



English Information Meetings:

- **Tuesday, October 22, 2024**
12:00 - 1:00 p.m.
[Click Here to Register!](#)
- **Thursday, November 7, 2024**
5:30 - 6:30 p.m.
[Click Here to Register!](#)
- **Tuesday, November 19, 2024**
12:00 - 1:00 p.m.
[Click Here to Register!](#)

Spanish Information Meetings:

- **Thursday, October 24, 2024**
10:00 - 11:00 a.m.
[Click Here to Register!](#)
- **Thursday, November 21, 2024**
10:00 - 11:00 a.m.
[Click Here to Register!](#)

Welcome!

We are excited to bring you a new edition of Whole You — a newsletter from Carolina Complete Health. This issue will focus on how to keep your children active and healthy during this fall season!

Carolina Complete Health understands the significant challenges that Hurricane Helene has brought to many of our communities. To support response efforts, NC Medicaid can help. It can provide you with valuable resources to assist with recovery. You can find resources related to Hurricane Helene response and recovery efforts on the North Carolina Department of Health and Human Resources website, ncdps.gov/Helene. These resources include essential links and other critical information. It is designed to help individuals and families access the services they need during this difficult time. Please feel free to share this information widely to ensure it reaches those who need it most.

And be sure to look at the events calendar on the left so you can keep up on all things happening in your area. Did you miss our last issue? Take a look [here](#).

We hope you enjoy this newsletter and that it helps you take care of the whole you.

Fall is in the air! Discover your benefits at the next Member Information Meeting!

Get the most out of Carolina Complete Health by attending a Member Information Meeting this Fall! It is where you will get information about your health plan. These live, online sessions are open to all members every month.

AT A MEMBER INFORMATION MEETING YOU WILL LEARN ABOUT:

- Your health plan benefits and how to use them.
- Extra value-added services, including a Visa® rewards card when you complete healthy activities.
- Member resources, such as the website and member handbook.
- How to find providers and specialists to get the care you need.
- Enrolling in care management programs.
- Upcoming member events.
- Who to contact when you have questions or need help.

Register for a session today! For more information, please visit
<http://www.carolinacompletehealth.com/orientation>.

Preparing for Back to School Success



Carolina Complete Health wants to ensure that parents and children have a safe, happy, and productive school year. Whether your child is in kindergarten or started a new grade as a returning student, there's a lot to be done to prepare for the year ahead.

Creating a game plan can put your children on the right path for the upcoming school year:

- Set intentions with your child for the school year ahead.
- Talk to your children about their feelings about school, friends, teachers, and new activities.
- Make sure your child's health record is current and on file with the school.
- Make sure your child has a sleep schedule and is getting enough rest.
- Include a note with your child's snack or lunch.
- Set aside time each day and a space for the child to study and do homework.
- Encourage your child to pursue a hobby or project this school year.

Carolina Complete Health can help support your child for school success.

Students enrolled in Pre-K to 12th grade may receive a \$50 School Supplies voucher for basic school supplies each year. Basic school supplies include a backpack, crayons, rulers, glue sticks, pencils, pens, and folders to name a few. Carolina Complete Health members enrolled in kindergarten through 6th grade can also get online math and/or reading tutoring. Parent or guardian authorization is required.

To learn more, please visit
www.carolinacompletehealth.com/vas
to request more information.

Keeping Children Active

Helping children get involved in activities in and outside of school can help them build confidence, make friends, and lead to better overall physical and mental health. That's why Carolina Complete Health provides members aged 6-18 a \$75 voucher that can be used at a wide range of organizations including YMCAs, Boys & Girls Clubs, Girls on the Run, Discovery Place, and more.

Why are social programs important?

Social activities help children develop personal skills. They provide learning outside the home and classroom. Children tend to be happy when they discover an activity they love. This is a powerful motivator. Exposure to new opportunities can reduce anxiety. It helps your child develop social and interpersonal skills they will need as adults. It gives them confidence to establish new relationships and try new things.



