



magnolia health™

WHOLE you

2023 | Q2 BULLETIN



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

As 2023 continues to move along, spring is in the air once again.

We hope this newsletter finds you well. In this issue we're bringing you plenty of useful and informative articles. You'll learn more about how to manage stress, tips on preventing skin cancer, and the importance of prenatal and postnatal visits.

Don't forget about your Medicaid redetermination. It's the eligibility process you must go through to keep your Medicaid coverage. You will need to act to renew your coverage. Please visit [State Medicaid Division](#) to see if you still qualify for Medicaid. If you no longer qualify, don't worry — our [Marketplace](#) plans could be an option.

We really hope you enjoy our latest edition and that it helps you take care of the whole you.



Centering Your Mind

In life, we all experience ups and downs. And many of us face issues that aren't easy to deal with. That's why in our day-to-day lives it's crucial to be able to identify and manage stress.

Stress is a normal human reaction to situations your body finds to be overwhelming.



Stress happens when you experience pressure from changes or challenges and your body produces physical and mental responses to those scenarios. Although stress helps you adjust to new and potentially dangerous situations, too much of it over time can wear down the mind and body. Long-term or chronic stress can lead to symptoms like aches and pains, exhaustion, high blood pressure, digestive problems, anxiety, and depression. And often people will try to manage it with unhealthy habits such as binge drinking alcohol, gambling, excessive eating, or using drugs.

But there are healthy ways we can help ourselves cope with stress. Learning how to manage your stress takes practice, but you can do it easily with time. And with mental health benefits from Magnolia Health, we can help you on your journey to managing the concerns in your life. Here are a few helpful ways you can manage and relieve stress:

Exercise: Working out has been proven as one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off. Consider looking up a simple routine to do when you wake up in the morning.

Eating Healthy: Along with exercise, nutrition is important as well. Stress can deplete certain vitamins such as A, B complex, C, and E. Proper eating helps your body and mind feel better, which allows you to better combat stress.

Meditation: Stopping and taking a few deep breaths can help instill a sense of calm, peace, and balance. Relieving that pressure can benefit your mental well-being and your overall health. You can try some meditation programs online, on apps, or at many gyms and community centers.

Stay Connected: Humans are social beings. So keep in touch with people who keep you calm, make you happy, and are ready to help you out. And enjoying a shared activity allows you to find support and foster relationships that keep you grounded.

Knowledge is your best defense when it comes to skin cancer.

In the United States, about one out of five people will develop skin cancer by the age of 70. So the more you understand it, the better you can prepare and protect yourself.

Skin cancer is the out-of-control growth of abnormal cells in the skin. The main types are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), melanoma, and Merkel cell carcinoma (MCC). And for many, the two main causes of skin cancer are the sun's harmful ultraviolet (UV) rays and the use of products that produce UV light.

The good news is that if skin cancer is caught early, your doctor has high odds of eliminating it. Magnolia Health can help you get the care you need, so be sure to visit your doctor regularly. Although it's hard to completely protect yourself from UV rays, it's important to be proactive in your skin protection. To help you, here are some key ways to prevent damage to your skin:

Avoid long exposure to the sun.

During the peak hours of the sun's strength, try to stay in the shade. This peak time is usually between 10 a.m. and 4 p.m. And remember, UV rays can still get to you during the winter months or on cloudy days. It also helps to avoid outdoor tanning and using UV tanning beds when possible.

Wear a broad-spectrum sunscreen. If you know you will be exposed to the sun for an extended period of time, it is important to apply sunscreen regardless of your

skin tone. Look for sunscreen with a sun protection factor (SPF) of at least 30. Make sure to reapply about every two hours if you're sweating or swimming.

In addition to sunscreen, wear sun-protective clothing.

Hats with wide brims and clothing that covers your arms and legs are helpful to protect your skin from harmful UV damage. You can also buy sunglasses that have UV protection as well.

Examine your skin from head to toe every month.

Take time and make note of your body. Look for new moles, any change in color, or unusual skin on both sun-exposed and sun-protected areas. If you notice strange differences or growths over time, talk with your doctor immediately.



Time To Go on an Adventure

Whether you're going for a quick walk or an all-day adventure, hiking can be a great way to get you and your family moving.

But before you start blazing trails, it's important that you prepare and bring everything that you need. Thankfully, we have these tips so you can conquer that urban cityscape or forest mountainside:

1 KNOW YOUR ROUTE:

First and foremost, know where you're going. Check a map and see what you can expect from your trip before you leave. Sometimes parks will have information about trails on their website so you can plan accordingly. And for urban hikes you can do the same thing. Pick your own destination or "summit" to reach, then plan your route on a map.

2 GO LIGHT:

Hiking doesn't require much, so think about your trip and what you need. Make sure you wear the right shoes for your journey. Be sure to bring water, snacks, a first-aid kit, and a map. But remember, a heavy backpack can make hiking feel like a chore. Bring what you need and avoid overpacking by saving weight where possible.

3 REALIZE YOUR LIMITS:

When you're starting out, it's best to start small. If your destination has a map, pay attention to see if the trail has a difficulty rating. Be realistic about your limits and don't pick a route that scales a cliff or spans eight hours' worth of city blocks. Remember, choosing a hike with too much distance or elevation can leave you sore, or worse, stranded.

