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Welcome to Whole You, a newsletter from Oklahoma Complete Health.

As we get closer to the end of the year, we are happy to share a new issue of Whole You. This issue can help you stay healthy and get the most out of your benefits. Inside, you will find:

- Seasonal Wellness Made Simple
- Holiday Travel Health Checklist
- SoonerSelect Changes are Coming
- Important Information About Our Mobile App
- And more.

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 your health.

It Pays to Stay Healthy

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

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

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

- Everyday items at Walmart
- Utilities
- Telecommunication
- Transportation
- Childcare
- Education
- Rent



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SoonerSelect Changes are Coming



Starting January 1, 2027, there are new SoonerSelect rules. These rules may change your coverage. To keep your benefits, you need to know what to do.

Renew your coverage 2 times each year

You may need to renew your Medicaid every 6 months now (not once a year).

To keep your coverage:

- Make sure your address, phone number, and email are correct with the state
- Check your mail for Oklahoma Health Care Authority letters
- Fill out and send back forms from the state on time

You can update your info by going to the Oklahoma Health Care Authority website at https://oklahoma.gov/ohca.html or by calling 1-800-987-7767.

Work or school may be needed

Some members may need to do 80 hours each month of:

- Work
- School
- Job training
- Volunteering

Some people do not have to do this. You may not have to if you are:

- Have a serious/complex medical condition
- Pregnant
- Taking care of young children

Check if this rule is for you at https://oklahoma.gov/ohca.html or call 1-800-987-7767.



We are here to help!

If you have questions or need support, call us at 1-833-972-1665 or visit us at OklahomaCompleteHeath.com.

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Protecting Little Smiles: Why Fluoride Helps

Keeping your child healthy includes taking care of their teeth.

One easy way to help prevent cavities is with fluoride varnish. Experts recommend that children get fluoride treatments at least twice a year. These treatments help keep teeth strong and healthy.

What Is Fluoride Varnish?

Fluoride varnish is a special coating that is brushed onto a child's teeth. It helps make teeth stronger and protects them from cavities. The treatment is quick, safe, and does not hurt. It can be done at a dental office or by a healthcare provider.

Why Is It Important?

Cavities are a common problem for children. If cavities are not treated, they can cause pain, infections, trouble eating, and missed school days. Fluoride varnish helps protect teeth from decay and keeps smiles healthy. Children who get regular fluoride treatments are more likely to have strong teeth and fewer dental problems as they grow.

Tips for Parents and Caregivers

Help keep your child's smile healthy by:

- Taking your child for regular dental checkups.
- Making sure your child gets fluoride treatments as recommended.
- Helping your child brush twice a day with fluoride toothpaste.
- Encouraging water instead of sugary drinks.
- Limiting candy and sugary snacks.



Small Steps, Healthy Smiles

Healthy teeth start early. Getting fluoride treatments and practicing good dental habits at home can help children keep strong teeth for years to come.

Healthy teeth help children eat, learn, talk, and smile with confidence. Let's work together to protect those little smiles!

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Take Charge of Your Health: Schedule Your Yearly Checkup

Did you know that one doctor visit each year can help keep you healthy?

A yearly checkup gives you time to talk with your doctor and find health problems before they become serious.

Why get a yearly checkup?

Some health problems, like high blood pressure, diabetes, and certain cancers, may not cause symptoms right away. A yearly checkup can help find these problems early.



A yearly checkup can also help you:

- Stay up to date on health screenings.
- Learn ways to stay healthy.
- Talk about any health concerns.
- Make a plan to improve your health.

What happens during the visit?

Your doctor may:

- Check your blood pressure and weight.
- Review your medicines.
- Ask about your health history.
- Recommend tests or screenings.
- Talk about healthy eating, exercise, and sleep.

Why it matters

Yearly checkups are important for both men and women. They help you stay on top of your health and get the care you need.

Even if you feel healthy, seeing your doctor every year can help prevent problems later.

Schedule your visit today.

Your health matters. Call your doctor's office and schedule your yearly checkup.

A small step today can help you stay healthy tomorrow.

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Taking Care of Your Mental Health After a Hospital Stay



After a hospital stay for mental health care, follow-up care is an important part of your recovery. See a mental health provider within 7 days after leaving the hospital to help you stay on track with your care.

Why Is Follow-Up Care Important?

The first few weeks after leaving the hospital can be challenging. You may have questions about your medicines or treatment plan. A follow-up visit can help you:

- Stay on track with your recovery.
- Take your medicines safely.
- Get answers to your questions.
- Lower the chance of going back to the hospital.
- Stay connected to mental health support.

Don't Miss Your Follow-Up Visit

It is important to see a mental health provider within 7 days after leaving the hospital. Your visit can be in person, by video (telehealth) or by phone.

The most important thing is making sure the visit happens.

Tips for Recovery

Before leaving the hospital:

- Schedule your follow-up appointment.
- Ask questions about your care.
- Make sure you understand your medicines.