Non scholastic activities also help children build relationships with peers. Especially those who share

similar interests. This can lead to a supportive network. It will help your child push through challenges. These can include:

- Time management
- Problem solving
- Teamwork
- Leadership

Introducing your child to a variety of activities will have a positive effect on their wellbeing. It will give them a sense of community. Giving them an outlet to express themselves and grow. They achieve higher academic and social success. Leading to greater life satisfaction.

Get a \$75 voucher for Extra Curricular Activities!

7 tips for an un-scary Halloween



Ah, the treasured tradition of Halloween. While we all love this season, these safety tips will help keep the big night fun for all.

1. **Makeup check.** If makeup is part of the costume, test it early on the arm or wrist before putting it all over. This helps make sure it won't cause any skin reactions. When the night is over, remove it all with a gentle cleanser and soft cloth.
2. **Dress rehearsal.** Have your kids try on their costumes, makeup, and footwear before the big night. They'll love getting to dress up more than once, and it will help you spot possible problems, like masks they can't see out of or things that could make them fall. Make sure they have flashlights or glow sticks and add reflective tape on their costumes so drivers can see them.
3. **Stay together.** Have yourself or another parent that you know go with your group of kids on their adventure. If older kids insist on going it alone, give them some boundaries on their route and a time to be home. Consider making sure they have a mobile phone in case of an emergency.
4. **Stick to the plan.** The kids will be excited. It will be hard for them not to run from house to house, cutting across streets to take the shortest way. Make sure they stay on well-lit pathways or streets and know simple traffic rules.
5. **Eyes on the road.** If you're the one driving, be careful and go extra slow. Keep distractions like your phone out of sight. Watch for excited trick-or-treaters who may run into the street.
6. **Stay outside.** That house that tries to get kids to come inside for candy. It's a no-go. Make sure kids know they should never go inside someone's house, no matter what kind of candy they say they are offering. If a house won't give treats unless kids go inside, tell your kids to leave and head to the next spot.
7. **Check your treats.** Kids are going to want to dig into their loot right away. Make this rule in advance: You'll need check it all first. Look for choking hazards and packages that look broken or torn open. Discard any homemade treats from strangers.

I'm young and healthy. Why should I visit the doctor?



Many young adults only search for a doctor if they are sick or struggling with pain. Even if you do not have any concerns, schedule an annual wellness visit to get the preventive screenings and care. Maintaining continuity of care helps your physician become well-versed in your specific health history and can be a champion for your health goals.

At your annual wellness visit, your doctor may:

- Review your blood pressure, heart rate, height, weight, and body mass index (BMI).
- Review your health concerns, such as medical, family, and social histories.
- Review your current medications.
- Conduct a health risk assessment.
- Provide nutrition counseling.

How to develop a relationship with a new doctor:

- Write down your questions. List any medications, vitamins, and supplements you are taking, along with the daily dosages.
- Prioritize the goals or health issues you want to discuss with your doctor.

- Be honest about your lifestyle, such as smoking, drinking, or not taking your medication.
- Keep up with your annual appointments.
- Follow your doctor's recommended treatment plan.

But what if I do not have time to go to the doctor?

