

WHOLE you

2025 | Q3 BULLETIN



It Pays to Stay Healthy!

Did you know you can earn My Health Pays® rewards from Carolina Complete Health when you complete certain healthy actions? Activities such as completing your health screening, yearly wellness checks and screenings and tests.

You can use your rewards to make purchases or pay for a variety of services:



Everyday items at Walmart



Utilities



Telecommunications



Transportation



Childcare



Education



Rent

Visit www.carolinacompletehealth.com today to learn more about our My Health Pays® rewards!

Welcome to another edition of Whole You, a newsletter from Carolina Complete Health!

We hope you are enjoying the fall season! In this edition of Whole You, a newsletter from Carolina Complete Health, you'll find tips for keeping kids healthy in school, ideas for starting your day with a healthy breakfast and where to go when you need care.

Be sure to look at the calendar for events near you. Did you miss our last newsletter? Take a look [here](#).

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

Avoid Back to School Germs

Help kids learn how to protect themselves from germs in school. Here are a few hygiene tips to help kids stay healthy at school. Scrub Away. Washing hands is one of the best ways to keep germs from spreading and to keep kids healthy. Teach your child to wash with soap and water every time. They should scrub their entire hand, front and back, for at least 20 seconds. Always wash hands:

- before and after eating,
- after using the restroom,
- after playing outside,
- after sneezing or coughing,
- after playing with an object that many have touched, like a toy or ball.

Children can be forgetful. It is a good idea to keep hand sanitizer in their backpack or desk to help keep hands clean.

Educate Early. Before your kids head to school, talk with them about where germs live and how they spread. Some areas where germs like to hide in schools are water fountains, lunch tables and trays, keyboards and door handles. Teach your kids about prevention and how to avoid germs as much as they can. Keeping kids healthy in school can be an important step to limit sick days.

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Where to Go for Care



Primary Care Options – When you're sick and your doctor is not available.

A primary care provider is a good choice when you aren't feeling well and want to be seen in person. They can test and diagnosis many common illnesses. Nurse practitioners and physician assistants usually staff them. You can make an appointment online or by calling the clinic.

Examples of basic care:

- Ear infections or earaches.
- Colds.
- Flu.
- Strep throat.
- Sore throat.
- Sinus infections.

Use the [Find a Provider Tool](https://findaprovider.carolinacompletehealth.com/location) to search for a walk-in clinic near you:

<https://findaprovider.carolinacompletehealth.com/location>

Urgent Care – When you need care fast.

Urgent Care centers offer quick, effective care for minor injuries and illness that needs immediate attention but are not life-threatening. Urgent Care has doctors and nurses who can give you a diagnosis and prescription if needed. You do not need an appointment to be seen.

Examples of urgent care:

- Severe body pain with fever.
- Giving a shot or treating a small wound.
- Fixing a simple sprain or broken bone.
- Ear infections or earaches.
- Cold, flu, sore throat.
- Urinary tract infections.
- Minor cuts and burns.

Use the Find a Provider Tool to search for an Urgent Care near you:

<https://findaprovider.carolinacompletehealth.com/location>

Emergency Room (ER) – When you have a life-threatening medical emergency.

The ER should be used for life-threatening emergencies. A medical emergency is a sudden illness or condition that could result in serious harm to you and needs care right away. You will be seen based on how severe your condition is. **Examples of a life-threatening condition or possible medical emergency:**

- Bleeding that will not stop.
- Suddenly unable to see, move or speak.
- Severe pain, including chest pain.
- Coughing or vomiting blood.
- Convulsions or seizures.
- Chemical poisoning.
- Loss of consciousness.
- Trouble breathing.
- Drug overdose.

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

Call Member Services to learn more about your care options at 1-833-552-3876.

Avoid Back to School Germs

Continued from previous page.

Fight Serious Illness. Check with your child's provider to make sure they are up-to-date on their vaccinations. Vaccines help prevent serious illness. As a parent, it is important to know what your state requires for kids starting school. But vaccines aren't just for kids! Check with your provider for vaccines for you and your older children. Staying current will help protect your family and those around you. Your provider can help you stay informed about what vaccines can help keep you and your family safe.

