



WHOLE you



2020 Summer Bulletin

Your healthy source for living well.

We are excited to bring you a new issue of **Whole You** from Peach State Health Plan. I hope our last issue gave you some ideas for improving your well-being. Stay updated on local events and your health this season with **Whole You!**

In this issue, read tips for **dressing to impress at work** and **feeding your family on a budget**. Learn how to **fight tooth decay** and **keep up with vaccinations**. We'll also offer advice on how to get the most **value from your health plan** and make your **resume pop**.

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

You can expect more content for the **whole you** in our next issue.

Find more information about upcoming Peach State Health Plan virtual events at pshpgeorgia.com/events.html

Follow us on social media!



facebook.com/PeachStateHealthPlan



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Use All Your Health Plan Benefits



Peach State Health Plan offers more special programs and services to help you stay focused on your family's health.



Dental and Vision Benefits.* Two dental exams, two cleanings, X-rays and simple tooth removal. Free electric toothbrush and dental kit. Free annual eye exam, glasses and \$100 towards broken frames.



Healthy Rewards.* Up to \$500 in rewards per year. Get a credit or gift card for completing healthy behaviors.



Get Fit.* Free gym membership (at participating locations). Weight Watchers (up to \$300 value). Sports physicals covered when provided by your doctor. \$50 Sports Scholarship for program fee at participating organizations.



Boys & Girls Clubs.* General membership for ages 5-18 at participating clubs.



Beyond Healthcare.* Free member perks program for restaurants, movie tickets, oil changes and more (savings value: \$4,500).

Visit pickpeachstate.com for more information.

*For eligible and qualified members.

WHOLE you

Dress to Impress at Work

Looking sharp on the job can make you more confident. Being polished isn't the most important thing, of course. But a bit of extra confidence can help your work performance—really. Follow some of these tips to make sure you're dressed to impress!

Dress for the job. How you dress at work should depend on a few factors, like dress code, what you do every day and company culture. To begin, make sure your clothes abide by the guidelines your company's leadership has put forth. Next, consider what you do on a day-to-day basis. You want what you wear to be comfortable for those tasks. Finally, what is your company culture like? Take your cues from here on whether to aim for more casual or formal dress.

Invest in the basics. As you build your work wardrobe, keep it simple. Choose a base neutral color like black, gray, white or beige and build from there.

Find a few well-made items and wear them often. You can make these the center of your wardrobe, and use accessories to make them more versatile.

Try hand-me-downs. You don't need to ruin your budget. A great way to find high-quality items is to organize a clothing swap with friends. You can also visit secondhand stores. Look for clothes that will last a long time. Do this by paying attention to material: if it's a fabric blend, select a high ratio of natural fibers like cotton and wool to synthetics. For example, you would want a cotton piece of clothing to be at least 60% cotton. Other signs of quality include metal instead of plastic zippers, spare buttons, and solid stitching and seams.

Put your spin on it. Do you wear a uniform to work? If so, you may have some limits to what you can do with your look. It's okay! Just get creative. Depending on your company's rules, you may still be able to add some personal style to your uniform with touches like unique jewelry, hairstyles or accessories such as ties or socks. Do what you can to feel like you—and shine!



7 Tips for Preventing Tooth Decay in Little Ones



Wipe gums. After each feeding, grab a piece of gauze or a wet washcloth and clean your child's gums to remove bacteria buildup. Be gentle!



Don't dip. Never coat children's pacifiers with honey or sugar to get them to use it. Protect gums and teeth by using only freshly washed pacifiers.



Begin brushing. Once the first tooth emerges, start with a child-size soft toothbrush and use a tiny amount of kid-friendly toothpaste. (The size of a grain of rice. At age 3, you can use a bit more—the size of a pea.) Don't forget to use non-fluoride toothpaste until they're able to spit on their own.



See a dentist. Schedule the first dentist appointment when the first tooth comes in but no later than the first birthday.



Limit snacking. When your child is able to eat solid food, get in the habit of choosing snacks that are sugar-free or unsweetened. Healthier, teeth-friendly snack choices are fruits and vegetables, low-fat cheese and water.



