

# WHOLE you

2024 | WINTER Q4 BULLETIN



## English Information Meetings:

- **Thursday, Dec. 5, 2024**  
5:30 - 6:30 p.m.  
[Click Here to Register!](#)
- **Tuesday, Dec. 17, 2024**  
12:00 - 1:00 p.m.  
[Click Here to Register!](#)

## Spanish Information Meetings:

- **Thursday, Dec. 19, 2024**  
10:00 - 11:00 a.m.  
[Click Here to Register!](#)

## Managing your health during the winter season

The winter season is here! It comes with opportunities to focus on health and wellness.

Weather in NC is more moderate in winter compared to other states. Often, people struggle due to few hours of sunlight, busy schedules, and stress. Know when to seek help when you do not feel well. This is your best defense from developing depression. Recognize when you are feeling down. Contact family, friends, or your primary care doctor.

Studies have shown spending time in nature can benefit your mental health. Walking in the sun can be an effective centering and calming tool. This will lower stress and help with concentration. You can also lower levels of inflammation and improve mental energy.

Create a healthy diet. An exercise routine is another way to help you feel your best. Make sure you are getting enough rest. Try not to over-sleep as this can impact your mood. Take time for yourself to renew your strength and relieve the pressures of the winter season.

If you feel like you need support, Carolina Complete Health can help. Mental health is a covered benefit with your Medicaid plan. Plus, Carolina Complete Health offers telemedicine as a convenient way for you to obtain health care services. You can reach doctors and mental health providers by phone or video. Visit [www.carolinacompletehealth.com/telemedicine](http://www.carolinacompletehealth.com/telemedicine) to set up a telemedicine account.

## Break the ice at the next Member information Meeting!

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

### At our Member Information Meetings, 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>.



## Reasons to get an HPV Vaccine

### What is HPV?

According to the CDC, 85% of sexually active people are likely to get an HPV infection. Roughly 13 million Americans, mostly teens, are impacted by HPV. HPV stands for Human Papillomavirus and is a sexually transmitted infection that spreads through skin-to-skin contact. Most infections will go away however severe cases can cause certain types of cancers, including cervical cancer.

### Preventing cancer is better than treating it.

The CDC recommends preteens, age 11-12 should get the HPV vaccination. The vaccination is a series of shots that will prevent risk and the spread of HPV. Children need two doses if the first dose was given before the 15th birthday. Teens and young adults who take the vaccine between 15 and 26 years need three doses of the HPV vaccine. The vaccine is not recommended for adults over age 26 because most people in this age range could have been exposed to the virus.

### Talk to your child's primary provider about the benefits of an HPV vaccination.

If you have questions about HPV, contact your child's primary care physician. If you need help finding a provider or scheduling an appointment, contact Member Services at 1-833-552-3876.



Telehealth gives you access to medical care whenever and wherever you need it.

Have a cough? A rash? Stress or anxiety? Telehealth connects you with a doctor over the phone or through video, giving you easy access to care for nonemergency health issues. You can get medical advice, a diagnosis or a prescription. It's a doctor's visit with no travel and a shorter wait time, and you can use it anywhere at any time.

#### Use Telehealth:

- When you can't see your primary care doctor.
- For nonemergency issues like the flu, a cough, a rash, a sinus infection or stress.
- When you can't take time off to see the doctor.
- If you don't have a ride.
- If you're not sure you need to be seen in person.

*Telehealth is a covered benefit with no copay. Don't wait until you're sick. Be prepared. Learn more about Telehealth services available today. <LINK>*

# Gifts from the Heart

You do not have to spend a lot of money to show someone you care. In fact, the most thoughtful and meaningful gifts can be things you create. It is also an effective way to spend time with children by helping them make gifts for family and friends. Here are some ideas.

**Share memories.** If you and a loved one have done fun things together, write down some of your best memories or make a little box filled with mementos of those times, like ticket stubs and pictures. You could even attach a note to each item that says how you got it or why you saved it.

**Make hand warmers or heating pads.**

Get two pieces of fabric. Put them on top of each other and cut them together into a simple shape, like a circle or square. You can make them small, for handwarmers, or large, for a heating pad to help with back pain. Choose what side will be the outside of each fabric. Then flip each fabric so the outside is now on the inside. Sew the pieces together about a quarter inch from the outside edge. Leave a two-inch opening. Flip the fabric right side out again. Using a funnel, fill the pouch with dry, uncooked rice, and sew the opening shut. To heat them, microwave for about one minute.



