



WHOLE you

2024 | Q2 BULLETIN



Welcome!

Welcome to another edition of Whole You, a newsletter from Arkansas Total Care.

In this issue, Arkansas Total Care is bringing you plenty of useful articles. You'll learn about managing seasonal allergies and springtime fruit and veggie pairings. You'll also get some ideas for how to enjoy the outdoors and when to use telehealth. Plus, read about water safety, mental health tips, and enjoy a relaxing coloring page.

Arkansas Total Care hopes you enjoy our latest edition of Whole You and that it helps you take care of your whole health.



Bless You!

Allergy season is back.

When you have allergies, spring can be a mixed bag. On one hand, the mild weather is great. On the other hand, pollen and allergens that make you sneeze, and your eyes watery and itchy is not so great. Try these tips to get a little relief and make it through allergy season more comfortably.

1 Ask your doctor about a test.

Allergy testing has come a long way in the past decade. Find out what specific triggers your body responds to.

2 Stay in to win.

Allergens thrive in windy, dry weather. Use this as an excuse to stay inside more this season. Get cozy with a book or TV show.

3 What's the index?

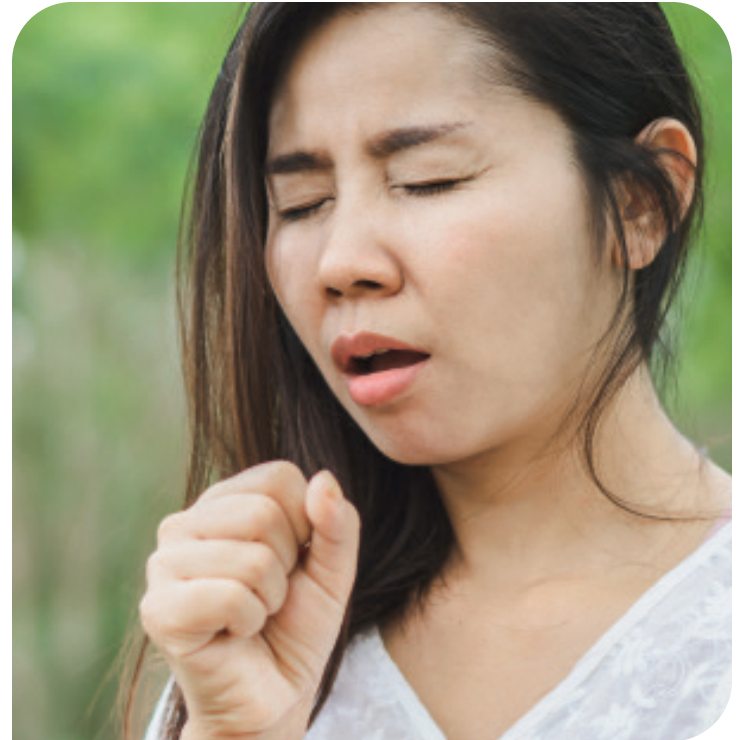
Most TV stations broadcast allergy forecasts during weather segments. There are also websites and apps that can alert you to conditions in your area.

4 Breathe easier inside.

Crank up the AC instead of using window ventilation.

5 Filter out the bad.

Change the air filters on your AC regularly for the best quality air flow. Strive to keep your carpets and floors clean and dust-free.



6 Cleanliness is power.

Take a bath or shower before going to bed to keep your sheets allergen-free.

7 Diet makes a difference.

Keep an eye on your food intake. Certain foods like sugars, wheat, and dairy can make your allergies worse. Take note of symptoms like nausea, headache, dizziness, or an itchy throat after eating. Drink plenty of water to flush and hydrate your system.

Now you've got the tools that will help you beat your allergies this season!

Springtime Fruit and Veggie Pairings

Spring is here!



That means we have yummy fruits and veggies to eat. Try these healthy combos:

- 1. Tangy vitamin boost.** Roast asparagus with lemon and garlic. It's a tasty side dish. Lemons have vitamin C for a strong immune system. Asparagus has vitamin K, iron, and zinc for healthy growth.
- 2. Low-cal springtime salad.** Make a salad with fresh baby spinach. Add golden raisins, lemon zest, apricots, and a light dressing. Spinach has protein and vitamin K. Apricots have nutrients and immune-boosting vitamin A.
- 3. High-protein greens.** Cook artichokes and green peas with shallots, parsley, and mint. It's a rich, herbal dish. Artichokes are good for your heart and high in fiber. Green peas have protein to keep you full.
- 4. Wholesome & frozen.** Blend frozen honeydew and sliced kiwi with lime juice and ice. It makes a cool smoothie. Honeydew has potassium and keeps your heart healthy. Kiwi has fiber, antioxidants, potassium, and vitamin C to help control blood pressure.
- 5. Sweet & spicy bite for eyesight.** Add sliced mango to your lettuce salad. Make a dressing with lime, honey, vinegar, olive oil, salt, and chili powder. Mango has fiber for digestion and vitamin A for your eyes. Lettuce has vitamins A and C.

Try these combos for a tasty and healthy bonus to your meals. Savor the springtime harvest!

Heal From Anywhere

Telehealth gives you access to medical care whenever and wherever you need it.



Have a cough? A rash? Stress or anxiety?

Telehealth connects you with a doctor over the phone or through video. This can give you easy access to care for nonemergency health issues. You can get medical advice, a diagnosis, or a prescription. It's a doctor's visit with no travel and a shorter wait time, and you can use it anywhere at any time.

