



oklahoma  
complete health

# WHOLE you

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

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

- Urgent Care or the Emergency Room? Know Where to Go
- Five Tips for Healthy School Lunches
- Changes are Coming to Medicaid Eligibility
- 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 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 include completing your health screening, yearly wellness checks and screenings and tests.

Visit [OklahomaCompleteHealth.com](https://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



# Urgent Care Or The Emergency Room? Know Where to Go

When you feel sick or hurt, it can be hard to know where to go for help. Should you visit urgent care? Or should you go to the emergency room (ER)? Choosing the right place can help you get care faster and may cost less. It can also help make things feel easier.

## When to Go to Urgent Care

Urgent care is for health problems that need care today but are not life-threatening.

Some examples of when to go:

- A sprain or strain
- A small broken bone, like a finger or toe
- Fever or flu symptoms
- Mild stomach pain
- Mild asthma or allergy symptoms
- A sore throat, sinus pain, or ear pain
- Minor burns or rashes

Urgent care may provide:

- X-rays
- Stitches for small cuts
- Breathing treatments
- Tests for strep throat, flu or COVID
- Medicine for fever, vomiting or diarrhea

## When to Go to the Emergency Room (ER)

The ER is for serious or life-threatening emergencies. People with the most serious problems are seen first.

Some examples of when to go:

- Chest pain or trouble breathing
- A serious head injury or passing out
- A large broken bone, like a hip or leg
- A severely broken bone, like a bone that pierces through the skin
- A seizure
- Heavy bleeding that will not stop
- Signs of a heart attack or stroke, such as loss of vision, drooping face, numbness in one arm or leg, or difficulty speaking
- Poisoning
- A drug overdose



The ER may provide:

- Life saving care for heart attacks and strokes
- Advanced trauma care for severe injuries
- Treatment for serious head injuries
- Help for severe allergic reactions
- Emergency care for pregnancy-related complications
- Advanced tests and imaging

## Where Do I Go?

Here are a few everyday examples:

- Flu symptoms: Go to urgent care for fever, cough or sore throat.
- Chest pain: Head straight to the ER if there are any signs of a heart attack.
- Sprained ankle: Visit urgent care for an exam and X-ray.
- Allergic reaction: Go to the ER if you have trouble breathing or facial swelling.

For life-threatening emergencies, call 911 or go directly to the ER. If you or a loved one is having a mental health crisis, you can call or text 988 24/7 for private, cost-free help.

Explore all your Oklahoma Complete Health care options. Visit the [Oklahoma Complete Health website HERE](#).



# Children's Specialty Program Expands Access For Families

**For many Oklahoma families involved with Child Welfare Services, support can start with better access to care. Adults and children in prevention cases, as well as parents with children in foster care, may be eligible for health benefits through the SoonerSelect Children's Specialty Program.**

When families enter a prevention program or begin a child welfare case, adults already enrolled in another SoonerSelect plan have a 30-day window to switch to the Children's Specialty Program.

From there, support goes beyond traditional care. Families can access transportation for medical visits, tutoring for students, YMCA memberships, job training and even housing and personal development grants.

**For families ready to make the switch, help is just a call away.** By contacting Choice Counseling at 800-987-7767, members can explore their options and connect to the program that best supports their journey.



## **CHILDREN'S SPECIALTY PROGRAM EXTRA BENEFITS INCLUDE:**

- Over-the-counter: \$30 per member, per quarter
- Adult vision: exam + \$100 for glasses or contacts
- Housing support grant: Up to \$500 one-time\*
- Care grant: \$150 for personal development
- Food boxes and nutrition support\*
- Traditional healing benefit\*
- Transportation: 15 round trips
- YMCA membership
- K-12 and GED tutoring
- Orthodontic care\*
- Work certification training
- Diaper Club\*

And **dollars for healthy living activities** like getting your yearly visit, flu shot and more.

\*Members must meet screening requirements. Limitations apply.