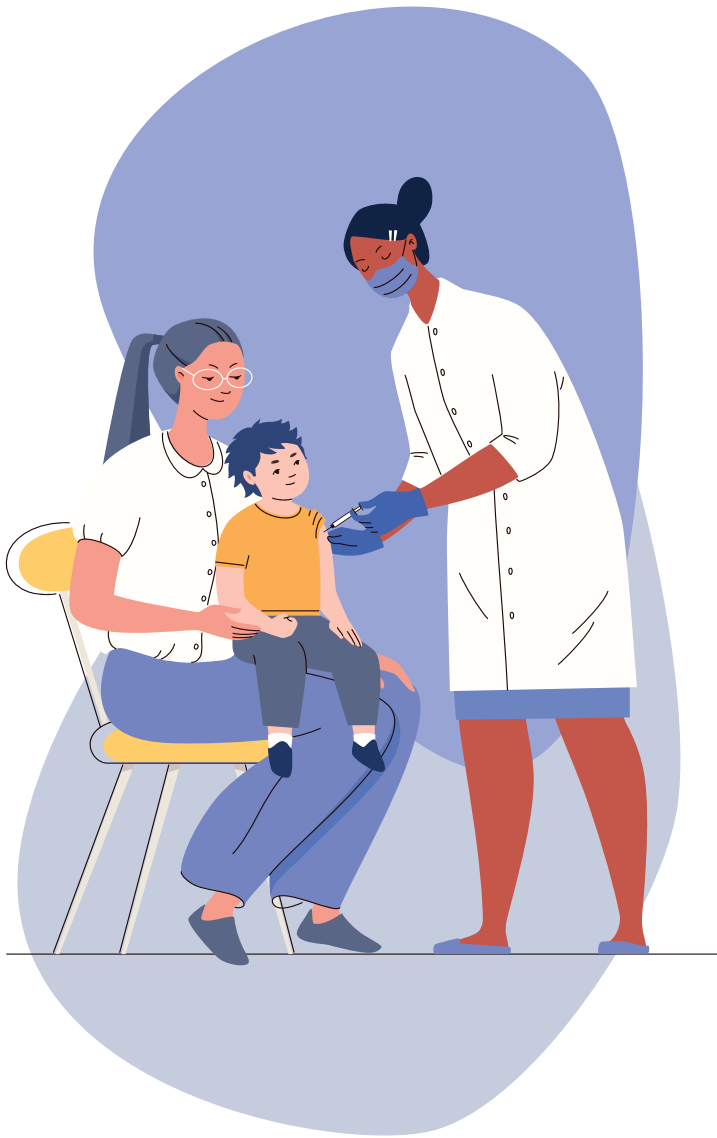
No worries ... Get Care Wherever You Are!

Many doctors' offices can now schedule virtual appointments. These appointments are covered by Carolina Complete Health like other doctor appointments. Carolina Complete Health offers telemedicine through Teladoc®. Members can connect with providers 24/7 via computer or phone. Telemedicine can help with:

- Non-urgent medical advice
- Mental health counseling
- Prescriptions services

If you are interested in telemedicine, check with your doctor or visit, carolinacompletehealth.com. Set up your account today! Call 1-833-552-3876 or online at carolinacompletehealth.com/telemedicine.

Polio can be prevented. Vaccinate your kids now.



What is polio?

Polio (poliomyelitis) is a highly infectious disease that invades the nervous system. It can cause total paralysis in a matter of hours. Polio targets children under 5 years of age. However, anyone who is unvaccinated is at-risk to contract the disease. It is transmitted by person-to-person spread through the faecal-oral route or, by contaminated water or food and multiplies in the intestine. Faecal-oral transmission refers to failures in sanitation systems leading to exposure to various routes in particular contaminated water, food, and hands.

Recognize the symptoms.

Most people infected with polio develop no symptoms, however cases are mild. Children may experience fever, fatigue, headache, vomiting, stiffness of the neck and pain in the limbs. Studies show, one in 200 infections leads to irreversible paralysis. Among those paralyzed, roughly 5–10% die when their breathing muscles become immobilized.

How to develop a relationship with a new doctor:

There is no cure for polio, but parents can protect their children with vaccination. The polio vaccine, given multiple times, **can protect your child for life**. Infants and children should be immunized with one or both forms of the following vaccines:

- **Salk inactivated poliovirus vaccine (IPV):** Injection given to all children at 2 months, 4 months, 6 to 18 months, and 4 to 6 years of age.
- **Sabin live attenuated oral polio vaccine (OPV):** Contains a weakened form of virus and given by mouth as drops or on a sugar cube.

The CDC also recommends parents should follow the immunization schedule. The schedule helps parents stay on track with required vaccinations, keeping children safe from 14 potentially serious diseases before their second birthday.

Schedule your Well Child Visit today!

If your baby has not seen a doctor since discharge from the hospital, set up an appointment as soon as possible! The first few check-ups are important to make sure your baby is growing, feeding, and developing properly. Plus, you can earn a \$25 [My Health Pays](#) reward when members complete all six infant well child visits at 2, 4, 6, 9, 12 and 15 months with an assigned Primary Care Doctor/Provider (PCP). To download the immunization and exam schedule, visit **Early and Periodic Screening, Diagnosis and Treatment** at www.carolinacompletehealth.com/wellchild. If you need help finding a provider or scheduling an appointment, contact **Member Services** at 1-833-552-3876.

