

WHOLE you

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Stress and the holidays.

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

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

- Information on scheduling your yearly check-up
- How to have a stress-free Thanksgiving
- Tips to know the difference between a cold and the flu
- And more.

Did you miss our last newsletter? Take a look [here](#).

I hope you enjoy this issue and that it helps you take care of the whole you.

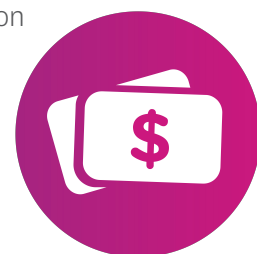
It Pays to Stay Healthy

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
- Utilities
- Telecommunication
- Transportation
- Childcare
- Education
- Rent



Give Yourself The Care You Deserve With A Yearly Check-up

Taking care of your health starts with a simple step. A yearly check-up helps you stay on track, catch issues early, and get answers — all at no cost.

Don't Wait For A Problem To Put Your Health First.

People often wait until they're sick to see a doctor. But finding a doctor you trust and going to your yearly check-up helps you stay ahead. Over time, your doctor gets to know your health. They can listen, spot changes, and help you find the care you need or send you to a specialist if needed. Going to the same doctor often helps you stay in control of your health.



We Make It Easy to Get the Care You Need

It can be hard to find time to go to the doctor — or even know where to start. But we're here to help make it easy, even when you're busy.



No ride? We've got you. We offer no-cost rides to and from your visit.



Too busy? Try a virtual visit. It's quick and fits your schedule.



Need a doctor? Use our Find A Provider tool to see nearby doctors taking new patients.



Can't find an open visit? We can help book one that works.



Want to change your doctor? You can switch anytime online.

You deserve care that fits your life. We're here to help. Visit OklahomaCompleteHealth.com and check out our Find A Provider tool to find a doctor.

Why Your Child Needs a Yearly Checkup

With the end of the year quickly approaching, it's important to get those yearly checkups completed! Even if your child feels healthy, it's still important to visit the doctor every year. These visits are called **well-child visits**.

What Happens at a Well-Child Visit?

- The doctor checks your child's height, weight and growth.
- They make sure your child is developing and learning the way they should.
- Your child gets vaccines to help protect them from getting sick.
- You can ask questions about eating, sleeping, school or behavior.
- The doctor helps your child learn how to stay healthy and safe.

Why It Matters

- It helps find problems early, before they get worse.
- It keeps your child on track with school and activities.
- It builds a strong relationship between your child, you, and the doctor.
- It helps your child feel comfortable talking to doctors as they grow up.



We're here to help. Visit OklahomaCompleteHealth.com and check out our Find A Provider tool to find a doctor.

Is it the Flu or a Cold?

Your nose is running. Your head is aching. But do you just have the flu or is it just a cold? Check out the symptoms below to help you understand the difference between a cold or the flu.

IT COULD BE A COLD IF YOUR SYMPTOMS ARE:

- Symptoms start gradually
- Fever is usually lower than a temperature of 100.3° F
- Sore throat
- Runny or stuffy nose
- Mild to moderate coughing
- Sneezing
- Feeling tired

IT COULD BE THE FLU IF YOUR SYMPTOMS ARE:

- Symptoms start suddenly
- Fever usually higher than a temperature of 100.4° F
- Headache
- Cough with chest discomfort
- Fatigue or weakness
- Body pain
- Body chills

Your Primary Care Provider (PCP) is your first stop for care. But you can't schedule sick. Be prepared and know your options for getting care when you need it.

- Call your provider's after-hours line.
- Talk to a nurse 24/7 with our nurse advice line at 1-833-752-1664 at no cost. You can also find the number on your member ID card. The nurse will listen to your concerns and help you decide what to do next.
- You have access to virtual care providers as part of your benefits. Create an account and video chat with a provider day or night. Click [here](#) to learn more at OklahomaCompleteHealth.com.

The list above is to serve only as a guideline and should not be viewed as medical advice. In the case of a medical emergency, contact your healthcare provider or call 911.



Have a Happy and Stress-free Thanksgiving



Thanksgiving can be a very stressful time, which not only makes the holidays less pleasant but can also have a toll on your health. We have put together a few tips to help you celebrate a stress-free and gratitude-filled Thanksgiving this year.

1. Plan Ahead. Preparing a Thanksgiving meal takes time and a lot of preparation. To stay organized, start planning a few weeks ahead. Create a to-do list for the day of to help ensure you stay on track and are not forgetting anything. Checking items off help you will feel accomplished and stay motivated.

2. Minimize Clutter. You will have a lot on your mind Thanksgiving Day. Being organized and returning things where they belong will help reduce the feeling of being overwhelmed. Clean up beforehand and have that extra space available during the day.

