



arkansas
total care™

WHOLE you

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Welcome!

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

In this issue, Arkansas Total Care brings you tips to get the care you need, have a happy and stress-free Thanksgiving, and tell the difference between the cold and flu.

We hope you enjoy our latest edition of Whole You and that it helps you take care of your whole health.





WHOLE
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Give Yourself the Care You Deserve With a Yearly Check-Up

Taking care of your health starts with a simple step — a yearly check-up. Check-ups can help you stay on track, catch issues early, and get answers, all at no cost to you!

Don't Wait for a Problem to Put Your Health First.

People often wait until they're sick to see a doctor. But finding a provider you trust and going to your yearly check-up can help you avoid getting sick in the first place. Over time, your doctor gets to know your health. They can listen, spot changes, and send you to a specialist if needed. Seeing your doctor on a routine basis helps you stay in control of your health.



We Make It Easy to Get the Care You Need.

It can be hard to find time to go to the doctor, or even know where to start. But Arkansas Total Care is here to help make it easy, even when you're busy.



No ride? We've got you. We offer no-cost rides to and from your visit.



Too busy? Try a virtual visit. It's quick and can be easier to fit into your busy schedule.



Need a provider? Use our Find a Provider tool to see if there are nearby providers accepting new patients.



Can't find an open visit? We can help book one that works for you.



Want to change your provider? You can switch any time online.

You deserve care that fits your life. We're here to help! Visit ArkansasTotalCare.com to find a doctor or change providers.

Have a Happy and Stress-Free Thanksgiving



Thanksgiving can be a very stressful time, making the holidays less pleasant and taking a toll on your health. We've put together a few tips to help you have a stress-free and gratitude-filled Thanksgiving this year.

1. Plan ahead. Thanksgiving meals take time and a lot of preparation. To stay organized, start planning a few weeks ahead. Make a to-do list for the day of to help you stay on track and make sure you don't forget anything. Checking items off the list will help you feel accomplished and stay motivated.

2. Minimize clutter. You will have a lot on your mind Thanksgiving Day. Staying organized and keeping things where they belong will help reduce the feeling of being overwhelmed. Clean up beforehand and have that extra space available during the day.

3. Keep it classic. No one wants to have to remake a dish at the last minute. Stick to familiar recipes you know you're good at making to avoid surprises.

4. Ask for help. Don't be afraid to ask for help! You would be surprised how many people are willing to help out, especially around the holidays.

5. Remember what's important. Thanksgiving is about spending time with loved ones and giving thanks for all you have. Take time to appreciate being together by swapping stories or taking a post-meal walk. Create lasting memories and enjoy those around you!



Is It the Flu or a Cold?

Your nose is running. Your head is aching. You aren't sure whether you have a common cold or something more serious, like the flu. Check out the symptoms below to help you understand the difference between a cold or the flu.

Signs that it could be a cold:

- Symptoms start gradually
- Fever is usually lower than 100.3° F
- Sore throat
- Runny or stuffy nose
- Mild to moderate coughing
- Sneezing
- Feeling tired

Signs that it could be the flu:

- Symptoms start suddenly
- Fever usually higher than 100.4° F
- Fatigue or weakness
- Body pain
- Body chills

Your primary care provider (PCP) is your first stop for care. Your mind gets foggy when you're sick, so it's important to be prepared and know your options.

If you need care when you're sick, call your provider's after-hours line. Or, talk to a nurse 24/7 with our Nurse Advice Line at no cost. Find the number on your member ID card. Our registered nurses are here to listen to your concerns and help you decide what to do next.

If you think you're experiencing a medical emergency, contact your PCP or call 911 right away.