# Five Tips For Healthy School Lunches

Packing school lunches can feel rushed. But lunch is a great chance to help kids eat healthy foods and try new things. Here are five simple tips to make healthy lunches that kids will enjoy.

## 1. Use Foods You Already Have

Try new ways to make meals with foods from home. Instead of deli meat, use baked or grilled chicken or turkey. These have less salt and more protein. You can roll chicken, cheese, and lettuce in a tortilla. Cut it into small pieces so it is easy to eat. Leftover chicken can also be cut into small bites. You can even make turkey taco roll-ups with whole-grain tortillas.



## 2. Add Crunchy Foods

Crunchy foods can be healthy and fun to eat. Apples, celery, baked chips, and nuts are good choices. Apples have vitamin C and fiber. Pair apple slices with cheese for a tasty snack. Put chicken and grapes on celery for a light chicken salad. Mix different unsalted nuts to make your own trail mix.

## 3. Swap Out Chips

Instead of regular chips, try popcorn, veggie straws, or crackers. Look for popcorn with little or no salt. Choose baked or low-salt crackers made with whole grains. Veggie straws made from real vegetables can help kids eat more veggies. Always check food labels and avoid snacks with too much salt or added sugar.

## 4. Try Easy Dips

Dips can make fruits and vegetables more fun. A yogurt dip with low sugar is great for fruit. Greek yogurt adds extra protein. For veggies, try dips made at home instead of store-bought dressings. Mashed avocado, hummus, or yogurt with herbs are good options. Cut veggies into thin sticks so they are easy to dip.

## 5. Make Fruit Fun

Fruits help kids stay healthy and strong. They have vitamins that help fight sickness. Try mixing berries together for a colorful fruit cup. You can also make fruit on sticks using different types of fruit. Pack yogurt, fruit, and granola separately so kids can make their own parfait. Cottage cheese with peaches or apple slices with nut butter are other easy ideas.



# Changes Are Coming To SoonerSelect Eligibility



SoonerSelect members need to verify eligibility 2 times a year. Please be on the lookout for messages from the state and Oklahoma Complete Health. We will help to remind you when it is time to act.

Verifying your SoonerSelect eligibility is needed for you to keep your coverage with Oklahoma Complete Health. You must report your household income to the Oklahoma Health Care Authority to find out if you still qualify for SoonerSelect.

## **Renewing works the same way:**

1. Update your contact information:
  - a. Call the Oklahoma Health Care Authority (OHCA), go online to the [OHCA website](#) or call 800-987-7767.
2. Check your mail:
  - a. You should receive a letter before your renewal date to explain how to verify your SoonerSelect eligibility.
3. If you don't receive a letter, please contact 1-800-987-7767 to let them know or to update your contact information.

If you are eligible for SoonerSelect, you can continue your Oklahoma Complete Health coverage. If you are no longer eligible for SoonerSelect, you can explore our Marketplace and Medicare options.

## **Questions or concerns?**

We're here to help.

Visit [OklahomaCompleteHealth.com](https://www.oklahomacompletehealth.com).



# 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



# August Is National Breastfeeding Month

## Supporting Healthy Moms and Babies

August is National Breastfeeding Month, a time to support families and raise awareness about breastfeeding.

Breastfeeding is a natural way to feed a baby. It helps both babies and mothers stay healthy.

Why breastfeeding matters? Breast milk is made just for your baby. It gives the right balance of nutrients for growth and development. Breastfeeding can:

- Help babies grow strong
- Support brain development
- Build a healthy immune system
- Create a strong bond between parent and baby



Breastfed babies may have a lower risk of:

- Ear infections
- Stomach problems
- Asthma
- Obesity and diabetes later in life

Breast milk also has antibodies that help protect babies from illness. Breastfeeding is good for moms, too. It can help the body recover after birth, lower the risk of breast and ovarian cancer and reduce the risk of diabetes and high blood pressure.

