

WHOLE you



FALL 2020

In this issue...

Learn how to fight tooth decay and keep up with vaccinations, especially with flu season coming up.



Read tips on feeding your family on a budget.

We'll also offer advice on how to get the most value from your health plan and how to speak with a Doctor, virtually.



Get in the fall spirit and take a closer look at the trees in your neighborhood.

7 Tips for Preventing Tooth Decay in Little Ones

Diapers, feeding, sleep times. There's a lot to keep track of with babies and young children. Don't forget to pay attention to oral health. Follow these seven practices to protect your little one.



1. 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!



2. 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.



3. 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.



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



5. 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.



6. 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.



7. 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 1-844-366-2880

TTY/TDD: 1-844-804-6086 to

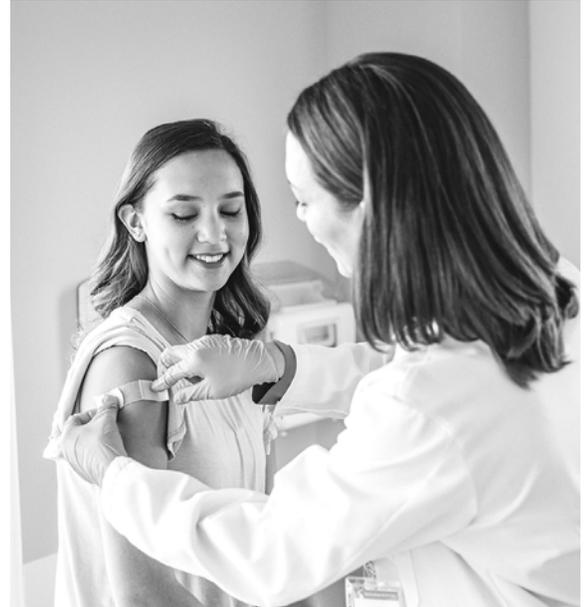
learn more about your dental benefits!



Immunization Awareness

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!
- 6. Flu Season is here,** be sure to get the flu shot at no cost to you to protect you and your family from the flu.



More info: <https://www.cdc.gov/vaccines/index.html>



Start Smart for Your Baby®
can help guide you when you
make vaccine decisions for
your baby!



You can earn *my*healthpays®
rewards when you get the shots
you need! Including your flu shot!

Grocery Tips to Feed a Family of 4 on \$200/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.

Here's a sample menu:

Day 1

- (B) oatmeal with fruit
- (L) hummus with fruit and veggie sticks (carrot, apple, celery and cucumber)
- (D) baked chicken, corn on the cob, baked potatoes

Day 2

- (B) potato and egg hash
- (L) tuna salad with homemade crackers
- (D) savory bacon, onion and greens pasta skillet

Day 3

- (B) oatmeal with apples
- (L) peanut butter sandwiches and grapes
- (D) garden salad with chicken and bacon

Day 4

- (B) oatmeal with fruit
- (L) hummus with fruit and veggie sticks (carrot, apple, celery and cucumber)
- (D) minestrone soup with dinner biscuits

Day 5

- (B) potato and egg hash
- (L) tuna salad with homemade crackers
- (D) chicken sandwiches, roasted potato wedges, carrots

Day 6

- (B) oatmeal with apples
- (L) peanut butter sandwiches and grapes
- (D) simple spaghetti and garden salad

Day 7

- (B) oatmeal with fruit
- (L) egg salad with biscuits
- (D) veggie fried rice



Trees in Your Neighborhood

*Here are the leaves of some common trees in the U.S.
See how many you can see where you live!*

Fall is here!

The weather is cooler and it's a great time to be outside connecting with nature. You might take a relaxing walk in your neighborhood. Or, you might want to get more of a workout on a weekend hike.

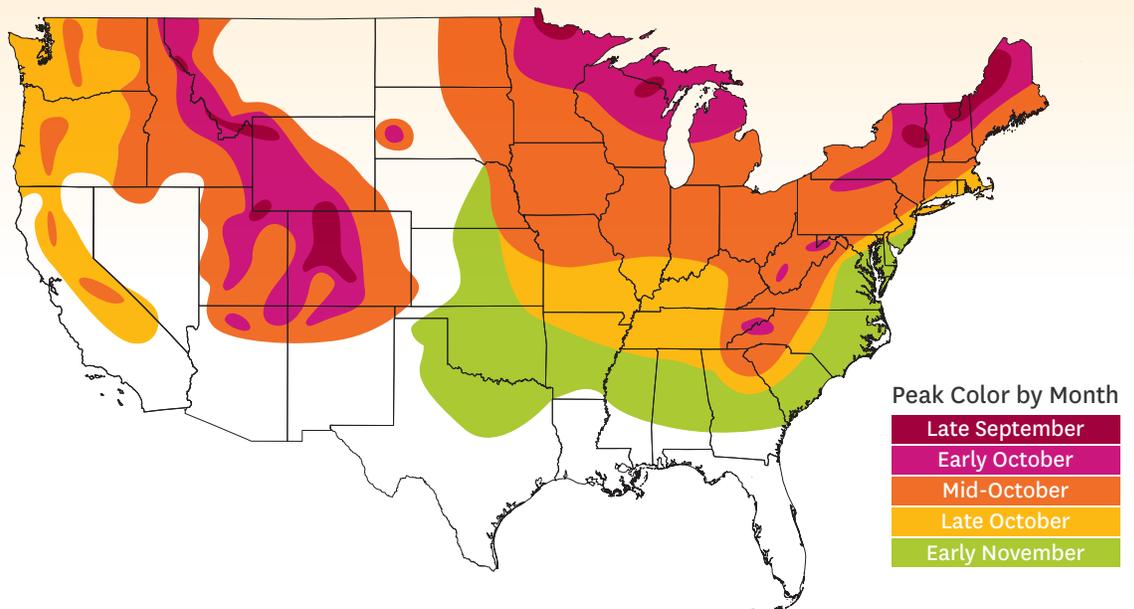
Here's another reason it's a good time of year to be outside: This is when the trees around you really start putting on a show as their leaves change colors. And to tell what kind of trees they are, just take a look at the shape of their leaves.



