

YES, YOU'RE COVERED

FOR THESE TOO:



Rewards Program

Earn rewards for staying healthy!



Care Management

Receive personalized help managing your benefits, resources + health conditions.



ConnectionsPlus

Get a cell phone with minutes, data + unlimited texting. Calls to us do not count towards your minutes.



Health Library

Access more than 1,000 health topics on our website to guide your health decisions.



Start Smart for Your Baby

Get a free breast pump and more through our program for pregnant and new moms.



Online Member Account

Access your benefits and get a new ID card 24/7 through your account.



24-Hour Nurse Advice Line

Call anytime for medical + mental health support—get help deciding if you should go to an ER or urgent care.

Take advantage of these programs and services. You are worth it!

CONNECT WITH US

NebraskaTotalCare.com

1-844-385-2192 (TTY: 711)

Monday-Friday, 7 a.m. to 8 p.m., Central

@NETotalCare on Facebook and Twitter

11/2023

WE

HAVE YOU

COVERED



Life is complicated.
Your health insurance *shouldn't* be.

We are Nebraska Total Care and we have you covered in more ways than one. We are a health plan provided by Nebraska Medicaid for youth currently in care and alumni of foster care in Nebraska. If you were in foster care on your 18th birthday, you are automatically covered through the month of your 26th birthday.

And the best part is, it is no cost to you!

WE HAVE YOU COVERED FOR THINGS LIKE:



urgent care +
ER visits



doctor + specialist
visits



flu
shots



substance use
disorder treatment
services



over the counter
and prescription
meds



annual physical
exams



dental
visits



eye exams,
glasses, contacts



housing,
employment &
education support



mental health
visits



transgender health
services



help to quit
smoking



family
planning



track down
medical records for
past services



transportation to
appointments



From basic health benefits to whole body care,
we've totally got you covered.