Breastfeeding can take time and practice. It is okay to ask for help. Support can come from doctors and nurses, lactation consultants, family and friends, and programs like WIC. Having support makes breastfeeding easier and more successful.

Breastfeeding is not always possible for every family. Some parents may use formula or a mix of both.

What matters most is:

- Your baby is fed and healthy
- You feel supported in your choices

Everyone's journey is different, and that's okay.

If you are expecting or have a new baby, talk to your doctor about feeding options and support services early.

Your health plan is here to support you. We can help:

- Find breastfeeding resources
- Connect with providers or lactation support
- Learn about your benefits

Call 1-833-752-1664 to connect with Oklahoma Complete Health.

# Helping Kids Stay Healthy And Strong

## September Is Childhood Obesity Awareness Month

This is a time to help families learn how to keep kids healthy. In the United States, about 1 in 5 children has obesity. This can lead to health problems like diabetes, heart disease, and high blood pressure later in life. The good news is that small daily habits can make a big difference.

Healthy habits help kids:

- Grow strong
- Have more energy
- Sleep better
- Feel more confident



### Easy Ways to Help Your Child

You don't have to make big changes all at once. Start small.

#### **Eat Healthy Foods**

- Serve fruits and vegetables every day
- Choose whole grains and lean proteins
- Drink water or milk instead of sugary drinks
- These foods help kids grow and stay healthy

#### **Move Every Day**

- Aim for 60 minutes of activity each day
- Play outside, walk, or ride bikes
- Make it fun
- Being active helps both the body and mind

#### **Limit Screen Time**

- Set limits for TV, phones, and games
- Encourage play and family time instead
- Less screen time means more time to move and rest

#### **Get Enough Sleep**

- Set a regular bedtime
- Make sure your child gets enough sleep
- Sleep helps kids grow and stay healthy

#### **Work Together as a Family**

- Eat meals together
- Be active together
- Show healthy habits
- Kids learn by watching you

Every child is different. Healthy bodies come in many shapes and sizes. The goal is to help your child grow and feel their best. If you have concerns, talk with your child's doctor.

We can connect you to doctors, programs, and resources to support your family.



#### **Quick Tip: Try 5-2-1-0**

- 5 fruits and vegetables a day
- 2 hours or less of screen time
- 1 hour of activity
- 0 sugary drinks

# Helping Your Family See Clearly At Every Age

## *The Importance of Annual Eye Exams*

Taking care of your eyes is an important part of staying healthy. Eye exams are not just for people who wear glasses. Everyone—adults and children—should have regular eye exams.



Eye exams can help you see clearly, stay safe, and catch problems early. Many eye problems do not have signs at first. You may think your vision is fine, but there could still be an issue. Finding problems early gives you the best chance to protect your eyesight.

Eye exams can:

- Find vision problems early
- Help prevent vision loss
- Check for eye diseases
- Find signs of other health problems like diabetes or high blood pressure

Healthy vision is very important for learning and growth.

Eye exams help children:

- See clearly in school
- Focus on reading and learning
- Avoid headaches or eye strain
- Catch problems like “lazy eye” early

Some vision problems cannot be found in school screenings. A full eye exam can find issues that may be missed.

Eye exams are important even if your vision seems fine. They help adults update glasses or contact lenses, find eye diseases early, protect vision as they age and check for health conditions that affect the eyes. Some eye diseases, like glaucoma and macular degeneration, can grow slowly without warning signs.

Your eye doctor will tell you what is best for you. Small steps can help protect your vision for life. Regular visits help catch changes early and keep your vision strong.

General tips include:

**Children:** Have regular checkups as they grow

**Adults:** Follow your doctor’s advice based on your health

**Older adults:** May need exams more often

Simple Steps for Healthy Eyes

1. Schedule routine eye exams
2. Wear sunglasses outside
3. Take breaks from screens
4. Eat healthy foods (like fruits and vegetables)