**Make a happiness jar.** Pick a jar. It can be a pretty mason jar or any used jar — just wash off the label. Cut small strips of paper and write encouraging notes on each piece. It could be things you like about that person, good thoughts, or any ideas you think the person would like. Put the notes in the jar then decorate the jar with ribbon.

**Give the gift of nature.**

Go for a walk and look for pinecones. You can decorate pinecones to make all kinds of ornaments or winter decorations using paint, glitter, and fabric.

**Give your time.** Are you good at organizing? Cleaning? Cooking? Or would your loved one just want you to come over and read to them or go for a walk? Make a coupon and give them the gift of something you are good at.

## December is Safe Toys and Gift Month



*Did you know 217,000 children go to the emergency room yearly for toy-related injuries? Some of the most common toy-related injuries are motor accidents, falls, choking, and eye injuries.*

When buying toys for children it is important to consider:

- Avoid toys with sharp points, spikes or edges.
- Toys should be able to resist force without breaking, being crushed or being pulled apart easily.
- Avoid toys with small objects that can cause choking particularly if the child is young.
- Give the correct sized helmet and safety equipment to go with skateboards, bikes and roller skates.
- Read all toy warning labels, safety precautions and directions before use.
- Look for toys that have passed a safety inspection.
- Toys that have passed the American Society for Testing and Materials Standard (ATSM) safety inspection will have an ATSM seal printed on the box.

To check for safety recalls and warnings, visit [www.recalls.gov](http://www.recalls.gov) or [www.cpsc.gov](http://www.cpsc.gov).

# Nourish Your Body, Transform Your Life



## **Your daily food choices make a big difference in your health.**

Good nutrition and physical activity can help you maintain a healthy weight. However, the benefits of good nutrition go beyond weight. It protects you against chronic diseases, such as heart disease, diabetes, and cancer. Eating foods that contains less salt, sugars, and saturated and trans-fats, are essential for a healthy diet. Health and wellness are about how we live our lives and the joy and fulfillment we experience.

Living a healthy lifestyle can also build your self-esteem and self-image. Eating foods that are good for you and staying physically active may help you reach and maintain a healthy weight and improve how you feel. You may find that moving more and eating better could help you keep up with the demands of your busy life and be there for the people who depend on you.

An example of a healthy diet includes vegetables, fruits, and small portions of protein and whole grains. These foods provide fiber and important nutrients such as vitamins and minerals. **When planning meals for you and your family, think about including:**

- **A salad or other different-colored vegetables**, such as spinach; sweet potatoes; and red, green, orange, or yellow peppers.
- **Fat-free or low-fat milk and milk products**, or nondairy products such as almond or rice milk.
- **Different-colored fruits**, including apples, bananas, and grapes.
- **Lean beef, pork, or other protein foods**, such as chicken, seafood, eggs, tofu, or beans.
- **Whole grains** such as brown rice, oatmeal, whole-wheat bread, and whole-grain cornmeal.

Power your health and wellness journey with Carolina Complete Health's WeightWatchers Program! Eligible members can receive 10 weeks of WeightWatchers digital and web-based classes and workshops, and access to 14 weeks of online tools per year. For more information, visit [www.carolinacompletehealth.com](http://www.carolinacompletehealth.com) or call Member Services at 1-833-552-3876.

## Warm Your Soul with WeightWatchers® Chili

*Craving a big bowl of chili? This Weight Watchers chili delivers all the comforting flavor, without any of the guilt. Dig into this flavorful, easy weeknight meal that is perfect for Winter!*

**Total Time:** 4 hrs 15 min | **Prep:** 15 min | **Cook:** 4 hrs | **Serves:** 6

**Calories:** 343 kcal | **Equipment:** Slow Cooker (or Instant Pot)



\*You can make it on the stovetop. If you prefer the stovetop over the slow cooker, simply add the ingredients to a large stock pot after browning the meat. Bring to a boil, then reduce the heat and simmer until warmed through.

### Ingredients:

- 1 pound lean ground beef browned and grease drained
- 1 tablespoon olive oil
- 2 cups chopped onions
- 1 cup celery finely chopped
- 3 garlic cloves chopped or pressed
- 2 cups diced tomatoes canned. Reserve liquid.
- 2 cups tomato sauce
- 12 ounce red kidney beans canned, rinsed and drained
- 12 ounce pinto beans canned, rinsed and drained
- 3 bay leaves
- 3 allspice whole
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cumin
- ¼ teaspoon ground red pepper

### Instructions:

1. Brown the ground beef in skillet. Drain the grease and add the beef to the slow cooker.
2. In medium nonstick skillet, heat oil, add onions, celery, and garlic; cook over medium heat until softened, about 2 minutes. Transfer to your slow cooker.
3. Place vegetables and remaining ingredients in slow cooker; stir to combine.
4. Cook on low setting 4 hours.