Telehealth is a covered benefit with no copay. Don't wait until you're sick. Be prepared. Call your doctor's office today to learn more about available telehealth services.

Use telehealth:

- When you can't see your primary care doctor.
- For nonemergency issues like the flu, a cough, a rash, a sinus infection, or stress.
- When you can't take time off to see the doctor.
- If you don't have a ride.
- If you're not sure you need to be seen in person.

Get Out and Play!

As the weather gets warmer, make sure your kids are spending some more time outside. Getting them away from electronics can be hard. Fresh air can improve their mood, increase their physical activity, and stimulate their minds. Here are some tips on how to enjoy the outdoors with your children this season:

- 1. Go H2O.** An easy way to beat springtime boredom is fun in the water. Inflatable pools and sprinklers can go a long way and keep you cool in the sun. Don't forget sunscreen, watch your kids closely, and be sure to read the water safety article on the next page.
- 2. Change of scenery.** Going to a park is better than being glued to your screens. Parks are a great place for children to interact with each other and get some exercise.
- 3. Spin your wheels.** Biking is a great activity in the spring. Health benefits include cardio exercise, improved balance, and building strength. Find some local bike trails and explore with the whole family.
- 4. Patio picnic.** We recommend spending about three hours a day outside, and an easy way to do that is to bring food. Have snacks or a full picnic on your patio.
- 5. Bring hobbies outside.** Many toys and games can take place outside. Leave the electronics at home and enjoy nature. Give your kids the choice of what they can bring for bonus points.
- 6. Rain or shine.** Don't let the weather bring you down. Some rubber rain boots and old clothes are enough to keep outdoor play fun — even in the rain. Don't be afraid to splash around with your kids.
- 7. Play dates.** Kids thrive around other kids. Set up a few play dates and share the duties with other parents. They'll develop social skills and creativity.

Get outside and soak in that vitamin D!



Splash Safely

When the weather gets warm, kids, and many adults, begin dreaming about a refreshing swim, a Slip 'N Slide®, or even a simple dash through a sprinkler. However, water can be as dangerous as it is fun. Drownings happen every day, and they're not just in pools or lakes. They can happen in bathtubs and even buckets, and it only takes a moment.

Here are some tips to enjoy the fun and prevent the dangers.

- **Permission granted.** Teach children to always ask permission to go near water.
- **Fenced in.** Make sure pools and hot tubs have fencing on all four sides. The fence should be at least four feet tall with swing gates that close and latch on their own.
- **No distractions.** Stay with kids, even with a lifeguard on duty. Young children can drown in as little as one inch of water, so keep them within arm's reach without any distractions, like phones.
- **Empty after use.** Water should be drained after use. Store tubs, buckets, and containers upside down and out of children's reach.
- **Closed lids.** Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.
- **Life jackets save lives.** Children, inexperienced swimmers, and anyone in a boat should wear U.S. Coast Guard-approved life jackets. Blow-up floaties, even though they float, are not enough.
- **Bring your friends.** Never swim alone.
- **No messing around.** Pushing or dunking your friends can quickly become unsafe.
- **No diving.** If you don't know how deep the water is, don't dive in headfirst.
- **Float where you can swim.** Keep checking to see if the water is too deep or if you are too far away from the shore or poolside.



A child or weak swimmer can drown in the time it takes to reply to a text or apply sunscreen. Stay safe out there and have fun!

Mental health is just as important as physical health — for adults and for kids.

One in five kids in the U.S. experience a mental health issue, such as anxiety, ADHD, and depression, and mental health problems can run in families. Take some time to attend to your mental health — your kids' too.

Mental health tips for you:

- 1. Treat yourself kindly.** Take time to do things you enjoy.
- 2. Take care of your body.** Good nutrition and exercise can help mental health.
- 3. Stay connected.** Make plans with others and be open to new friendships by doing things you enjoy.
- 4. Go after goals.** Set small, simple goals, and enjoy the feeling of achieving them.
- 5. Try something new.** Even something simple like a new walking route is good for the brain.
- 6. Volunteer.** Research shows people who volunteer feel a boost in their mental health.



Mental health tips to help your kids:

- 1. Pay attention.** Notice what they say and how they act. Provide a safe space and teach them how to talk about how they're feeling.
- 2. Show the way.** Find age-appropriate ways to let your kids see how you deal with mistakes, setbacks, or disappointment. It will help them do the same and make it easier for them to admit mistakes and bounce back.
- 3. Build independence.** As long as it's safe, let children figure things out and build a sense of independence. Resist the urge to swoop in when things go wrong.
- 4. Boredom is okay.** You don't have to schedule every free moment with playdates or activities. Boredom can lead to creativity.
- 5. Provide structure.** Set regular mealtimes and bedtimes, limits on electronics, and rules for play and how to treat others. Always show kids you care about them. Create boundaries and be flexible when you need to.

Only about 21% of children with a mental health problem get treatment. Some warning signs your child might need help include:

- Being unusually anxious about simple things like meeting new people.
- Having a mood change that lasts more than two weeks.
- Having trouble concentrating or sitting still.

If you notice any of these signs, start with a call to your child's doctor.

Need a break from your busy day?

Take a few minutes to channel your inner artist. Color this image. We can't wait to see what you do.
Share at #ColorMeStressFree.