After you get home:

- Keep all follow-up appointments.
- Take medicines as directed.
- Ask for help if you have questions or concerns.
- Talk to your healthcare team if you need help getting to appointments.

You Are Not Alone

Recovery takes time, and support is available. Staying connected with your healthcare team can help you feel better and keep moving forward.
One follow-up visit can make a big difference. Keep your appointment and take the next step toward better mental health.



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Seasonal Wellness Made Simple. We're Here for You.



This time of year, sniffles, coughs and feeling run-down can become more common. Illnesses like flu, COVID-19 and RSV can spread more in late fall through early spring. Small steps can help. Wash your hands often. Use hand sanitizer. Cover your coughs and sneezes. Stay away from others when you are sick.

If you do get sick, getting care is easier than you think. Knowing where to turn can help you get the care you need and start feeling better.

Stay Protected: Consider Covered Vaccines

Oklahoma Complete Health covers preventive vaccines, so you can stay protected without worrying about the cost. This includes shots for flu, RSV and COVID-19. Talk to your doctor about what shots are right for you. Your doctor may suggest one or more vaccines to help keep you from getting very sick based on your current health risks.

Feeling Sick? Choose In-Person or Virtual Care

If you wake up with a fever or a cough that will not go away, you have options. Schedule an in-person visit with your doctor or a virtual care appointment. We cover both, so you can focus on feeling better.

Visit our www.oklahomacompletehealth.com/members/medicaid/find-a-doctor.html to find a provider.

24/7 Expert Advice: Call a Nurse Anytime

Not sure what to do? You don't have to figure it out alone. You can call a nurse any time, day or night, at no cost to you. You have a health expert by your side, ready to help when you need it. Call the Nurse Advice Line at 1-833-752-1665.

Learn More: Search Our Health Library

Sometimes you just need quick, reliable information. The health library can help. Learn about symptoms. Find ways to stay healthy. Explore articles and videos about RSV, COVID-19, flu and more. Visit our health library.

Explore all your Oklahoma Complete Health care options. Visit OklahomaCompleteHealth.com.

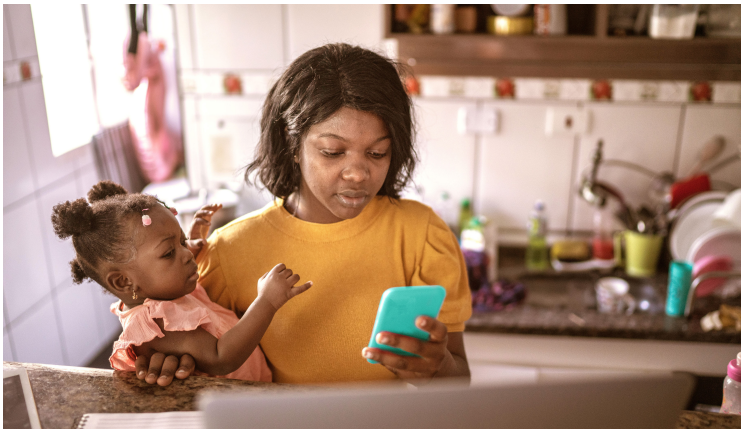
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Holiday Travel Health Checklist

The winter holidays are a fun time with family and friends. But they can also be very busy and stressful. Traveling, shopping, and going to events can make it hard to stay healthy. These easy tips can help you plan ahead and stay safe while you travel.

1. Get Your Medicine Ready

- Make sure you pick up your medicines at least one week before your trip. This helps you avoid problems at the pharmacy or while packing.
- Write down all the medicines you and your family take. Bring enough for your whole trip.
- If you have allergies, pack allergy medicine or an epinephrine pen.
- If you have asthma, bring extra inhalers.
- If you have diabetes, bring enough insulin and testing supplies.



2. Plan for Emergencies

Before you leave, ask your doctor if they have a 24 hour advice line you can call with any issues while traveling. If they do not, call the Oklahoma Complete Health 24/7 Nurse Advice Line, at no cost to you. A nurse can help you decide what care you need. This way, you are not on your own if something happens. Call the Nurse Advice Line at 1-833-752-1665.

3. Make a First Aid Kit

Put together a small bag with basic health supplies, or buy a ready-made kit. Include items like bandages, gauze, cleaning wipes, antibiotic cream, anti-itch cream, and pain medicine. Keep this kit with you during your trip.

4. Keep Emergency Contacts Handy

Write down important phone numbers, like family members or emergency contacts. Keep this list with you. You can also save these contacts in your phone under "In Case of Emergency" so they are easy to find.

5. Lower Your Stress

Stress can affect your body and mind. When you feel rushed or distracted, you may be more likely to have accidents.

Planning ahead for your health needs can help you feel calm. You will be more prepared if something unexpected happens.



Oklahoma Complete Health: In The Community

Oklahoma Complete Health is out in the community.

From health fairs and back-to-school events to community celebrations, our Community Relations team is present across Oklahoma, helping connect people to resources, support, and services.

We're here for your health!