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](http://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.



Opioids use can lead to addiction or worse, overdose. They are powerful drugs. Although a doctor can prescribe them, this along with tolerance build can lead to addiction. Opioids interact with nerve cells that can reduce pain. These types of medications not only dull pain but produce a sense of euphoria in people. Because of this, providers try to prevent opioid addiction. They have modified their prescribing practices to reduce the length and strength of addiction.

## What are the signs of addiction?

Anyone can fall victim to opioid addiction. Symptoms vary from person to person and based on the substance or activity. Taking an opioid regularly can risk addiction. The drug initially gives the individual a pleasurable effect. Over time, the pleasant sensations diminish. The individual finds themselves chasing that initial euphoric feeling. The usage eventually becomes more frequent or at higher doses to restore that feeling. As the condition progresses, the person takes the opioid to avoid withdrawal. These are the early signs of addiction.

### Other signs include:

- **Inability to stop.** People may use a substance or engage in harmful addictive behavior even if they want to stop. They may have tried to stop multiple times but cannot. They may also lie to their loved ones about it or try to hide it.
- **Increased tolerance.** Over the course of time, they may need more of the substance or activity to feel the same euphoric effects as they did before.
- **Withdrawal.** People with addiction may experience emotional and physical withdrawal symptoms when they stop using. Physical symptoms include shaking, sweating, or vomiting. They may also become anxious or irritable.
- **Intense focus on the substance or activity.** People with addiction may feel that the addiction has taken over their lives, as they spend more time craving, obtaining, and thinking of the subject of the addiction.
- **Lack of control.** They may feel like they have lost complete control over their substance use or activity and often feel helpless. At times people may feel guilt or depression. They think about how it has impacted their lives.

## Can I prevent developing an addiction?

There are steps people can take to reduce risk of an addiction, such as:

- Avoid or limit substances that have addiction potential.
- Know your family history.
- Manage stress.

Carolina Complete Health offers outpatient opioid treatment and behavioral health care services. All members have access to Teladoc which can also help with issues like depression. For more information, contact Member Services at 833-552-3876 for help.

According to the Centers for Disease Control and Prevention (CDC), smoking kills more than 480,000 Americans yearly — more than AIDS, alcohol abuse, car accidents, murders, and suicides combined.

Smoking is the leading preventable cause of death in the United States. Many smokers have tried to quit, but often fail. In fact, 95% of smokers go back to smoking within a year. Studies have shown about a third of smokers will die from the disease or suffer from other diseases and have short lifespans.

Quitting smoking is one of the most important things you can do for your health. There are many reasons why you should stop smoking. Cigarettes contain toxic materials like arsenic, carbon monoxide, lead, and formaldehyde. These chemicals are known to cause cancer and other chronic conditions. Inhaling tobacco smoke can also damage your lungs, blood vessels, and reproductive system.

### Below are more reasons why you should stop smoking:

- 1 Smoking increases risk of cancer and heart disease.
- 2 Secondhand smoke can harm your loved ones.
- 3 Smoking can kill your unborn child.
- 4 Smoking can damage your senses.
- 5 Smoking causes dental issues like gum disease and tooth loss.

It is never too late to quit using tobacco. If you are ready to stop, Carolina Complete Health can help with the [Quit for Life® Tobacco Cessation Program](#). You will get personalized help to stop smoking or using other tobacco products. You will also work with a coach and develop an action plan to help you obtain a smoke-free lifestyle.

Call today! For more information, visit [www.carolinacompletehealth.com](http://www.carolinacompletehealth.com) to set up your Quit for Life® account.

# Let Carolina Complete Health Give You a Ride



## **Do you need a ride to your doctor? Carolina Complete Health can help!**

Accessing the care you need, when you need it, is an important part of staying healthy. And we make it easy! Your Carolina Complete Health benefit includes rides to and from appointments for Medicaid-covered services through ModivCare.

No matter where or when the appointment, ModivCare's non-emergency medical transportation (NEMT) will help you reach your care destinations. There is no limit to the number of trips during the year between medical appointments, healthcare facilities, or pharmacies.

