



oklahoma
complete health

WHOLE you

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

We hope you are enjoying the last of summer. In this edition of Whole You, a newsletter from Oklahoma Complete Health, you'll find tips for keeping kids healthy as they go back to school, ideas for starting your day with a healthy breakfast and where to go when you need care.

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



Vaccines: What You Need to Know

Vaccines are vital for every age.

Vaccines (also called shots) help keep you from getting sick. They teach your body how to fight germs. This helps you stay healthy. Getting a vaccine is safer than getting the disease. Kids and adults need vaccines at different ages. Your doctor or nurse can tell you which ones you need. You can get many vaccines during a regular checkup.

Infants and Children

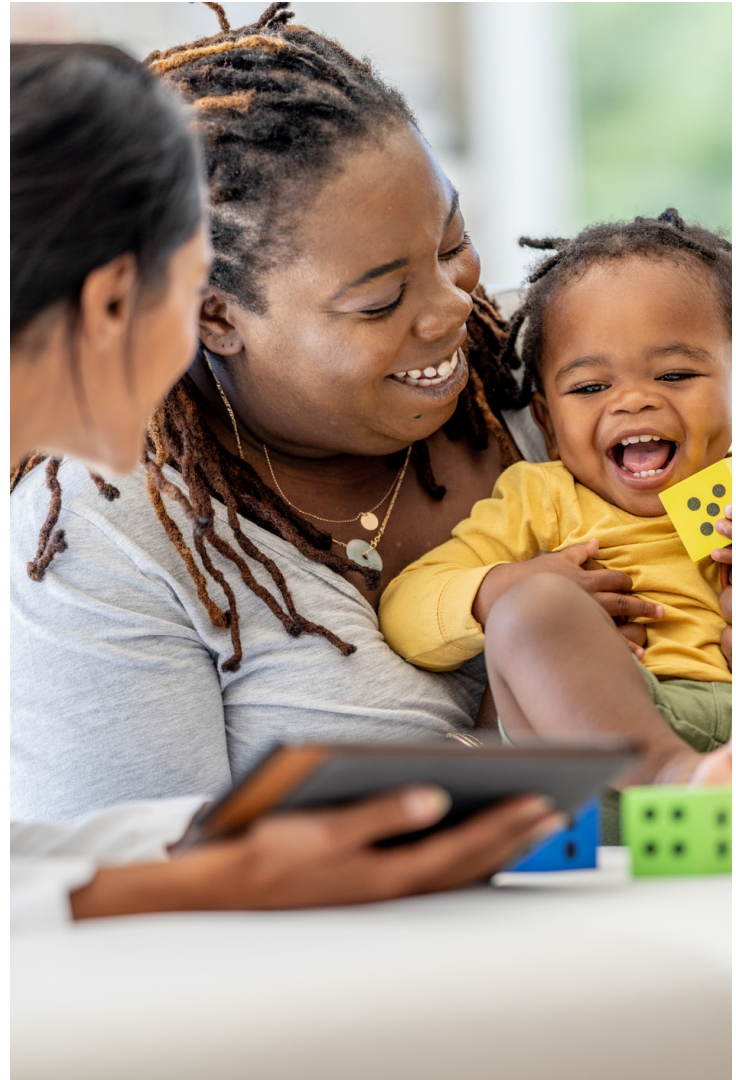
Vaccines are important for protecting your child from serious diseases. Children need to get their vaccines by age 2 to help keep them healthy. These shots help build their immune system and protect them from illnesses they could catch from others. Getting vaccines on time helps your child grow strong and stay safe, especially as they start going to school and playing with friends.

Teenagers

Getting vaccines on time is important to keep teens and young adults healthy and help them stay active. Vaccines help keep teens and young adults healthy. Summer break is a good time to get them because there is no school. Make sure your child gets their shots, like Tdap, meningitis, and HPV, before they turn 13.

Adults

Adults need vaccines too, and the ones you need can change as you get older and depending on your health. Vaccines you got as a child can wear off over time, and there are new diseases you might be at risk for as an adult. It is important to stay up to date on your vaccines.



Pregnancy

Getting the right vaccines while you are pregnant helps keep you and your baby safe from serious sickness. Babies get some protection from their mom before they are born, but they will need their own shots later. Talk to your doctor to learn which vaccines you may need during pregnancy.

Avoid Back to School Germs

Help kids learn how to protect themselves from germs as they head back to school. Here are a few hygiene tips to help kids stay healthy at school.

1. Scrub Away. Washing hands is one of the best ways to keep germs from spreading and to keep kids healthy. Teach your child to wash with soap and water every time. They should scrub their entire hand, front and back, for at least 20 seconds. Always wash hands:

- before and after eating,
- after using the restroom,
- after playing outside,
- after sneezing or coughing,
- after playing with an object that many have touched, like a toy or ball.

Children can be forgetful. It is a good idea to keep hand sanitizer in their backpack or desk to help keep hands clean.

2. Educate Early. Before your kids head to school, talk with them about where germs live and how they spread. Some areas where germs like to hide in schools are water fountains, lunch tables and trays, keyboards and door handles. Teach your kids about prevention and how to avoid germs as much as they can. Keeping kids healthy in schools can be an important step to limit sick days.