3. Keep It Classic. Stick to familiar recipes you know you are good at making to avoid surprises and the risk of having to create a second dish to replace the failed experiment.

4. Ask For Help. Do not be afraid to ask for help. You would be surprised how many people are willing to help, especially around the holidays.

5. Remember What's Important. The holiday is about time spent with loved ones and giving thanks for all you have. Take time to appreciate being together, by swapping funny stories or taking a post-meal walk. Create lasting memories and enjoy those around you!

Healthy Holidays

Enjoying the Holidays with Diabetes

The holidays are a fun time with family, friends, and lots of yummy food. But for people with diabetes, it can be a little hard. Many holiday foods have a lot of sugar and fat. This can make it tough to keep blood sugar at a healthy level.

That's why it's important to make smart choices. Try to:

- Eat balanced meals
- Stay active
- Drink plenty of water

With a little planning, people with diabetes can still enjoy the holidays and stay healthy!

Easy Baking Tips for Diabetes-Friendly Treats

Use better sweeteners: Try stevia, monk fruit, or erythritol. They taste sweet but don't raise blood sugar as much as regular sugar.

Try new flours: Use almond, coconut or whole wheat flour instead of white flour. These have more fiber and help keep blood sugar steady.

Add healthy extras: Nuts, seeds and spices make treats taste better and add fiber and protein.

Eat sweets with protein or fat: Pair treats with nuts, cheese or Greek yogurt. This helps slow down sugar in your blood.

Watch your portions: Even healthy treats should be eaten in small amounts.



Don't overbake: Almond and coconut flour can dry out fast, so check your oven often.

With these tips, you can make tasty holiday treats that are better for people with diabetes—and still fun for everyone!

Gluten-Free Mini Eggnog Cupcakes

Celebrate the holidays with these tasty mini eggnog cupcakes! They may be small, but they're full of flavor. You'll taste eggnog, cinnamon, and nutmeg in every bite. These cupcakes are sweetened with Splenda® Stevia, which has no calories. Each cupcake has only 80 calories!

If you don't have eggnog, you can use any kind of milk. The eggs and spices will still give the cupcakes that yummy eggnog taste.

Mini Eggnog Cupcakes (Gluten-Free)

Prep Time: 15 minutes **Cook Time:** 35 minutes **Makes:** 32 mini cupcakes

Ingredients

3 large eggs	2 tsp baking powder
5 tbsp Splenda® Stevia Sweetener	½ tsp ground cinnamon
½ cup & 1 tbsp eggnog	½ tsp ground nutmeg
1/3 cup plain nonfat Greek yogurt	2 oz light cream cheese
1 tsp pure vanilla extract	2 squeezes Splenda® Stevia Liquid Sweetener
2 ½ cup superfine almond flour	1 cup sugar-free whipped cream

Nutrition Facts	
32 Servings	
Serving Size	1 cupcake
Amount per serving	
Calories	80
% Daily value*	
Total Fat 6g	8%
Saturated Fat 1.2g	6%
Trans Fats 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 3g	
Potassium 85mg	2%

Step-by-Step Instructions:

Get the oven ready. Turn on the oven and set it to 375°F. Spray a mini muffin pan with nonstick spray so the cupcakes don't stick.

Mix the batter. In a bowl, beat the eggs for about 1 minute. Add Splenda Stevia, ½ cup eggnog, Greek yogurt, and vanilla. Mix until smooth. Add almond flour, baking powder, cinnamon, and nutmeg. Stir until everything is mixed. The batter will be thick.

Bake the cupcakes. Spoon the batter into the muffin pan, filling each cup about ¾ full. Bake for 10–12 minutes, or until the cupcakes are cooked through.

Take them out and let them cool completely.

Make the topping. In a bowl, beat cream cheese with Splenda Stevia Liquid and 1 tablespoon of eggnog until smooth. Gently mix in the whipped topping. Put the topping in the fridge until the cupcakes are ready.

Decorate and serve. Once the cupcakes are cool, add about 1 tablespoon of topping to each one. Sprinkle a little cinnamon or nutmeg on top.



Take Care of Stress to Help Your Heart

The holidays can be fun, but they can also be stressful.

You might feel busy, tired, or worried. When you feel stress, your body works harder. Your heart beats faster, and your blood pressure goes up.

Why does this matter?

High blood pressure can hurt your heart and body. It can lead to serious problems like heart attacks or strokes.



Good news!

You can do things to feel better and keep your blood pressure healthy:

- *Take deep breaths when you feel upset.*
- *Go for a walk or move your body.*
- *Get enough sleep each night.*
- *Talk to someone you trust.*
- *Say “no” if you have too much to do.*

Even small steps can help you feel calm and keep your heart strong. When you feel calm, your body works better. Your heart stays healthy, and you enjoy the holidays more.

Remember, you don't have to be perfect.

Just take care of yourself and enjoy the little moments.