### **How to Get Non-Emergency Transportation:**

Schedule your roundtrip at least 2 business days before but not more than thirty 30 days before the date of the appointment. You can also schedule recurring "subscription" trips (e.g. for dialysis) 3 months in advance! To reach ModivCare, call the following numbers:

- Member Reservations: 855-397-3601
- Provider Transportation Line: 855-397-3604
- Facility Transportation Line: 855-397-3606

### **Urgent Appointments:**

If you need to schedule an urgent trip, no worries! Urgent trips are available with less than 2 days' notice. Examples include:

- Sick visits
- Hospital discharge requests
- Life-sustaining treatment

### **A customer service representative will ask for the following information:**

- ✓ Member's full name, current address, and phone number
- ✓ Member's Medicaid ID number
- ✓ The date of the appointment
- ✓ The name, address, and phone number of where the member needs to go
- ✓ The name, address, and phone number of the Physician/Provider the member is seeing
- ✓ The medical reason the member needs the ride
- ✓ The type of appointment (for example: doctor/provider visit, lab test, therapy appointment)
- ✓ The type of assistance or mobility aid required for the member

For more information about your transportation benefit, visit our website at [carolinacompletehealth.com/transportation](https://carolinacompletehealth.com/transportation) or call Member Services at 833-552-3876.

# Write on!

Sometimes, the busy season or gray skies can make us feel stressed or down. Journaling is a great activity to feel in control and document any problems or concerns in perspective. You can do this using any notebook, diary, or paper. Journaling does not have to take long, just ten minutes can be effective. It is a wonderful way to relieve stress and reflect on your past experiences.

*Use these ideas to help you with journaling.*

- **Make a list of 10 things you are grateful for today.** Counting your blessings can bring gratitude and appreciation.
- **Describe the happiest moment of your life?** Write down where you were, what you did and who was there. Write as many details as you can remember.
- **How is your day or week going so far?** Write down any good or bad things that happened, how you feel about them and if you learned something new.
- **Have a moment of self-reflection.** How are you different from the person you were five years ago? Self-reflection can improve decision-making and relationships with your friends and loved ones. It also helps you cope with personal challenges and provides clarity for certain situations.
- **Write a letter to your teenage self.** Writing a letter to yourself can bring insight and healing for past occurrences you may have experienced.
- **What are your goals for the week, month, or year?** Make a list and document your goals and objectives over a specific time-period. Ask yourself, do they match the goals of what you want to do with your life?
- **What is on your bucket list?** A bucket list can motivate you to experience new adventures and give you a sense of purpose. List the things you want to do in the next five years.
- **What makes you unique?** What makes you different from your peers. List characteristics that separate yourself from others.
- **How do you trust yourself to make big decisions?** Analyze how you make decisions. It will help you deal with complex decisions considering what-if scenarios and uncertainties.
- **What are important lessons you have learned in your life?** Documenting your life lessons can help you avoid making the same mistakes and will improve your efficiency.

These are ideas of things you can write about and think about for the new year. You may feel like writing is hard or you do not know where to start. The more you write, the more ideas will come your way. Just remember, it is important to spend time reflecting on your life and what matters to you.





## Reasons to get an HPV Vaccine

<https://www.cdc.gov/hpv/parents/vaccine/six-reasons.html>

<https://my.clevelandclinic.org/health/treatments/21613-hpv-vaccine>

<https://www.cdc.gov/vaccines/vpd/hpv/public/index.html>

## December is Safe Toys and Gift Month

<https://www.apha.org/Events-and-Meetings/APHA-Calendar/2021/2021-Safe-Toys-and-Gifts-Month> External Link

<https://www.bouldermedicalcenter.com/december-is-safe-toys-and-gifts-month/> External Link

<https://www.theemergencycenter.com/safe-toys-and-gifts-month/>

## Nourish Your Body, Transform Your Life

<https://www.tuftsmedicarepreferred.org/healthy-living/importance-good-nutrition>

<https://www.niddk.nih.gov/health-information/weight-management/keep-active-eat-healthy-feel-great>

## Prostate Health

<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>

## Breathe Easy, Live Better

[https://tobaccofree.org/quit-smoking-for-better-health-the-top-10-reasons-to-quit/?psafe\\_param=1&gad\\_source=1&gclid=EAIaIQobChMI5sPzz4XAhwMVx2FHAR3bWA1bEAAYAiAAEgLTzvD\\_BwE](https://tobaccofree.org/quit-smoking-for-better-health-the-top-10-reasons-to-quit/?psafe_param=1&gad_source=1&gclid=EAIaIQobChMI5sPzz4XAhwMVx2FHAR3bWA1bEAAYAiAAEgLTzvD_BwE)

## Opioid Addiction: How to recognize the signs.

<https://my.clevelandclinic.org/health/diseases/24257-opioid-use-disorder-oud>

<https://my.clevelandclinic.org/health/diseases/6407-addiction>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/opioid-use-disorder>