3. Fight Serious Illness. Check with your child's provider to make sure they are up-to-date on their vaccinations. Vaccines help prevent serious illness. As a parent, it is important to know what your state requires for kids starting school. But vaccines aren't just for kids! Check with your provider for vaccines for you and your older children. Staying current will help protect your family and those around you from serious illness. Your provider can help you stay informed about what vaccines can help keep you and your family safe.



4. Build Up Immune System. There are many ways to boost your child's immune system. Healthy eating is one them. Adding more fruits and veggies is a great way to do this. Exercise also helps. Go for a bike ride, take a family walk or play a favorite activity. And do not forget that getting plenty of rest is key. Lack of sleep raises the chance of catching germs in schools.

5. Cover Up. A tissue is the best choice when sneezing or coughing. Teach your child to use the sleeve of their inner elbow if they do not have a tissue. It is important to never use hands. This helps to limit the spread of germs.

Get Back-to-School Ready: A Healthy Checklist for Kids

Before school starts, make sure your child is healthy and ready to learn. Use this easy checklist to stay on track. It includes things like shots, check-ups, eye exams, and dental visits. A healthy start helps your child do their best in school.

Childhood Shots

- Make sure your child gets all needed shots by age 2, like MMR, DTaP, and polio.
- These shots help keep your child healthy and ready for school.



Adolescent Shots

- Make sure your child gets all needed shots by age 13, like Tdap, HPV, and Meningococcal.
- These shots help protect your child from getting sick as they grow up.

Annual Eye Exam for Kids

- A yearly eye exam can find vision problems early, so your child can do well in school and have fun.

Annual Dental Visit

- A healthy smile starts the school year right—don't forget the dental checkup!
- Fluoride helps stop cavities. Ask the dentist.

Follow-Up Care for Kids with ADHD

If your child takes ADHD medicine, regular checkups help keep them safe and help them do well in school.

Breast, Cervical, and Colorectal Cancer Screenings (for parents/caregivers)

Back to school isn't just for kids—make time for your own preventive screenings, too.

Immediate Care Options – Where to Go and When

Walk-in Clinic – When you're sick and your doctor is not available.

These clinics are a good choice when you aren't feeling well and want to be seen in person. They can test and diagnosis many common illnesses. Just like your doctor's office. Nurse practitioners and physician assistants usually staff them. You can make an appointment online or by calling the clinic.

Examples of basic care:

- Ear infections or earaches.
- Colds.
- Flu.
- Strep throat.
- Sore throat.
- Sinus infections.

Urgent Care – When you need care fast.

Urgent Care centers offer quick, effective care for minor injuries and illness that needs immediate attention but are not life-threatening. Urgent Care has doctors and nurses who can give you a diagnosis and prescription if needed. You do not need an appointment to be seen.

Examples of urgent care:

- Severe body pain with fever.
- Giving a shot or treating a small wound.
- Fixing a simple sprain or broken bone.
- Ear infections or earaches.
- Cold, flu, sore throat.
- Urinary tract infections.
- Minor cuts and burns.

Emergency Room (ER) – When you have a life-threatening medical emergency.

The ER should be used for life-threatening emergencies. A medical emergency is a sudden illness or condition that could result in serious harm to you and needs care right away. You will be seen based on how severe your condition is.

Examples of a life-threatening condition or possible medical emergency:

- Bleeding that will not stop.
- Suddenly unable to see, move or speak.
- Severe pain, including chest pain.
- Coughing or vomiting blood.
- Convulsions or seizures.
- Chemical poisoning.
- Loss of consciousness.
- Trouble breathing.
- Drug overdose.

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

Learn more about your care options at by visiting the [where to go for care page](#).



Morning Foods to Fuel Your Body

Start your day with protein for more energy and better metabolism. Protein helps build muscle and keeps you feeling full. Here are five easy, healthy and tasty ideas.

1 **Make Oatmeal.**

Oatmeal is a great choice to keep you feeling full until lunch. Use skim milk instead of water to boost protein. Top with fresh fruit and nuts to add crunch and extra nutrition.

2 **Go Greek.**

Plain Greek yogurt helps your muscle, hair and skin health. Dress it up by making your own chia peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Next, add chia seeds. Top it off with chopped blueberries and bananas. Use plain yogurt or make smart choices that limit added sugar. Read the nutrition label to make the best choice.

3 **Try Quinoa.**

The options are endless with this healthy grain. People think of quinoa as a lunch or dinner food. Try it in your morning meal and you won't be let down. It is a great source of iron, magnesium, vitamin E and fiber. It can lower your risk of diabetes and improve bone health. Just like oatmeal, quinoa is a great base for a high protein meal.

4 **Pick Peanut Butter.**

A single serving is packed with protein. This makes it a better choice on whole grain toast than butter or jelly. Be sure to measure out two tablespoons. Also check the label to check for added sugar. These steps help you keep calories in check.

Try peanut butter, strawberry and banana quesadillas for another yummy option. To make, spread one tablespoon of natural peanut butter on two whole wheat tortillas. Top one tortilla with slices of banana, strawberry and a sprinkle of cinnamon. Put the other tortilla on top and press gently to help stick together. Cook each side in a skillet on medium heat for three minutes or until golden brown.