Build Up Your Child's Immune System. There are many ways to boost your child's immune system. Healthy eating is one of them. Adding more fruits and veggies is a great way to do this. Exercise also helps. Go for a bike ride, take a family walk or play a favorite activity. And don't forget that getting plenty of rest is key. Lack of sleep raises the chance of catching germs in schools.

Cover Up. A tissue is the best choice when sneezing or coughing. Teach your child to use the sleeve of their inner elbow if they do not have a tissue. It is important to never use hands. This helps to limit the spread of germs.

Morning Foods to Fuel Your Body



Start your day with protein for more energy and better metabolism. Protein helps build muscle and keeps you feeling full. Here are five easy, healthy and tasty ideas.

Make Regular Oatmeal.

Oatmeal is a great choice to keep you feeling full until lunch. Use skim milk instead of water to boost protein. Top with fresh fruit and nuts to add crunch and extra nutrition.



Go Greek.

Plain Greek yogurt helps your muscle, hair and skin health. Dress it up by making your own chia peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Next, add chia seeds. Top it off with chopped blueberries and bananas. Use plain yogurt or make smart choices that limit added sugar. Read the nutrition label to make the best choice.



Try Quinoa.

The options are endless with this healthy grain. People think of quinoa as a lunch or dinner food. Try it in your morning meal and you won't be let down. It is a great source of iron, magnesium, vitamin E and fiber. It can lower your risk of diabetes and improve bone health. Just like oatmeal, quinoa is a great base for a high protein meal.



Pick Peanut Butter.

A single serving is packed with protein. This makes it a better choice on whole grain toast than butter or jelly. Be sure to measure out two tablespoons. Also check the label to check for added sugar. These steps help you keep calories in check.

Try peanut butter, strawberry and banana quesadillas for another yummy option. To make, spread one tablespoon of natural peanut butter on two whole wheat tortillas. Top one tortilla with slices of banana, strawberry and a sprinkle of cinnamon. Put the other tortilla on top and press gently to help stick together. Cook each side in a skillet on medium heat for three minutes or until golden brown.

A Healthy Smile Means a Healthy You

Taking care of your teeth does more than give you a great smile. Of course, it can keep you from getting bad breath, gum disease and tooth decay. But did you know taking care of your teeth can affect the health of your whole body? When your mouth isn't healthy, it can increase your risk for stroke and heart disease.

**Twice a day,
every day.**

The good news — brushing your teeth is one of the best and easiest ways to keep your mouth healthy. Brush your teeth twice a day and get all sides of your teeth and your tongue. This will get rid of germs and leftover food. Use a toothbrush with soft bristles. Brush for two minutes each time, using gentle, circular strokes.

To keep your toothbrush clean, don't lay it on a sink counter or in a closed space where germs can grow. Keep it in a toothbrush holder or small jar or vase. Get a new toothbrush every three to four months and right away after you have been sick.

Flossing is an important step too. It helps clean between your teeth, where cavities usually start. Slide the floss

between your teeth and gently move it between each tooth all the way to your gum line.

Take a seat in your dentist's chair.



Regular visits to your dentist will include an exam and cleaning to get rid of plaque that can build up in any spaces you miss brushing and flossing. Your dentist will check for any tooth decay and gum disease as well as signs of other health issues like vitamin deficiencies and even diabetes. And they'll make sure any dental work is still holding up and doing its job. Have a tooth-healthy diet.

Certain foods and drinks are great for your teeth — others are not so great. Drinking water is great. It washes away food and germs during the day. Foods that have lots of calcium and protein are also good choices — like carrots, almonds and cheese. On the other hand, chewy, sticky, sugary foods and sweet drinks can damage the enamel surface of your teeth. They can cause decay, so avoid them when you can, and when you can't, rinse your mouth with water or brush your teeth. If you chew gum, choose sugar free.



Need help finding a dentist?

Dental services are covered by NC Medicaid Direct. To find a dentist, please contact **NC Medicaid Direct at 1-888-245-0179**. Members can also contact **Member Services at 1-833-552-3876** (TTY: 711), Monday – Saturday from 7 a.m. to 6 p.m.

Prostate Cancer Prevention

Prostate cancer is the most common cancer found in men in America.
Each year, about 1 in 9 men will be find out they have prostate cancer.

