



oklahoma
complete health

WHOLE you

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Welcome!

We welcome you to the spring edition of a Whole You - a newsletter from Oklahoma Complete Health. We hope you had a great holiday. This newsletter has tips to help you beat seasonal allergies, how your Pharmacist can help you manage your health, EPSDT and what foods can help you fight stress.



We also want to pass along an important reminder about your SoonerSelect eligibility. There is a renewal process you must go through to keep your SoonerSelect coverage. You may get a notice from the state about the steps you need to take to renew your coverage. (You may not need to do anything at all.)

You can also visit the [Oklahoma Health Care Authority](#) website to see what steps you need to take to confirm your eligibility. If you no longer qualify, our [Ambetter](#) plans may be an option.

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

Early Periodic Screening, Diagnostic and Treatment (EPSDT)

The Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program is a child preventive health component of SoonerSelect.

It's important for children to receive screenings and preventive care to prevent health problems or diagnose and treat them as soon as possible. Early intervention addresses problems before they become advanced and improves long-term health outcomes.



Covered screening services are regularly scheduled examinations and evaluations of the general physical and mental health, growth, development, and nutritional status of infants, children, and youth.

At a minimum, these screenings must include but are not limited to:

-  **Comprehensive health and developmental history**
-  **Comprehensive unclothed physical exam**
-  **Laboratory tests/procedures**
-  **Immunizations**
-  **Hearing Screening**
-  **Vision Screening**
-  **Health education/anticipatory guidance**

Oklahoma Complete Health also reviews prescription prior authorizations for medical necessity for children under the age of 21 under the EPSDT benefit.

Five Ways Your Pharmacist Can Help You Manage Your Health

Your pharmacist is more than just the white coat behind the counter when you pick up prescriptions. They are a valuable resource if you have questions about your medications or your overall health. Here are five ways you can look to them for help.



If you're not sure where to go for the care – ask a nurse! You have access to a nurse 24/7 as part of your benefits. Call the 24/7 nurse advice line and they can help with your symptoms and give you next steps at 1-833-752-1664 (TTY: 711).

1 Identify Side Effects.

Knowing what to expect from your medicine is important. Your pharmacist can help you learn early signs of side effects. This is important for a new medication and when adding it to other medicine you take.

2 Recommend Relief

Ever get to the pharmacy and with all the options don't know what to choose? Your pharmacist can help! Describe your symptoms and let them know any other medications you are taking. They can help pick the best over-the-counter option for your symptoms.

3 Give Routine Vaccines.

Part of staying healthy is prevention. Your pharmacist can explain the benefits and side effects of routine vaccines. Routine vaccines include seasonal ones like flu, COVID-19 and RSV. At many pharmacies, you do not need an appointment and can get these vaccines to help you fight off illness.

4 Coordinate Change.

Your pharmacist can talk to your provider if you would like to switch or stop one of your medications. They can walk you through the pros and cons of making a change. This will help you understand how it will impact your overall health.

5 Determine Diagnosis.

Many pharmacies have clinics. The clinics are typically staffed by pharmacists and other healthcare professionals. They can diagnose and prescribe medications for ear infections, rashes, and cold and flu symptoms. It's convenient and easy! Most pharmacies can also check blood pressure and heart rate. Ask them to check if you have concerns.

Schedule your Annual Wellness Visits

It's important to use your benefits and get your check-ups on time to stay healthy. These visits help with screenings and offer care on things like diet and exercise.

Adult wellness visits

Try to schedule your check-up separately from any appointments for ongoing medical issues.

You can also talk about preventive care and any health concerns you have during any doctor's visit.

It's a good idea to make a list of questions before your doctor's appointment so you can talk about everything you need.

Using preventive care services helps you get better care from your doctor.

Child and adolescent well visits

Well-care visits give parents or guardians a chance to talk to the doctor about their child's health and growth.

These visits are also important for screenings and advice on staying healthy.

Children have more well-child visits than adults because they grow and develop quickly.

Well-care exams help find health problems early and keep current problems from getting worse. These visits also help track a child's growth, give shots if needed, and offer advice on nutrition, exercise, and preventing sickness.