Cold, Flu Season and Covid-19



The flu shot is one of the most effective ways you can help protect yourself against getting sick. The vaccination reduces your risk of getting flu by between 40 and 60 percent on average.

However, the flu shot will not protect you against the common cold. Maintaining your health can lower chances of contracting the virus.

The flu vaccine does not prevent you from getting COVID-19, and it also does not increase your risk in getting COVID-19. Because the flu virus will continue to spread during the same seasons that COVID-19 is spreading, the CDC suggests that everyone older than 6 months get an annual flu vaccine. It is possible to have the flu and COVID-19 at the same time. The symptoms are similar for both, and providers suggest you get tested to determine which virus you have. If you do have COVID-19, you should wait until it is safe for you to come out of isolation before you get the flu vaccine.

Ways to Prepare for Cold and Flu Season

- Get a flu shot because the CDC says it reduces the risk of getting sick by 50%.
- Wash your hands frequently as germs can live on everything you touch.
- Minimize contact with sick people and keep your distance from those coughing or sneezing.
- Stock up on cold and flu medicine.
- Keep an eye on the activity in your area.
- Consult with your doctor about which flu vaccine is best for you.
- Check the Centers for Disease Control and Prevention for the latest strains of the flu in your area.
- Eat healthy and stay hydrated.
- Avoid touching your face.
- Stay well rested.



Earn \$10 on your My Health Pays Rewards Card when you get the flu vaccine! To learn more, visit www.carolinacompletehealth.com.



Get Your Flu Shot

Join the millions of people who get a yearly flu shot to stay healthy. To find a doctor or pharmacy close to you, visit findaprovider.carolinacompletehealth.com. If you haven't gotten the COVID-19 vaccine, find resources at the COVID-19 in the **Carolina Complete Health** website. For questions or concerns, call 833-552-3876. (TTY: 711) Monday through Friday from 8:00 a.m. to 6 p.m.

Your Way to a Brighter Future!



Everyone has a different path. If you didn't graduate from high school, it is never too late to press the reset button and begin a new life journey. Carolina Complete Health members can receive a voucher to obtain a GED, giving you a better chance to further your education. Here are four reasons why earning a GED can be essential to you!

- **Get Accepted to College:** Most colleges and universities require a high school diploma or GED. A GED is a great way to start a new educational path.
- **Get a Better Job:** A GED will provide you baseline knowledge you will need to excel in the current job market.
- **Get a Higher Salary:** Set yourself up for success with a GED. It can provide more opportunities to make money and excel in the workforce.
- **Personal Achievement:** Earning a GED will provide you a personal achievement no one can take away. The satisfaction of reaching the finish line can propel you to excel further in your life journey.

How to Prepare for the GED Exam

In North Carolina, members can earn their GED by passing 4 GED subject tests. These tests can be taken at a testing center. At **Carolina Complete Health**, our team will cover the cost for you to take the test. You can request to take a course one at a time or take them all at once.

To be eligible for the GED® Benefit Program you must:

- Be a current Carolina Complete Health member, aged 16 years or older
- Not have graduated from an accredited high school or received a high school equivalency certificate or diploma
- Not currently enrolled in a regular high school; and
- Have a valid ID Card

If you have been out of high school for one year or more, we recommend you enroll in a state-approved adult education class. Studies show people who complete these classes are more likely to pass the exam the first time. To learn more about the program, call **Member Services** at 833-552-3876 or visit

www.carolinacompletehealth.com

Fight America's #1 killer - high blood pressure.



Sometimes you hear it called “the silent killer.” It is also called “hypertension.” High blood pressure can quietly harm your blood vessels and cause dangerous health problems. If you have high blood pressure, your doctor can give you medicine to manage the condition. These changes can help lower your risk for the things high blood pressure can cause, including heart disease, stroke, and kidney disease.

