



# WHOLE you



2021 Winter Bulletin

## Medical Advice Anytime, Anywhere!

It is good to know all of your options when it comes to medical care. And it is good to know that Nebraska Total Care offers the 24/7 Nurse Advice Line at no cost to you. You can get medical advice without leaving home!

Our **free 24/7 Nurse Advice Line** allows you to get quick, expert answers to your health questions from registered nurses. These nurses have spent lots of time caring for people. Now they are eager to help you.

Use the 24/7 Nurse Advice Line to:

- Find a primary care provider (PCP)
- Talk about concerns while caring for someone who is sick
- Determine the best place to go for care — your PCP, the ER or somewhere else
- Schedule a ride to a medical visit
- And more!

A normal medical visit can take weeks or months to get into. You may not even be sure whether you need one. This simple, fast and free benefit is a great place to start if you are unsure of the best care option for you or a loved one. Or, if you just want the comfort of hearing a medical expert on the other end of the line!



## 2021 Healthy Rewards

Earn rewards when you **complete healthy activities** like a yearly wellness exam, annual screenings, tests and other ways to protect your health.

- \$10 - Complete the first primary care doctor's appointment within 60 days of enrollment
- \$10 - Adults: Annual flu vaccine, ages 19 and older
- \$10 - Adults: Annual checkup with your assigned PCP
- \$10 - Complete Health Risk Screening within 30 days of enrollment
- \$20 - Women: Breast cancer screening (one every two years)
- \$20 - Women: Annual chlamydia screening (not included for prenatal test)
- \$20 - Women: Annual cervical cancer screening
- \$10 - Infants: Well visits, 1 per visit, ages 0-15 months, up to \$60
- \$10 - Children: Annual well child visit, ages 2-21
- \$20 - Adolescents: HPV vaccine for adolescents, for two doses within 12 months, before age 13
- \$25 - Affected Individuals: Annual comprehensive diabetes care – must complete both of the following once in the calendar year: HbA1c test, Retinopathy screening (dilated eye exam), ages 18 and older

# Learn How to Quit Smoking

## Clear the Air. Break the Habit.

Smoking and using other tobacco products are linked to many health risks for both smokers and nonsmokers. Even still, these habits are hard to quit. The good news is that once you stop smoking, you can experience health benefits, no matter how long you have been a smoker.

Among the health issues linked to smoking is lung cancer. The risk of developing lung cancer as a direct result of smoking has been on the rise in recent years because of the harsher chemicals in cigarettes.

You can take charge of your health by kicking your habit. Here are some steps to help you quit smoking:

- **Set a date to quit.** Schedule a date to quit seven to 14 days from today's date. Choose a time when you can relax and focus on this change. Holidays and other stressful times are probably not the best times to quit.
- **Learn from your past.** Think about what you did the last time you tried to quit. What worked? What did not? Plan for the times, places and activities when you did smoke, like having a cup of coffee, after a meal or driving.
- **Get support and create a smoke-free life.** Tell others you are quitting. Set rules that keep other people from smoking in your house, car or in front of you. Take all cigarettes and ashtrays out of your car, home and workspace. You can also find a quit-

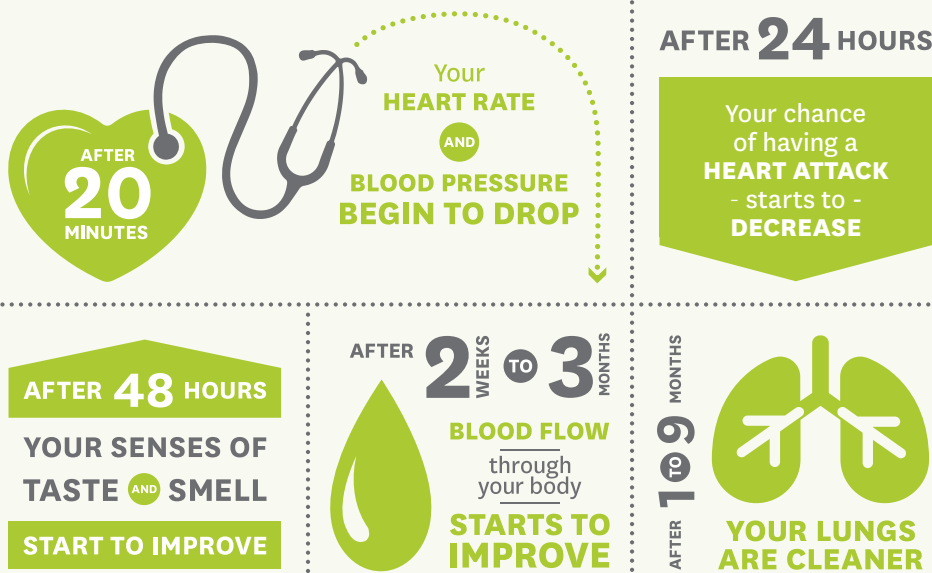


smoking mobile app to help keep you honest with your progress.

- **Talk to your doctor.** Contact your primary care provider (PCP) about your decision to quit. Your doctor may offer possible medications and products that can help you quit. Some work better than others do. Ask for a recommendation.

Your Nebraska Total Care benefits include a [tobacco cessation](#) program with helpful information and support. This includes coverage of quitting aids that can make your process smoother. We understand that quitting is not easy.