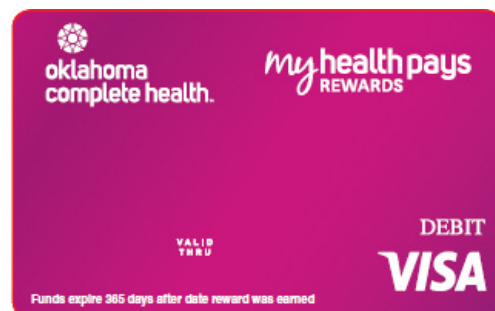
Make sure to schedule your child's next check-up before leaving the doctor's office.



My Health Pays®

Did you know you can Earn My Health Pays® rewards when you complete healthy activities such as annual screenings, tests and other ways to protect your health? Members can earn **\$10 in My Health Pays®** rewards for well visits.

Learn more by calling member services at 1-833-752-1664 (TTY 711) or by visiting the My Health Pays® page at [OklahomaCompleteHealth.com](https://www.OklahomaCompleteHealth.com).



Tips to Beat Seasonal Allergies

Allergy season has arrived! And with it comes pollen and allergens leaving many people longing for relief. Here are a few tips to help you get through allergy season more comfortably.

Consider allergy testing.

Ask your primary care provider (PCP) about the benefits of allergy testing. Testing helps your provider to pinpoint the triggers and the severity of your reaction. Allergy testing has come a long way. Your results will help you and your provider make a plan to help you best manage your allergies.

Adjust your outdoor time.

If it's dry and windy outside try to spend more time indoors. After it rains pollen build-up on outdoor surfaces is less. That's a better time to enjoy the outdoors. The time of day matters, too. Pollen counts are at their high during morning hours. So do your outdoor activities when counts are lower in the evening.

Breathe easier inside.

Open windows expose you to allergen triggers. Make your air conditioning even more effective by using high-efficiency air filters. Change them often for the best quality air flow. Keeping your carpets and floors clean will lower allergy inducing pet dander and dust. Take a bath or shower before going to bed. This will lessen pollen buildup on your sheets.

Be in the know.

Monitor the allergy index in your area with an app or weather website. Most TV stations broadcast allergy forecasts during weather segments. Check the night before so you know how pollen will affect your day before you even step outside.



You are what you eat.

Many people don't realize that certain foods can increase allergic responses and inflammation. If you notice your allergy symptoms getting worse, take note of the food you ate. Sugars, wheat, dairy and processed foods can increase the onset and intensity of allergic reactions. Drink plenty of water to flush and hydrate your system.

Oklahoma Complete Health covers a variety of over-the-counter and prescription products to treat allergies. The retail pharmacy formulary and over-the-counter catalog can be found on the Oklahoma Complete Health website or by clicking the link:

<https://www.oklahomacompletehealth.com/providers/pharmacy.html>.

Fight Stress with Delicious Super Foods

Sometimes life can be stressful. And staying healthy can help you fight the side effects of stress. Did you know certain foods can help? Check out these five foods that may help you reduce some of the tension you're feeling.

1. Add Avocado. Adding B-rich avocados to your diet can help elevate your mood. Avocados contain mono-saturated fat and potassium, which can help lower blood pressure. They have also shown to ward off hunger making you less likely to grab a sugar-filled treat instead. Try it on a tasty turkey sandwich or on top of your salad!

2. Bring Blueberries. These tiny berries pack a powerful punch. Their high levels of phytonutrients and antioxidants have been linked to improved thinking. They're also rich in vitamin C – another natural stress buster. Toss a few in your morning yogurt or pack in your lunch for dessert for that daily boost!

3. Nibble on Nuts. Many nuts, like almonds, walnuts and pistachios, may boost your immune system because of their concentration of vitamin E and zinc. Nuts also contain B-vitamins that help your body combat stress. Try spreading almond butter on a piece of whole wheat toast for a morning treat! Or simply package up a serving size of your choosing for an afternoon snack.

4. Feed on Fatty Fish. A diet rich in omega-3 fatty acids helps keep your cortisol and adrenaline levels from rising when you're feeling tense or anxious. Fish like salmon, herring and albacore tuna are good choices. Pair a grilled or baked fillet with your favorite green vegetable and you'll have a stress-fighting, nutritious meal.

5. Fill Up on Oatmeal. This complex carbohydrate helps your brain produce serotonin. This feel-good chemical can help you overcome stress. Go with thick-cut instead of instant oatmeal to get soluble fiber that keeps you fuller for longer. Then you'll be less likely to grab a sugary treat. Make a big batch on the weekends, then heat it up during the week for a quick and easy meal or snack.