4 TELL SOMEONE:

While hiking is fun, it's also important to stay safe. Try to hike with a friend or family member and avoid going alone. Make sure someone knows where you're going, the route you plan on taking, and an estimated time to complete it just in case anything happens.



Some days things are moving so quickly that you don't have time to make a proper meal.

You need that simple piece of food that'll get you through your next activity.

Well we have the tasty and nutritious solution for you: **homemade peanut butter granola balls!** With a little bit of prep time beforehand, you can make these delicious snacks and put them in the fridge.

Then, whenever you need a quick bite to eat, you can grab one or two of these. It's a fun activity for the whole family to get involved, especially kids. And they're also super customizable. Feel free to add, substitute, or change ingredients to what suits you and your family.

Ingredients:

- 1 cup peanut butter
- 2/3 cup honey
- 2 1/3 cup oats
- 1/2 teaspoon salt
- 3 tablespoons cashews or almonds (Optional: crushed)
- 1/3 cup mini chocolate chips

Instructions:

1. First, stir together the peanut butter, honey, and a tiny bit of salt in a bowl. Mix until all ingredients are fully incorporated.
2. Second, add the oats, chocolate chips, and cashews or almonds. Stir again until everything is fully combined.
3. Next, scoop the mixture into balls on a baking pan. You can also shape them into different shapes.
4. Finally, chill them in the fridge for one hour, now you can grab a bite to eat whenever you want.

Serves about 8



Season of Savings

Purchasing Fruits and Veggies (By Season)

With prices rising at the supermarket, it's important to save money where you can. And if you know which fruits and vegetables are currently in-season at the store, it can save you time, money, and taste buds. Nobody wants dull and expensive strawberries.

So we've compiled a general produce guide for you! You'll be able to see when prices are low and high for your favorite fruits and vegetables during the year. Just remember, prices and availability change from region to region. Be sure to ask your local store or farmer's market when something is in-season.

Year-Round

BANANAS
CELERY
POTATOES
AVOCADOS
COCONUTS
LEEKS
OLIVES
ONIONS

Spring

PINEAPPLES
MANGOES
CHERRIES
APRICOTS
STRAWBERRIES
ARTICHOKES
RHUBARB
BROCCOLI
CAULIFLOWER
LETTUCE
ZUCCHINI
ASPARAGUS
SPRING PEAS
OKRA

Summer

APRICOTS
BLUEBERRIES
CANTALOUPE
KIWI
MANGOES
PEACHES
STRAWBERRIES
WATERMELON
RASPBERRIES
PLUMS
BLACKBERRIES
FIGS
PEPPERS
CUCUMBERS

Fall

APPLES
CANTALOUPE
MANGOES
POMEGRANATES
CRANBERRIES
PEARS
BUTTERNUT SQUASH
EGGPLANT
MUSHROOMS
PUMPKINS
SWEET POTATOES
BROCCOLI
CABBAGE
TURNIPS

Winter

GRAPEFRUIT
LEMONS
ORANGES
TANGERINES
PAPAYAS
POMEGRANATES
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CAULIFLOWER
MUSHROOMS
SWEET POTATOES
TURNIPS
RUTABAGAS



Taking Control of Your Health



When it comes to your health, it's important to ask questions when you need more information. And when you have questions about your care, you deserve answers.

At Magnolia Health, we want to make sure you're always informed. And thanks to our partnership with Krames, we get you the information you need.

Krames Online is the most up-to-date patient educational resource. Sometimes a question will slip your mind during a wellness visit, or you may have an important question pop up while at home. With Krames, you can search for answers any time. With access to more than 4,000 topics, Krames gets you and your family the answers you need. All you have to do is find



Krames Online is the most up-to-date patient educational resource.



All you have to do is find and click the Krames search function on our website to begin.

and click the Krames search function on our website to begin. The best part is that this comes at no additional cost to you.

Krames gets you responses to your healthcare questions. Throughout your experience, the clinically approved content will help you reach better health outcomes. And it is Magnolia Health's commitment to make sure you get the care and answers you need. Talk to your provider about Krames and see what you can learn today.

The connection between a mother and her child is a strong bond.

Becoming a mother can come with many emotions. Joy, stress, and even fear. But many new and expecting mothers run into complications. And a lot of these cases are preventable.

They involve issues such as severe bleeding after childbirth, infections, and high blood pressure during pregnancy. The risk of these complications and others can all be reduced with the right prenatal and postnatal care.

Prenatal care is assistance that helps decrease risks during pregnancy and delivery. Regular visits help doctors monitor and identify any problems before they become serious. Babies of mothers who lack prenatal care have triple the chance of being born at a low birth weight. And low birth weight can lead to complications or death.

Postnatal care helps new mothers adjust to the physical, social, and psychological changes that result from giving birth. This period typically lasts six to eight weeks and involves getting proper rest, nutrition, and vaginal care as well as instructions on caring for your new baby. It can also help with postpartum depression, a depressive state that can occur after giving birth. In the United States, about 1 in 8 women experience symptoms of postpartum depression after giving birth.

It's for these reasons that women should make sure to attend their prenatal and postnatal visits with their



doctor. The assistance and monitoring performed during these visits is incredibly important to keep mothers and their babies healthy. And with Magnolia Health's benefits and the [Start Smart for Your Baby®](#) program, we can help ensure your family gets the help they deserve. Talk to your doctor and ask what care is right for you. And visit our [pregnancy care page](#) to get access to all the information you need here.