



WHOLE *you*

2024 | Q3 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 vision health and Arkansas Total Care's 24-hour Nurse Advice Line. You'll also get some ideas for healthy dinners on a budget and school bus safety. Plus, enjoy a healthy food word search and 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.



It's time to keep your eyes peeled for vision health tips.

Check out some of the ways you can protect your eyesight.

1 Get an eye exam

Visit your local eye doctor and test your eyesight. You may think your vision is better than it actually is. It's quick. It's painless. The earlier you catch an eye disease, the easier it is to treat.

2 Check your family's health history

Talk with your family to see if there's a history of eye diseases or conditions. Diabetes and high blood pressure can also increase risks for eye diseases. Tell your doctor about any concerns.

3 Don't ignore diet and exercise

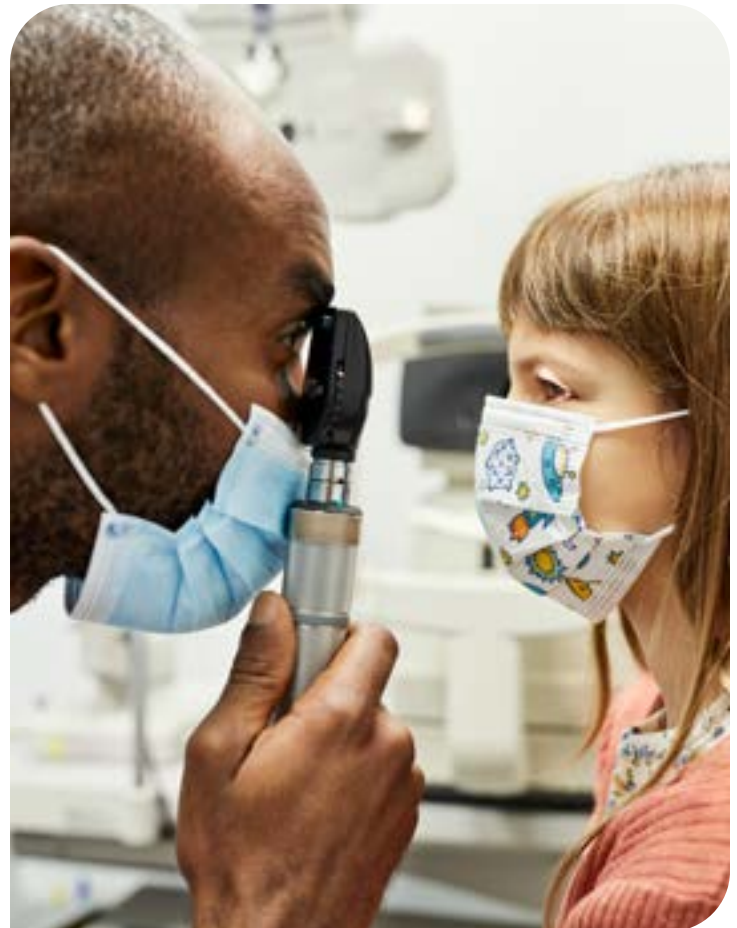
Overall health plays a big role in vision health. People who are overweight and have unhealthy eating habits are at higher risk for vision problems. Eat dark leafy greens and fish to keep your eyes healthy.

4 Protection pays off

Protecting your eyes from the sun with sunglasses is so important — even on cloudy days. Safety goggles protect your eyes during certain activities like sports or woodworking.

5 Let your eyeballs rest

Your eyes get tired too, especially if you look at computer or TV screens all day. Go on walks, look out the window, or close your eyes when you need a break from screens.



6 Clean your contact lenses

If you wear contact lenses, make sure your hands are clean when you touch them. Also remember to take them out before you go to sleep.

7 Some habits are hard to kick

Smoking isn't just bad for your lungs. It also increases your risk of diseases and can harm the optic nerve. This includes vaping.

Keep these tips in mind to protect your vision long term!

Wouldn't it be nice if you could talk to a nurse whenever, wherever, and at no cost? You're in luck. Our 24-hour Nurse Advice Line is a covered benefit. A nurse will listen to your symptoms and help you decide what to do next.

Call when you need help with:

- Caring for a sick child
- Deciding if you need to see your primary care provider
- Deciding if you need in-person care as soon as possible
- Answers to questions about your symptoms
- Mental health

The Nurse Advice Line can help you find an urgent care center or specialist when needed. They can also connect you to programs that your health plan offers. This includes transportation to appointments and access to healthy foods and services. Save this number and remember that you can always trust a nurse! They are happy to help.