Here are six things you can do to manage high blood pressure:

- 1. Get your blood pressure checked and learn what the numbers mean.** If your doctor says you have high blood pressure, check it yourself on a regular basis or use a blood pressure cuff at home. That way you can know if any changes you make in your health habits are working. If it is high, you should contact your primary care doctor.
- 2. Lose weight if you need to. Being overweight can increase your risk of high blood pressure.** Talk with your doctor about ways to get to a healthy weight. Carolina Complete Health also offers a WeightWatchers® program for eligible members based on Body Mass Index. To find out more about

this program, please visit our website at www.carolinacompletehealth.com/vas.

- 3. Get exercise.** Try exercising for 30 minutes every day. Ride a bike or take a brisk walk. Talk to your doctor about developing an exercise program.
- 4. Do not smoke.** If you smoke and it is hard to quit, your doctor can help you. Carolina Complete Health also has programs to help you quit smoking. Learn about our smoking cessation programs at www.carolinacompletehealth.com.
- 5. Limit alcohol.** Drinking too much alcohol can raise your blood pressure.
- 6. Sleep well.** Getting enough sleep is important for your health overall. If you often get too little sleep, it can raise your risk for high blood pressure.

Carolina Complete Health also offers eligible members a YMCA Blood Pressure Self-Monitoring Program. This four-month online program provides support to help you build skills to help members manage your blood pressure and diet. For more information, contact Member Services at **1-833-552-3876 (TTY 711)**.



Staying Healthy with Diabetes

Diabetes does not have to stop you from living a full life.

Managing your diabetes can feel overwhelming. If uncontrolled, it can lead to chronic diseases such as heart and kidney disease. You can also experience vision loss, stroke, or amputations. There are ways you can manage you're your diabetes. Exercise and diet will help you take action over your diabetes and lead you to a healthy lifestyle.

HERE ARE HELPFUL TIPS TO HELP YOU MANAGE YOUR DIABETES:

Eat Healthy. Make sure half of your plate includes non-starchy veggies. One quarter of your plate should include grains. The last

quarter of your plate should include proteins including chicken, lean ground beef or fish.

Exercise. Exercise can help lower your blood sugar levels and blood pressure. Make sure you consult with your doctor before starting an exercise program. Start with 30 minutes a day. Monitor blood sugar throughout your workout to ensure it is stable.

Reduce your stress. Manage your stress level. Make sure you have someone to talk to such as a friend or family member, take deep breaths followed by exercise, and lower the amount of caffeine you consume daily.

THE MOST IMPORTANT TIP OF ALL: Make sure you are getting your diabetic screenings such as A1C testing, kidney screenings, and retinopathy (dilated eye exam). These screenings will help manage your diabetes.

Manage your Diabetes with the YMCA Diabetes Prevention Program (DPP)

If you are not sure where to start **Carolina Complete Health** can help! The **YMCA DPP** is a one-year virtual program to help adults lower their risk of diabetes. Members will learn about physical activity and nutrition leading to weight loss and risk reduction. A trained Lifestyle Coach will teach a small group of members how healthy eating, exercise, and behavior changes can help lower their risk for diabetes. Sign up today to improve your overall health!

For more information, call Member Services at 833-552-3876 or visit www.carolinacompletehealth.com.

Start your day with a delicious Blueberry Streusel Muffin by WeightWatchers®

Wake up to a moist, blueberry-bursting muffin with an addictive crumb topping. These are so moist and tender that they do not need butter, but a slather of fat-free cream cheese makes them taste like cheesecake. Slice and toast day-old muffins to dunk in your cup of tea or glass of milk!

Total Time: 49 min | **Prep:** 14 min | **Cook:** 35 min | **Serves:** 12



You can use any combination of fresh berries in this recipe. Frozen berries are fine to use if you make sure they are completely thawed first.

