

# WHOLE you

2024 | FALL BULLETIN



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The member handbook is available online at [absolutetotalcare.com](https://absolutetotalcare.com)

If you need a printed copy, we can send you one.

Call Member Services:

**1-866-433-6041**

**(TTY 711)**

# Welcome!

*It's a new edition of Whole You — a newsletter from Absolute Total Care.*

We hope this newsletter finds you well. In this edition, you'll read about the importance of flu shots. We'll share some tips to protect your vision health and introduce you to healthy and affordable dinner options. We'll also focus on the benefits of practicing yoga at any age.

Don't forget about Medicaid redetermination. It's the eligibility process you must go through to keep your Medicaid coverage. Every year, South Carolina Healthy Connections will need to make sure that you're still eligible for Medicaid coverage. Absolute Total Care is here to help you stay healthy and continue enjoying your benefits.

Make sure South Carolina Healthy Connections has your current contact information. You can do that by visiting [apply.scdhhs.gov](https://apply.scdhhs.gov). And if you have any questions <or need help with the process to keep your Medicaid coverage>, contact Absolute Total Care.



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

# A sight for not-so-sore eyes

## *It's time to keep your eyes peeled for vision health tips.*

Check out some of the ways you can protect your eyesight.

### 1 GET AN EYE EXAM

Visit your local eye doctor, and test your eyesight. You may think your vision is better than it actually is. It's quick. It's painless. The earlier you catch an eye disease, the easier it is to treat.

### 2 CHECK YOUR FAMILY'S HEALTH HISTORY

Talk with your family to see if there's a history of eye diseases or conditions. Diabetes and high blood pressure can also increase risks for eye diseases. Tell your doctor about any concerns.

### 3 DON'T IGNORE DIET AND EXERCISE

Overall health plays a big role in vision health. People who are overweight and have unhealthy eating habits are at higher risk for vision problems. Eat dark leafy greens and fish to keep your eyes healthy.

### 4 PROTECTION PAYS OFF

Protecting your eyes from the sun with sunglasses is so important — even on cloudy days. Safety goggles protect your eyes during certain activities like sports or woodworking.

### 5 LET YOUR EYEBALLS REST

Your eyes get tired too, especially when you look at computer screens all day. Go on walks, look out the window or close your eyes when you need a break from computers.



### 6 CLEAN CONTACTS

If you wear contact lenses, make sure your hands are clean when you touch them. Also remember to take them out before you go to sleep.

### 7 SOME HABITS ARE HARD TO KICK

Smoking isn't just bad for your lungs. It also increases your risk of diseases and can harm the optic nerve. This includes vaping.

***Now keep these tips in mind to protect your vision long term!***

# Celebrating Hispanic Heritage

## Recognizing Hispanic Heritage

Hispanic Heritage Month is celebrated each year from September 15 to October 15. It began as a week-long celebration in 1968 under President Johnson and was expanded to a month by President Reagan 20 years later in 1988. The month-long celebration provides more time to properly recognize the significant contributions Hispanic/Latino Americans have made in the United States.

### IMPORTANCE OF HISPANIC HERITAGE

Latinas and Latinos have always held significant roles throughout our country's history, dating all the way back to the American Revolution. Hispanic Heritage Month is important because it provides an opportunity to celebrate the integral part the Hispanic/Latino community has had in growing and strengthening our democracy.

Today, the Latino population in the United States today is



over 60 million, according to the U.S. Census Bureau. This makes up 18.9% of the total population and is the largest racial or ethnic group. Latinos continue to help fuel our economy and enrich our nation as entrepreneurs, athletes, artists, entertainers, scientists, public servants, and much more.

### WHAT IS THE DIFFERENCE BETWEEN HISPANIC AND LATINO?

Hispanic and Latino are the two most used terms to describe Americans with Latin American and Caribbean ancestry. You may often see these terms used interchangeably, but different people understand and use these terms differently. The National Museum of the American Latino uses the term "Latino" to describe the diverse residents of the United States with cultural or ancestral ties to Latin America or the Caribbean. For many, the term "Latino" also creates room for acknowledging Black, Indigenous, Asian, and other heritages on equal terms with European ancestry. The term "Hispanic" is used to signal a connection to Spain or the Spanish language.

### EVENTS AND CELEBRATIONS

There are many ways you can show your support for the Latino community. For example, you can research influential Latino leaders, read books written by Latino authors, cook traditional Latino recipes and watch films that feature Hispanic/Latino actors and directors. Throughout the year, there are many resources and events that can help you to learn more about the Latino community. Explore activities in your state to discover events and programs like art exhibits, workshops, lectures, performances, food festivals, film festivals, and parades to show your support.



# You can always count on a nurse

It's past 5 p.m., and something just feels off. The doctor's office is no longer taking patients, and you start to panic as your cough keeps getting worse. Wouldn't it be nice if you could talk to a nurse whenever, wherever and at no cost? You're in luck. Your nurse advice line is a covered benefit. A nurse will listen to your symptoms and help you decide what to do next.

## *Call when you need:*

- Help caring for a sick child
- Help deciding if you need to see your primary care provider
- Help deciding if you need in-person care as soon as possible
- Answers to questions about your symptoms
- Help with mental health

The nurse advice line can help you find an urgent care center or specialist when needed. They can also connect you to programs that your health plan offers. This includes transportation to appointments and access to healthy foods and services.

Save this number and remember — you can always trust a nurse! They are happy to help.

**Your Absolute Total Care  
nurse advice line: 1-866-433-6041**



# 10 dinners for \$10

Here's a daily question that most of us dread: What's for dinner? It makes us think about cost, time and nutrition. This can all be tough to balance. Here are some family-friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. Visit <https://tinyurl.com/b76u552f> for all recipes.