- 1 Sugar Maple
- 2 Ohio Buckeye
- 3 Pin Oak
- 4 American Sycamore
- 5 Tulip Tree
- 6 Ginko
- 7 American Elm
- 8 White Oak

When do leaves have peak color where I live?

The best time to see fall color varies each year, but here are the average times by region:





Use All Your Health Plan Benefits

Do you know about all the benefits your coverage provides? They go beyond medical care. Get the most from your health plan with additional member benefits, like:



myhealthpays® Rewards Program. Earn rewards when you do healthy things like getting your annual checkup. And you can spend your rewards at places like Walmart.*



Pacify. An application that provides pregnant members with direct access to a lactation consultant, pediatric dietitian, or nurse for immediate assistance.



Weight Watchers Membership and Classes. Learn how to lose weight and build healthy habits. You can attend if you qualify. Your membership includes access to online tools.



Transportation Services. If you need a ride to your doctor, we can help! Don't miss another appointment. We'll help you get to your health-related visits. *(For our members receiving transportation as a covered benefit.)*



Nurse Advice Line. A 24-hour nurse hotline to answer nurse related questions.



Mobile app. Download the SilverSummit Healthplan mobile app to view your member information and find cool community resources. You can also view the amount of dollars available on your My Health Pays card.

*This card may not be used to buy alcohol, tobacco, or firearms products.

Video Appointments with a Doctor, 24/7

Powered by Babylon

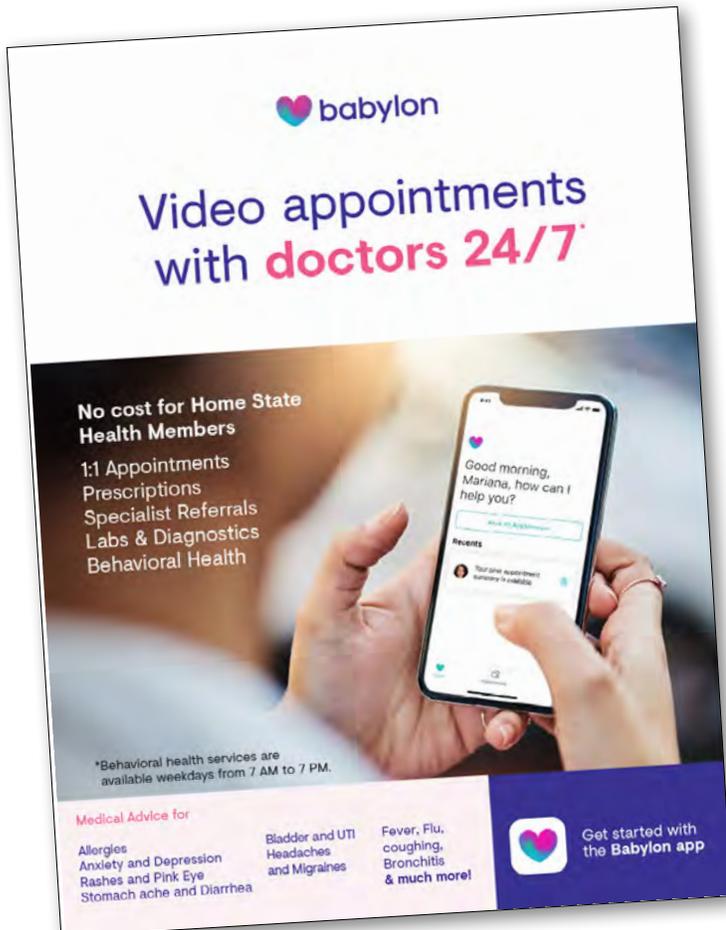
At no cost for SilverSummit Healthplan members

SilverSummit Healthplan has partnered with **Babylon** to offer 24/7* **access to medical care at no cost to members.** Download Babylon for video appointments with a doctor face-to-face anytime, day or night from your phone.

Babylon is a convenient way for SilverSummit Healthplan members to receive services from a doctor. Download Babylon to your phone for 24-hour* access to in-network health-care providers for non-emergency issues. This includes medical advice and referrals.

Babylon doctors can also help with:

- Allergies
- Anxiety and Depression
- Rashes and Pink Eye
- Stomach-ache and Diarrhea
- Bladder and UTI
- Headaches and Migraines
- Fever, Flu, coughing and Bronchitis
- Prescriptions if needed, restrictions may apply
- And much more!



Get started: Search '**Babylon Health**' in the App Store or Google Play.



Download the **Babylon app**



Register by entering your personal information and the code SSHP.

You must be 18 or older to register. If you are a parent or guardian registering for a child under 18, you must register first and then add the child to your account. A parent or guardian needs to be present during a Babylon video appointment with a minor.

Set up and activate your Babylon account so it's ready when you need it.

*Behavioral health services are available Monday - Friday 7:00 a.m. to 7 p.m. CST

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SilverSummit Healthplan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. SilverSummit Healthplan no excluye a las personas ni las trata de manera diferente debido a su raza, color, nacionalidad, edad, discapacidad o sexo.

If you, or someone you're helping, has questions about SilverSummit Healthplan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

Si usted, o alguien a quien está ayudando, tiene preguntas sobre SilverSummit Healthplan, tiene derecho a recibir ayuda e información en su idioma sin costo. Para hablar con un intérprete, llame al 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

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