



oklahoma
complete health

WHOLE you

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In this issue:

Page 2

Start the Year Off With
Healthy Habits

Page 3

Eating Healthy on a
Budget

Page 4

Heart Month

Page 5

Get Tested

Page 6

Managing Stress

Page 7

Member Mobile App

Happy New Year and welcome to another edition of Whole You, a newsletter from Oklahoma Complete Health.

Start the new year off with the latest edition of Whole You, a newsletter from Oklahoma Complete Health. In this edition you'll find:

- How to eat healthy on a budget
- Ways to incorporate exercise when spending time with friends
- Why managing stress is important to your health
- And more

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.

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 the [My Health Pays® page](#) 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





Start the Year with Healthy Habits

Setting family health goals for 2026 can help your kids grow strong, feel good, and build habits that last a lifetime. Small steps make a big difference! Eating better, moving more, and getting good sleep all add up to a healthier year.

If you want extra help with your child's health, schedule an appointment today and start the year strong!

Eat Balanced Meals

Healthy foods helps kids grow and stay energized.

Try these tips:

Plan meals together: Let kids help pick healthy foods and shop with you.

Choose whole foods: Eat more fruits, veggies, whole grains, and lean meats. Cut back on junk food and sugary drinks.

Eat as a family: Sitting down together for meals helps kids learn good habits and brings everyone closer.

Stay Active Every Day

Moving your body keeps you strong and happy.

Aim for:

Daily activity: Kids need about 60 minutes of play or exercise each day, like riding bikes, playing outside, or joining a sport.

Family fun: Go for walks, hike, or do simple workouts together.

Less screen time: Balance TV and devices with active play.

Get Good Sleep

Sleep helps kids stay healthy and focused.

Try to:

Set a bedtime routine: Go to bed at the same time each night.

Make bedrooms calm: Keep them cool, dark, and quiet. No screens before bed.

Relax before sleep: Read a book or take a warm bath.



Care for Mental Health

Feeling good inside is just as important as being healthy outside.

Talk openly: Let kids share their feelings without judgment.

Practice calm: Try breathing exercises or kid-friendly yoga.

Show self-care: Let kids see you taking care of your own mental health, too.

See the Doctor and Dentist

Regular checkups help catch problems early.

Yearly visits: Regular doctor visits help make sure your child is healthy and growing as they should.

Vaccines: Stay up to date on shots.

Dental care: Visit the dentist to keep teeth strong.

Make Health a Family Goal

Working together makes it fun!

Try a challenge: Count steps, eat more veggies, or cut back on sweets.

Celebrate wins: Reward progress with a family outing or movie night.

Let everyone choose a goal: Each person picks something healthy to work on.

Eating Healthy On A Budget

Did you know that people who plan before they visit the store can save hundreds of dollars on food every year? Many people think healthy eating is too expensive. But there are lots of ways to eat healthy and not blow your budget. Making the choice to start eating healthy is step one. Step two is knowing what to buy and getting a shopping plan in place.

Make a List - and Stick to It!

Making a list cuts down on buying things you really don't need. Check the weekly ads of the stores in your area to find the best deals on healthy options. Everyone knows fruits and vegetables are good for you. But buying in-season items and frozen options can help you save money. For meat, check for price per pound deals and consider buying larger portions and freezing what you don't use. Don't get hung up on the packaging. Many times store-branded items are more affordable than brand name items.

Check the Labels.

Frozen and canned food items can be healthy! Read food labels and choose items with lower salt and sugar. This is a good way to make sure what you are buying is healthier. Look for:

- Vegetables in water with low salt
- Canned fruits in water, not syrup
- Frozen veggies without sauces
- Frozen, no sugar added fruit
- Low sodium soups that are broth based rather than cream
- Instant whole grain rice rather than flavored rice packets

Buy Items You Can Use More Than Once.

Leftovers don't have to be boring! Get creative and think about how you can cook once but eat twice. For example, whole chickens are usually a low-cost protein source that can be used for multiple meals. Bake the chicken with veggies for dinner one night, then use the leftovers for tomorrow's meal. From tacos to stir-fry to soup, the possibilities are endless!

Buy in Bulk.

Going in with a friend or family member to purchase large quantities of items can help keep your spend down. If you don't have anyone to share bulk items with, break them down into smaller quantities. Freeze the portions for fast and easy use later.



