play by placing items into bins and taking the bins from the room at night. Invest in blackout curtains or shades for perfect darkness. The ideal temp to sleep in is between 65 and 72 degrees. Consider a fan to level out the room temperature for max comfort. These are the final steps in your bedtime routine!

How to Get the Most from Your Coverage: Pharmacy Benefits

As our valued member, you have a number of services available to you.

Be sure you get the most from your plan by knowing about your pharmacy benefits.

To learn more about your Peach State Health Plan's pharmacy benefits, visit our website or call 1-800-704-1484 (TTY/TDD 1-800-255-0056).



pshp.com • 1-800-704-1484 (TDD/TYY 1-800-255-0056)

Peach State Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex

Do you need help understanding this? You can get information in another language, large print, braille or audio. Call: 1-800-704-1484 (TTY/TDD 1-800-255-0056).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Peach State Health Plan, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-704-1484 (TTY/TDD 1-800-255-0056).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Peach State Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-800-704-1484 (TTY/TDD 1-800-255-0056).