Use water. Be sure to rinse or brush your child's teeth after they have high-sugar food or drink. When possible, give your child water instead of juice.



Schedule checkups. It's hard to spot tooth decay in infants without a full dental exam. Small, white spots can appear on their gums above the upper front teeth but they may not be visible to you. If you suspect your child has these symptoms, contact a pediatric dentist.

Call
1-800-704-1484 to
learn more about
your dental
benefits!

5 Resume Tips for Landing That Job



Hiring managers have a lot of resumes and LinkedIn profiles to sort through. After a while, they all start to look the same. Don't let yours get lost! Follow these five tips and make sure they get a second look

- 1** Write in a human voice. Being professional doesn't mean you need to write like a robot. Avoid overly formal language and instead write in a conversational way.
- 2** Copy what you admire. Do some Google searches for the resumes of successful people. Study their LinkedIn profiles. Meet with contacts whose careers interest you and ask for their input. This will help narrow down the kind of feedback you get and ensure that it's relevant to you.
- 3** But don't be afraid to color outside the lines. Anyone can look up a resume template on the internet. Give yourself permission to put your own flare on your resume or LinkedIn profile. What makes you a unique candidate for this job?

- 4** Make it relevant. Maybe you are applying to a job in a new field. That's okay if you don't have tons of experience. Figure out which aspects of your old job could help you in this new position. Focus on these job responsibilities and talk about how they might help in the new job.
- 5** Keep it short and sweet. When it comes to resumes and LinkedIn profiles, less is usually more. Choose only the most important parts of your career history to focus on. Make resumes visually simple and no longer than one page. LinkedIn profiles can be pulled from what's in your resume.



Feed a Family of 4 on \$200 a Month



Housing and food are the biggest expenses many families face. When budgets are tight, you can give yourself some major relief: cut meal costs. If you aren't in the habit of planning and prepping food, it can be hard. But once you get into the habit, it's second nature. Use these tips to get you and your family started.

Plan, plan, plan. You can't reach a goal if it isn't well-defined. Choose a budget and a meal plan, and stick to it. Do some internet research. You'll see that many people have had success with plans as frugal as \$200 a month for feeding a family of four. That's \$50 a week. It can be done—and healthfully, too!

Use coupons. Don't worry! You don't need to spend all your time cutting coupons. But pay attention to what you buy often. If you can find coupon deals for those items, use them. Check out the local newspaper; you may find good sales on the front page of your grocery store ad. Another option is using coupon apps on your phone. (There are also apps that will help you plan your meals based on the foods you have.)

Shop at discount supermarkets. These stores provide bulk options that can be less expensive than products at other stores. If you know you will be eating a lot of something that will stay good for a long time—like peanut butter or cereal—get it here.

Make things easier on yourself. Does work keep you too busy during the week to cook? Try cooking meals ahead of time and freezing them. You can throw what you want for dinner into a crock pot in the morning and dinner will be served by the time everyone gets home! The more convenient your plan is, the more likely you are to stick to it.

National Immunization Awareness Month

Staying current on shots is important for you and your kids. Protect your health and the health of those around you by following these vaccination tips.

- 1. Keep records.** Keep track of shots you and your children receive and store these records in a safe place. This can save you time and money. It can also help you avoid getting a shot you don't need. Can't find the records you need? Talk to your primary care provider.
- 2. Stay current.** Even if you got all your shots as a child, some require "boosters" to remain effective. Depending on your age and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, there are shots for things like the flu that are needed on a yearly basis.
- 3. Don't worry.** Shots are tested before they are deemed safe for use. Few people have side effects from them. Those who do usually have only mild and temporary ones like soreness or redness where the shot was given.
- 4. Travel safe.** Don't travel outside of the country without checking about the shots you or your kids may need. Certain countries may expose you to diseases your current shots don't protect you from. Try not to wait until the last minute. Some shots can take several days or even weeks to take effect. The CDC's website is a great resource to make sure you're covered.
- 5. Be aware.** Vaccines can help you avoid common illness like the flu and whooping. These can have serious effects on those around you, like children and those with asthma, diabetes or heart disease. The shots you need depend on your age, your medical history and even your job. Be sure to talk to your doctor to find out which ones are right for you and your family!



