



oklahoma
complete health

WHOLE you

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

As we welcome Spring we wanted to share with you the latest edition of Whole You, a newsletter from Oklahoma Complete Health. In this edition you'll find:

- Information about care management
- The benefits of being active with friends
- Important information about our mobile app
- 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 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



What is Care Management?

Care management is when someone helps you stay healthy and get the care you need. They work with you to make health care easier and make sure you feel your best. They help with ongoing conditions, complex health needs, or after a stay in the hospital. A care manager can work with you to create a plan so you can work toward your health goals. Your care manager can help you:

- ✓ Find the right doctors and specialists.
- ✓ Understand and manage your health conditions.
- ✓ Help keep track of your prescription medicines.
- ✓ Connect you with transportation, food and community resources.
- ✓ Create a care plan to reach your health goals.
- ✓ Enroll you in programs to support your needs.

Oklahoma Complete Health offers care management services for those who need support managing their health **at no cost to you**. After you enroll, a care manager will call you to learn more about your needs and work with you to create a personalized plan. They will stay in touch and are available when you need support. Learn more about care management by calling **Member Services at 1-833-752-1664**.



EPSDT: Health Care for Babies, Kids, and Teens

Early and Periodic Screening, Diagnostic, and Treatment

EPSDT is a Medicaid benefit for children and teens from birth through age 20. EPSDT helps make sure your child gets the care they need to grow up healthy. This includes checkups, shots, screenings, and treatment when needed.



Well-Child Checkups help make sure your child is healthy and growing the right way. These visits help your child's doctor find problems early before they become serious. They also give you time to ask questions and learn how to support your child's health.

During an EPSDT Well-Child Checkup, your child may get:

- A full physical exam
- Height and weight checks to track growth
- Shots at the recommended ages
- Blood tests for anemia, lead, cholesterol, or diabetes
- Vision, hearing, dental, and behavior checks
- Tips on healthy eating, safety, sleep, and development
- Referrals for care if a problem is found
- And more—all covered by EPSDT

Yearly wellness visits help teens stay healthy and get ready for adulthood. These visits give teens time to talk with their provider and learn how to care for their bodies and minds. EPSDT wellness visits may include a full physical exam, shots if needed, blood tests, vision and hearing tests, health and behavior screenings and tips on healthy habits.

Easy ways to keep your family healthy:

- Get enough sleep and eat healthy foods
- Stay active every day.
- Keep up with all EPSDT checkups and shots
- Wash hands often with soap and water for 20 seconds
- Cover coughs and sneezes
- Stay home when sick to protect others

EPSDT continues to cover health care as your child becomes a teen and young adult. This is a good time to help your teen learn how to take care of their own health.

Teens should start learning how to:

- Make their own doctor visits
- Take medicine the right way
- Ask questions at appointments
- Make healthy choices

Why are immunizations important? Shots help protect children from serious diseases. Even if your child stays at home or goes to school or daycare, shots are very important. Some diseases, like measles and whooping cough, are becoming more common again. Getting shots on time helps keep your child and others healthy. EPSDT covers all recommended childhood vaccines at no cost.

Teen vaccines are still important. Even though teens are more independent, shots are still important. EPSDT covers vaccines that protect teens from serious illnesses like meningitis, hepatitis, tetanus, and some cancers. Tip: Bring your teen's shot record to their visit to make sure they are up to date.

Children's Mental Health Awareness

Helping Kids Feel Their Best

Children's Mental Health Awareness Week is the first week of May and is a good time to talk about children's feelings and mental health. Mental health is just as important as physical health. It affects how children think, feel, learn, and act every day. When children feel supported, they do better at home, in school, and with friends.

Children of all ages can have mental health challenges. Stress, worry, or sadness can affect how a child feels and behaves.



Getting help early can:

- Help children feel better
- Improve behavior and learning
- Build strong relationships
- Prevent bigger problems later

Mental health care works best when families and doctors work together.

Why Children's Mental Health Is Important

Every child is different, but some signs to watch for include:

- Feeling very sad or worried for a long time
- Changes in sleep or eating
- Trouble focusing or learning
- Pulling away from family or friends
- Big changes in mood or behavior

If you notice these signs, talk to your child's doctor.

You can support your child's mental health in simple ways:

1. Talk with your child and listen
2. Keep a daily routine for sleep and meals
3. Encourage healthy food and active play
4. Limit screen time
5. Let your child know it's okay to talk about feelings
6. Asking for help is a strong and healthy choice.

Help Is Available

Mental health care is part of your child's health care. If you are worried about your child, start by calling their primary care provider.

Need help finding care?

Call **Member Services** at 1-833-752-1664.

5 Easy Ways to Get Moving with Friends



Hanging out with friends is good for your body and brain! Being social and around people who make you smile can help you feel happy, lower stress, and even keep your heart healthy. Make this time even more valuable and add some movement! Here are five easy and fun ways to get exercise while having fun with your friends.

1. Team Up. Join a local league for softball, soccer, basketball, kickball, or another sports interest. Don't worry if you're not a star player! Most leagues offer options for different age groups or experience levels. You may be able to find groups that are just for fun. Structured group activity provides exercise on a regular schedule.

2. Go for a Hunt. You don't have to break a sweat to get your body moving. Get a scavenger hunt together with friends and family. Use a mobile app that can set most of it up for you. Walking from clue to clue can help strengthen your bones and muscles.

3. Window Walk. Too hot or cold outside? Head to the mall or covered shopping center with friends to be active in all weather. Keep it fun and window shop along the way. Choose spots where you can speed up and slow down to keep your heart rate up. Add some stairs if you can for an extra challenge. Walking helps you work on your heart health and can boost your mood.

4. Play Video Games. Well, active ones! From bowling to archery to dancing, try something to get your heart pumping instead of just sitting on the couch. Make it a group competition and burn some calories!

5. Go Bowling. You'd be surprised how the action of throwing a bowling ball helps strengthen and tone your muscles. Additional health benefits include better hand-eye coordination and improved flexibility and balance. Plus, getting up and down for your turn adds more steps to your day.

Talk to your doctor before starting or changing an exercise routine.

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