February is American Heart Month

February is a yearly reminder to commit to taking care of your heart. Here are some tips & facts:



Take your heart for a walk.

Walking is free, simple to do, and there's a low risk of injury. Aim for 30 minutes of moderately intense activity, at least five days a week. If you're short on time, you can break it up into three 10-minute workouts. Get a doctor's OK before you start a walking program if you have a chronic health problem like diabetes or high blood pressure or are over 40 years of age and haven't been active in awhile.



Feed your heart smart snacks.

- Whole-grain toast with peanut butter or almond butter
- Cherry tomatoes dipped in hummus
- Whole-grain crackers with canned tuna or salmon
- Fruit or vegetable smoothie
- Fat-free or low-fat popcorn
- Fat-free or low-fat yogurt topped with berries



Test your heart

High cholesterol usually doesn't cause symptoms. All adults 20 years of age & older need their cholesterol tested regularly. High cholesterol can raise your risk of heart disease, heart attack, or stroke. Ask your doctor how often to get yours checked.



Stress your heart less

When you're stressed, talk with a trusted friend, family member, or counselor.



Tend to your heart with thanks

Research shows that practicing gratitude is good medicine for your heart and health.

Medical screenings may help detect disease in the earliest stages.

Screening can often be done at the time of your annual physical. They may need to be ordered by the primary care provider (PCP) and then scheduled at a different time and place.



Some of the important adult screenings include:

- **Mammogram:** According to the American Cancer Society, women should start having yearly mammograms at the age of 40 unless they are considered high risk.
- **Cervical Cancer Screening (Pap Test):** Screening is recommended to begin at age 21. Women ages 25-65 should have a Pap done every 3 years. Communicate with your health care provider to learn their recommendations on how frequently this screening is necessary for you.
- **Colon Cancer Test:** Men and Women at average risk for colon cancer should begin screening at age 45. There are different screening tests. If you have a family history or are at high-risk for colon cancer, talk with your healthcare provider throughout your lifetime on how early and how frequently you should begin screenings.
- **Prostate Exam:** Men are encouraged to discuss the uncertainties, risks, and benefits of a prostate cancer screening with their healthcare provider. It is recommended that men should have a prostate exam completed by their healthcare provider beginning at age 50.

Check with your healthcare provider about recommended screenings for you. Your PCP can also tell you about other important tests you may need. Based on your medical or family history, screening may begin earlier. It could also be required more often.

Managing Stress is Important to Your Health

Many things in your life can cause anxiety and stress. Anxiety is a feeling of fear or worry that takes over your daily life. High levels of stress can affect your health.

Anxiety and stress may cause:

- Low energy levels
- Trouble sleeping
- Increase in alcohol or tobacco use
- Bad temper
- Headaches
- Constant worry

Some things can make feelings of anxiety worse. Worries about getting sick, losing a job, or being evicted can cause a lot of stress.

If you feel like your stress has taken over your life, it is time to get help. Getting help is an important step to managing stress. Your primary care provider can help you find out if you need professional help with your anxiety. There are many options when it comes to your mental health needs. You can:

- Speak with your primary care provider
- Speak with a licensed counselor
- Understand your healthcare benefits by visiting [OklahomaCompleteHealth.com](https://www.oklahomacompletehealth.com)
- Call Oklahoma Complete Health to be connected to services that can help

Your mental health is just as important as your physical health. Resources are available to help support you and your family. Oklahoma Complete Health can help you find local resources. Contact Member Services at 1-833-752-1664.



Did you know we have a Mobile App?

Get the Health Insurance Portal mobile app to stay connected with Oklahoma Complete Health and informed on the go. Our mobile app is a convenient and secure tool to help you take control of your health.

✓ Search for Care

Find doctors and urgent care near you, change your primary care doctor and more.

✓ View Your Benefits

See the benefits and services available to you.

✓ Access Your Member ID Card

Open and share your digital member ID card in the app or save it to your mobile wallet.

✓ Take a Health Quiz

Let us know your health needs to better serve you.

✓ Let Us Know You're Pregnant

We can connect you to programs and services for a healthy pregnancy.



How to Get Started

1. **Download the App:** Search for “Health Insurance Portal” in the App Store or Google Play.
2. **Select Oklahoma** From the “state” drop down menu, select “Oklahoma.”
3. **Log In:** Use your member portal login or create an account to get started.

Download Today!



App Store



Google Play