Statement of Non-Discrimination

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. Peach State Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Peach State Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Peach State Health Plan at 1-800-704-1484 (TTY/TDD 1-800-255-0056).

If you believe that Peach State Health Plan 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 with: Peach State Health Plan Complaints Department, 1100 Circle 75 Parkway, Suite 1100, Atlanta, GA 30339, 1-800-704-1484 (TTY/TDD 1-800-255-0056), Fax 1-855-678-6982. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Peach State Health Plan is 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, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language Assistance

Interpreter services are provided free of charge to you. Peach State Health Plan has a telephone language line available 24 hours a day, 7 days a week. Are you hearing impaired? If so, we can help. Call: TTY/TDD 1-800-255-0056.

Español (Spanish):

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).

Tiếng Việt (Vietnamese):

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).

한국어 (Korean):

만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Peach State Health Plan 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기 하기 위해서는 1-800-704-1484 (TTY/TDD 1-800-255-0056) 로 전화하십시오.

中文 (Chinese):

如果您，或是您正在協助的對象，有關於 Peach State Health Plan 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-800-704-1484 (TTY/TDD 1-800-255-0056)。

ગુજરાતી (Gujarati):

જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Peach State Health Plan વર્ષિ કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વનિા તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષણ સાથે વાત કરવા માટે 1-800-704-1484 (TTY/TDD 1-800-255-0056) ઉપર કોલ કરો.

Français (French):

Si vous-même ou une personne que vous aidez avez des questions à propos d’Peach State Health Plan, vous avez le droit de bénéficier gratuitement d’aide et d’informations dans votre langue. Pour parler à un interprète, appelez le 1-800-704-1484 (TTY/TDD 1-800-255-0056).

አማርኛ (Amharic):

እርስዎ ወይም እርስዎ የሚርዱት ሰው ስለ Peach State Health Plan ግብር ጥያቄ ካለዎት ያለምንም ወጪ በቋንቋዎ ድጋፍ እንዲሁም መረጃ የማግኘት መብት አለዎት። አስተርጓሚ ለማነጋገር በ 1-800-704-1484 (TTY/TDD 1-800-255-0056) ይደውሉ።

हिंदी (Hindi):

आप या जिसकी आप मदद कर रहे हैं उनके, Peach State Health Plan के बारे में कोई सवाल हों, तो आपको बनिा किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषयि से बात करने के लिए 1-800-704-1484 (TTY/TDD 1-800-255-0056) पर कॉल करें।

Language Assistance

Kreyòl (French Creole):

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Peach State Health Plan, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-800-704-1484 (TTY/TDD 1-800-255-0056).

Русский язык (Russian):

В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Peach State Health Plan вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-800-704-1484 (TTY/TDD 1-800-255-0056).

العربية (Arabic):

لوصلح لاي قح لاي كيدل Peach State Health Plan، لوج ةلئسأ ه دعاست صخش يدل وأ كيدل ناك اذا اب لصلتا مچرتم عم ثدحتلل. ةفلكت ةيأ نود نم كتغلب ةيروزضلال تامولعمل او ةدعاسملا يلع 1484-704-800-1 (0056-255-800-1 TTY/TDD).

Português (Portuguese):

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Peach State Health Plan, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-800-704-1484 (TTY/TDD 1-800-255-0056).

پښتو (Persian):

قح نيا زا ،ديراد Peach State Health Plan دروم رد يلاؤس دينك يم كمك وا هب هك يسك اي ،امش رگا اب ندرک تبصص يارب -دينک تفايرد دوخ نابز هب ناگيار تروصب ارتاعالطا و كمك هك ديرادروخرب -ديريگب سامت 1484-704-800-1 (0056-255-800-1 TTY/TDD) هرامش اب مچرتم

Deutsch (German):

Falls Sie oder jemand, dem Sie helfen, Fragen zu Peach State Health Plan hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-704-1484 (TTY/TDD 1-800-255-0056) an.

日本語 (Japanese):

Peach State Health Plan について何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-800-704-1484 (TTY/TDD 1-800-255-0056) までお電話ください。



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www.pshp.com