- 2¼ cup(s), divided All-purpose flour
- ½ tsp Baking soda
- 1 tsp Baking powder
- ½ tsp Table salt
- 1 large egg(s) Egg
- 1 cup(s), divided Sugar
- ¾ cup(s) Reduced fat sour cream
- 1 tsp Vanilla extract
- ¼ cup(s), divided Fat free skim milk
- 2 cup(s), washed and picked over Blueberries
- 2 Tbsp, melted Salted butter

Instructions:

1. Preheat oven to 375°F. Place muffin liners in a 12-hole muffin tin.
2. In a large bowl, combine 2 cups of flour, baking soda, baking powder and salt; set aside.
3. Using an electric mixer, beat egg with ¾ cup of sugar in a large bowl until light and fluffy. Add sour cream and beat until thoroughly combined; blend in vanilla extract.
4. Add half of flour mixture and half of milk to sugar mixture; beat until just combined. Add remaining flour mixture and milk; beat until smooth.
5. Fold in blueberries and fill each muffin liner about ¾ full; set aside.
6. To make streusel topping, in a small bowl, combine remaining ¼ cup each of sugar and flour. Pour in melted butter and combine with fingertips. Divide crumb mixture over muffins; gently press into top of muffin batter with fingertips.
7. Bake until slightly golden and a toothpick inserted in center of a muffin comes out clean, about 30 to 35 minutes. Cool in pans for about 10 to 15 minutes and then transfer muffins onto racks to cool completely. Yields 1 muffin per serving.



Join the Member Advisory Committee

The Member Advisory Committee and LTSS Member Advisory Committee meets four times a year and offers a platform for members to share their opinions on how to improve their plan. Members will receive information about Carolina Complete Health benefits and services. Members discuss a range of topics including Medicaid Eligibility and Expansion, Value Added Services and more! Meetings are held online or in person, which members will receive a \$75 stipend for their participation!

Registration is now open! Sign up for the upcoming meetings:

- Region 3: December 10, 2024 at 5:30 p.m. - 7:00 p.m.
- Region 4: December 11, 2024 at 3:00 p.m. - 4:30 p.m.
- Region 5: December 12, 2024 at 11:00 a.m. - 12:30 p.m.

Let your voice be heard! To participate, members must be a Carolina Complete Health member over the age of 18. Parents, guardians, or caregivers of a members are welcome. Participants are asked to provide at least one piece of feedback during the meetings.

Enroll today by visiting www.carolinacompletehealth.com/mac.
For questions, please contact Member Services at 833-552-3876.

Preparing for Back to School Success

<https://www.scholastic.com/parents/school-success/school-life/back-to-school/8-tips-to-prepare-first-days-school.html>

Keep kids active with fun Extra Curricular

Michael Yogman, MD, FAAP, American Academy of Pediatrics (Copyright © 2023)

Journal of Youth and Adolescence: Benefits of Extracurricular Participation in Early Adolescence: Associations with Peer Belonging and Mental Health.”

<https://www.linkedin.com/advice/0/how-do-extracurricular-activities-contribute-student-8nw2e#:~:text=They%20offer%20a%20sense%20of,and%20in%20your%20academic%20endeavors>

7 tips for an un-scary Halloween

Envolve Word doc from 10/01/16: “Envolve Takes the Spookiness Out of Halloween with Five Safety Tips”

Envolve Word doc from 10/23/17: “Helpful Halloween Tips for Safe Trick-or-Treating”

I’m young and healthy. Why should I visit the doctor?

<https://www.hollandhospital.org/healthy-life/articles/holland-hospital/why-younger-adults-need-primary-care-physicians>

<https://weillcornell.org/primary-care/wellness-visits#:~:text=Review%20your%20blood%20pressure%2C%20heart,Conduct%20a%20health%20risk%20assessment.>

Polio can be prevented. Vaccinate your kids now.

<https://www.who.int/news-room/fact-sheets/detail/poliomyelitis>

https://www.health.harvard.edu/a_to_z/polio-a-to-z

<https://pubmed.ncbi.nlm.nih.gov/37158467/>

<https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html#:~:text=Delaying%20vaccines%20could%20leave%20your,her%20from%20potentially%20serious%20diseases>

A healthy smile means a healthy you

State Health Plan “Dark Green” pdf

Envolve teeth brushing Word doc

Your Way to a Brighter Future!

<https://ged.com/blog/why-is-getting-a-ged-so-important-top-4-reasons-you-should-get-your-ged/>

Blueberry Streusel Muffin by WeightWatchers®

<https://www.weightwatchers.com/us/recipe/blueberry-streusel-muffins/5626a6013d92b3c10eb8af1a>