Your risk of getting prostate cancer grows with age. But it doesn't just happen to older men. Black men are more likely to get prostate cancer. Men who have a brother or father with prostate cancer are also more likely to get the disease.

A PSA test is a way doctors can test for prostate cancer and find it early. If you're 50 or older, talk to your doctor about getting the test. And if you are Black or have a close family member with prostate cancer, do it at age 45.

Good food choices might lower your risk for prostate cancer.

1. Choose low-fat meats. Avoid fatty meats like beef, bacon, and sausage. When you can, choose lower-fat meats like chicken or fish. You can also choose veggie burgers.

2. Eat lots of broccoli. Choose vegetables like broccoli, cabbage, turnips, and kale. These have vitamins C, E and K and can help curb cancer.

3. Enjoy Omega-3s. Foods high in omega-3 fatty acids can lower your risk of prostate cancer. These include salmon, tuna, mackerel, flaxseed, chia seeds and leafy dark green vegetables.

4. Here's to tomatoes. Tomatoes can help fight prostate cancer and other forms of cancer. Put tomato slices on your sandwich or in your salad. You can also drink tomato juice when you're thirsty or add salsa on top your favorite foods. You can also have pasta with tomato-based sauce or a bowl of tomato soup.

5. Have a cup of green tea. The leaves that make green tea can also help reduce prostate cancer risk. A cup of green tea can also do other good things, like lower stress and blood pressure and protect against heart disease. When you drink tea, make sure to keep the sugar at a minimum.

Schedule your PSA test at your next Annual Wellness check up!



Don't have a doctor?

Carolina Complete Health can help! Log on to www.carolinacompletehealth.com and search for a provider using the **Find a Provider** portal. You can search for a doctor in your area, view claims, and update your information. To learn more, contact **Member Services** at 1-833-552-3876 (TTY: 711) Monday – Friday from 7 a.m – 6 p.m.

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 the 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 of 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.



Earn \$25 on your My Health Pays Reward Card when you get the flu vaccine! To learn more, visit www.carolinacompetehealth.com.

Ways to Prepare for Cold and Flu Season

- **Consider getting 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**.

7 Tips for an Un-scary Halloween

Ah, the treasured tradition of Halloween. When children run through the dark, door to door, taking candy from strangers. What could possibly go wrong? While we all love Halloween, it does have its dangers. 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.

Care Talks: How Carolina Complete Health Supports Members of the LGBTQ Community

Caring for members of the lesbian, gay, bisexual, transgender, or queer/questioning community requires understanding, openness, and a commitment to overcoming biases. At Carolina Complete Health, we proudly offer a variety of programs and services designed to ensure that LGBTQ individuals receive compassionate, high-quality care. We promote health and wellness through:



- **Wellness Assessments:** Accessible through the Member Portal, these assessments provide self-care recommendations that inspire individuals to prioritize important screenings, doctor visits, dietary changes, and lifestyle improvements.
- **24/7 Online Resources:** Our member website and portal offer valuable information around the clock, helping individuals access resources that enhance their health and wellness journey. –
- **Health Kiosks:** Strategically located in the community, these kiosks serve as a vital resource for screenings, referrals, and guidance on managing chronic illness and other health conditions.
- **Member Healthy Rewards:** We motivate our members by providing incentives for meeting specific health goals, including doctor visits and screenings.

For more information on these programs, please call Member Services at 1-833-552-3876 (TTY: 711).

Your Way to a Brighter Future!

Everyone has a different path. It is never too late to press the reset button and begin a new life journey.

Getting your GED can be your first step to a brighter future. Obtaining your GED offers better chances of furthering your education. It can also lead to more financial earnings. 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.

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.

Ingredients:

- 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.

Prostate Cancer Prevention

<https://www.envolvehealth.com/news/easy-eating-changes-to-help-prevent-prostate-cancer-in-honor-of-.html>

<https://www.cancer.org/cancer/types/prostate-cancer/causes-risks-prevention/risk-factors.html>

<https://us.movember.com/mens-health/prostate-cancer>

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/>

Care Talks: How Carolina Complete Health Supports Members of the LGBTQ Community

<https://www.ncbi.nlm.nih.gov/books/NBK563176/>

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

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