- 1. LEMON AND HERB ROAST CHICKEN AND VEGETABLES**  
Roast your favorite cuts of chicken with some onion, celery and root vegetables. All you need is some olive oil, salt, pepper and a baking sheet for this simply delicious dinner. [Get the recipe here.](#)
- 2. ANTIPASTI PENNE**  
Combine the first items that you'd reach for on an appetizer plate with a simple tomato sauce. Stir in cooked and drained penne, and enjoy this twist on an appetizer pasta. [Get the recipe here.](#)
- 3. VEGETARIAN TORTILLA CASSEROLE**  
A meatless meal with many layers. Stack tortillas, tomatoes, spinach and salsa with layers of cheese. [Get the recipe here.](#)
- 4. BREADED PORK CHOPS WITH APPLE-CABBAGE SLAW**  
Juicy pork chops with a crunchy breading need a crunchy slaw to match. Herbs and a flavorful sauce make this meal a perfect plate. [Get the recipe here.](#)
- 5. BACON AND BROCCOLI RICE BOWL**  
Rice is a great canvas for all kinds of nutritious combos. Wake up and smell the eggs and bacon. Then eat your veggies for a full brunch experience. [Get the recipe here.](#)
- 6. BEEFY STUFFED SWEET POTATO**  
A smart spin on a classic meal. A nutritious sweet potato is the main act here. Make an easy ground beef filling and quick veggie side to complete the meal. [Get the recipe here.](#)

## 7. BEAN, KALE AND EGG STEW

Kale can be delicious when cooked. Throw it in a bowl of cooked beans topped with an egg. Cheesy toast is perfect for dipping and savoring your last few bites. [Get the recipe here.](#)

## 8. CHICKEN, PEPPER AND CORN STIR-FRY

A stir-fry is a healthy balance of meat and colorful veggies cooked together in a wok or skillet. Serve with rice for a well-balanced dinner option. [Get the recipe here.](#)

## 9. SPICY FISH AND OLIVE SPAGHETTI

If you aren't afraid of spice and garlic breath, try this! Flavorful pieces of tilapia on top of a simple tomato sauce and some pasta make an impressive dish in just a few minutes. [Get the recipe here.](#)

## 10. GRAINS WITH CHICKEN AND LENTILS

Leftover rotisserie chicken completes this flavorful dinner of plant protein, green beans and browned onions. Almonds and some Greek yogurt are just the cherries on top. [Get the recipe here.](#)

*You will love how much money you're saving with these simple dinners. Try some new ones every week, and it will make a huge difference in your wallet and palate.*



# More stretching, less stressing

Yoga is an exercise that you can enjoy and get better at over time. It doesn't matter how old or fit you are. It's unique because it helps your body, mind and spirit all at once. Yoga teaches you to be kind to your body and accept what it can or cannot do.

## *Yoga for a long and healthy life*

Research says yoga is great for your health. It can help lower your blood pressure, slow down your heart rate and make you feel less stressed. It also makes your brain feel happy. Yoga can make you move and bend better, and it can make you stronger and healthier. It has many benefits for any age. Here's how it can help you at different stages of life:

### **KIDS**

Yoga teaches you how to breathe deeply, which helps you feel calm. It also helps you focus and learn better. Plus, it teaches you to trust yourself instead of always looking for other people's approval or looking at computer screens.

### **YOUNG ADULTS**

If you're feeling stressed from work or tired from taking care of kids, yoga can help you feel better. Your sleep quality can improve. It also makes your body stronger and more balanced.

### **MIDDLE-AGED ADULTS**

Yoga fights against diseases like high blood pressure and weak bones. It makes your heart stronger and helps your body move better. It can also boost your mood!

### **OLDER ADULTS**

Yoga makes your body more flexible and balanced, which helps you stay safe from falling. A large range of motion keeps you independent longer, and you can even do yoga while sitting down.



## **HOW TO GET STARTED**

You can find a yoga class near you or watch beginner videos online. Always listen to your body. If something feels too hard, take a break and breathe deeply. Just stretching your arms and taking deep breaths can make you feel better.

Remember, our bodies change as we get older, so we need to be careful when doing yoga. Don't push yourself too hard. There are tools like blankets and blocks that can help you with poses. The most important thing is to listen to your body and breathe deeply. Yoga helps our mind, body and spirit. Regardless of our age or fitness level! We encourage you to give it a try!



# Protect yourself and your loved ones

## Flu season is right around the corner.

### GET YOUR FLU SHOT AND EARN *myhealthpays*<sup>™</sup> REWARDS

The flu is a seasonal illness. Flu season can begin as early as October and run as late as May. For some people, the flu is not very serious. For others, it can lead to hospitalization and even death. A flu shot is one way you can protect yourself from the flu, while also protecting everyone around you.

Anyone can get the flu. But some people are at a higher risk of suffering additional complications, such as:

- People who are pregnant
- Children younger than age 5, but especially children younger than age 2
- People 65 years of age and older
- People of any age with certain chronic medical conditions like diabetes or heart disease

The flu shot is available at no cost to members. Get yours and start earning rewards!

Get your yearly flu shot  
and start earning  
*myhealthpays*<sup>™</sup>  
rewards today!



## You deserve quality healthcare. Get the most from your coverage.

As a member, you have many benefits. Your benefits are the services Absolute Total Care covers. It's important that you understand your benefits. We can help you get the most from your coverage and manage your health.



Finding a doctor or  
another provider



Where to go for  
after-hours care



Request a new member  
ID card



Available  
medications



Asking for a copy of  
the member handbook



Care management for  
complex conditions

Learn more at: [absolutetotalcare.com/members/medicaid/benefits-services](https://absolutetotalcare.com/members/medicaid/benefits-services)