**Arkansas Total Care Nurse Advice Line:
1-866-282-6280 (TTY: 711)**



10 Dinners for \$10

Here's a daily question that most of us dread: What's for dinner? It makes us think about cost, time, and nutrition. This can all be tough to balance. Here are some family-friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. Visit www.foodnetwork.com/healthy/photos/10-healthy-dinners-for-about-10 for all recipes.

1. Lemon and Herb Roast Chicken and Vegetables

Roast your favorite cuts of chicken with some onion, celery, and your favorite root vegetables. All you need is some olive oil, salt, pepper, and a baking sheet for this simply delicious dinner. [Get the recipe here.](#)

2. Antipasti Penne

Combine the first items that you'd reach for on an appetizer plate with a simple tomato sauce. Stir in cooked and drained penne and enjoy this twist on an appetizer pasta. [Get the recipe here.](#)

3. Vegetarian Tortilla Casserole

A meatless meal with many layers. Stack tortillas, tomatoes, spinach, and salsa with layers of cheese. [Get the recipe here.](#)

4. Breaded Pork Chops With Apple-Cabbage Slaw

Juicy pork chops with a crunchy breading need a crunchy slaw to match. Herbs and a flavorful sauce make this meal a perfect plate. [Get the recipe here.](#)

5. Bacon and Broccoli Rice Bowl

Rice is a great canvas for all kinds of nutritious combos. Wake up and smell the eggs and bacon. Then eat your veggies for a full brunch experience. [Get the recipe here.](#)

6. Beefy Stuffed Sweet Potato

A smart spin on a classic meal. A nutritious sweet potato is the main act here. Make an easy ground beef filling and quick veggie side to complete the meal. [Get the recipe here.](#)

7. Bean, Kale, and Egg Stew

Kale can be delicious when cooked. Throw it in a bowl of cooked beans topped with an egg. Cheesy toast is perfect for dipping and savoring your last few bites. [Get the recipe here.](#)

8. Chicken, Pepper, and Corn Stir-Fry

Stir-fry is a healthy balance of meat and colorful veggies cooked together in a wok or skillet. Serve with rice for a well-balanced dinner option. [Get the recipe here.](#)

9. Spicy Fish and Olive Spaghetti

If you aren't afraid of spice and garlic breath, try this! Flavorful pieces of tilapia on top of a simple tomato sauce and some pasta make an impressive dish in just a few minutes. [Get the recipe here.](#)

10. Grains With Chicken and Lentils

Leftover rotisserie chicken completes this flavorful dinner of plant protein, green beans, and browned onions. Almonds and Greek yogurt are just the cherries on top. [Get the recipe here.](#)

You will love how much money you're saving with these simple dinners. Try some new ones every week and it will make a huge difference for your wallet and your tastebuds.



Safety's Cool When You Bus To School

School is almost back in session.



Good thing school buses are designed to be some of the safest vehicles on the roads. Here are some reminders when you pass school zones and school buses on the street:

Yellow flashing lights mean the bus is about to stop to load or unload children. Please slow down and get ready to stop.

Red flashing lights and extended STOP signs mean the bus is loading or unloading passengers. You must stop and wait until the lights stop flashing and all children are safely on or off the bus.

Stay alert. Even when you don't see flashing lights, watch out for children, especially in the morning or afternoon when school starts or ends. Always obey school zone speed limits. Drive slowly as you back out of a driveway or parking lot. Children can be easy to miss in your rearview mirrors.

Parents — teach your kids how to be **SAFE** around bus stops. Arrive at least five minutes before the bus is scheduled.

Stay at least 10 feet away from the curb.

Always wait until the bus comes to a complete stop and the driver signals that they're ready for you to board.

Face forward after finding a seat.

Exit the bus after it stops. Look both ways before crossing a street.

Brain Games

Eat Healthy! Word Search

Eating healthy snacks and food is important to your health. Can you find these words in the puzzle? Which are your favorites?

- Find These Words** _____
- BREADS CEREAL RICE PASTA
 VEGETABLES FRUITS MILK YOGURT
 CHEESE MEAT POULTRY FISH BEANS
 EGGS NUTS FATS OILS SWEETS
-

A F B R E V B N M A F U L
 P U S N P E S T V S E S L
 E C I R A G G B R E A D S
 S R R N S E R S R E R M E
 E L S A T T L N P I A I E
 E E I M A A I O U L F L S
 V C E O E B U U R T S K E
 G A H R L L G T R E S R S
 H T E E T E M R U F Y T S
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 S T E E W S A Y T L F I R