## QUITTING SMOKING HAS IMMEDIATE BENEFITS



Are you ready to make the change? Contact Nebraska Total Care for additional information. Our phone number is 1-844-385-2192, Nebraska Relay Service 711.

# What is Heart Disease?

Heart disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease every year.

## What is Heart Disease?

Several heart conditions are considered heart disease. The most common type of heart disease is coronary artery disease. This can cause a heart attack. Some kinds of heart diseases may involve the valves of the heart or the heart may not pump well. This can cause heart failure. Some people are born with heart disease.

## Risks of Heart Disease

Anyone can develop heart disease – even children. It occurs when a substance called plaque builds up in your arteries. This can cause your arteries to narrow over time. Your blood flow to the heart can also be reduced. Your age and family history can increase your risk for heart disease. The following also can increase your risk:

- Smoking and other forms of tobacco.
- Eating an unhealthy diet.
- Not getting enough exercise.
- Having high cholesterol.
- High blood pressure.
- Diabetes.

Talk to your doctor about preventing or treating these medical conditions.

## Signs and Symptoms

Symptoms can vary depending on the type of heart disease. For most, chest discomfort or a heart attack is the first sign. The symptoms include:

- Chest pain or discomfort that does not go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, lightheadedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

## How is Heart Disease Diagnosed?

Your doctor can perform several tests to diagnose heart disease. These tests include chest x-rays, coronary angiograms, electrocardiograms (ECG or EKG) and exercise stress tests. Talk to your doctor about what tests may be right for you.

## Reduce Your Risk for Heart Disease

There are ways to reduce your risk for heart disease. If you have heart disease, there are things you can do to help lower your risk from complications. These include:

- Do not smoke.
- Maintain a healthy weight.
- Eat a healthy diet.
- Exercise regularly.
- Limit alcohol.
- If you have heart disease, your doctor may prescribe medication to treat it.

Talk to your doctor about the best ways to reduce your risk for heart disease.



**Stay  
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and More!**

Your online member account is a great way to stay up to date with important plan information and manage your insurance! Visit [NebraskaTotalCare.com](http://NebraskaTotalCare.com) to sign up today!

# Behavioral Health is Part of Children's Well-Being

It is good to know what can affect your child's behavioral health, also known as mental health or mental well-being. One in five children has a mental health condition. Where your children live and their sense of safety affect their mental well-being. Without help, children can struggle at school and with others. This can impact their overall health in the long term. Some other areas that may affect your child's behavioral health include school, diet, family issues and genetics.

Stress from these things can cause mental strain. Sometimes it can be hard to tell if your child's behavior needs to be looked at by an expert. Some signs include:

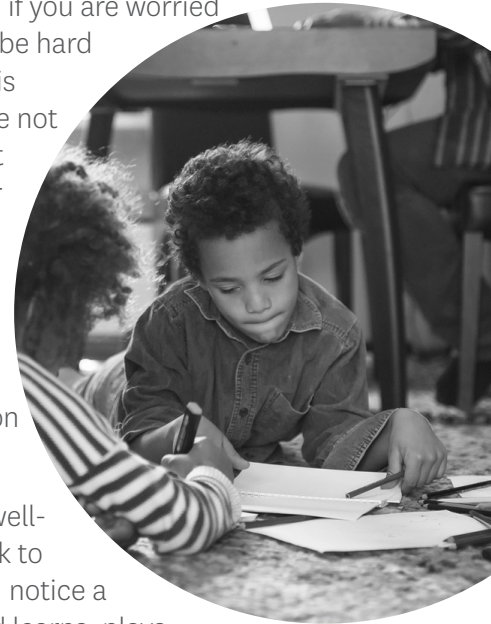
- Major change in daily mood
- Change in school performance or behavior
- Constant worry
- Decline in sleep
- Frequent nightmares
- Increased aggression
- Frequent temper tantrums
- Less interest in school or favorite activities
- Shift to choosing to spend time alone
- Unexplainable headaches or belly aches

You can talk to someone if you are worried about your child. It may be hard to admit that your child is having problems. You are not alone. Nearly 20 percent of American youth suffer from a mental disorder. It is up to you to protect your child's health. It is just as important to check on their mental health, as it is to check on their physical health.

Your child should get a well-child visit every year. Talk to your child's doctor if you notice a change in how your child learns, plays, speaks or acts. Ask for help early. This will help them be successful and avoid long-term health problems.

You have the right to seek care for your child. There are resources available to you no matter where you live or where you come from. Nebraska Total Care can help.

Mental Health America has a [parent test](#) that can help you decide if your child is showing signs of a behavioral health condition.



## Visit Our Website & Secure Member Portal!

Visit [NebraskaTotalCare.com](https://www.NebraskaTotalCare.com) to sign up for your free member account today. You can:

- Change your primary care provider (PCP)
- Update your personal information
- Reprint your member ID card
- Find pharmacy benefit information
- Send Nebraska Total Care a message
- Access claims, see approvals, check reward balance and more!

## Call Member Services!

Call **1-844-385-2192, Relay 711**. We can help you:

- Find a doctor or change your primary care provider (PCP)
- Update your personal information
- Make an appointment
- Get translation help for medical appointments
- Get transportation to your appointments
- Get a paper copy of anything on our website

You can see authorization approvals on our [Secure Member Portal](#).

