

WHOLE you

2025 | Q2 BULLETIN



Fight America's #1 killer — High Blood Pressure

Sometimes you hear it called “the silent killer.” Sometimes you hear it called “hypertension.” Whatever it is called, if you have high blood pressure, you may not feel it. But it can quietly harm your blood vessels and cause dangerous health problems. There is no cure for high blood pressure, but your doctor can give you medicine to help it. You can also make changes in your life. This can lower your risk for the things high blood pressure can cause, including heart disease, stroke and kidney disease.

Here are six things you can do to fight high blood pressure:

Get your blood pressure checked.

Learn what the numbers mean. If your doctor says you have high blood pressure, you can check it yourself on a regular basis. That way you can know if any changes you make in your health habits are working. Nebraska Total Care will provide one digital home blood pressure monitor to you at no cost. Your healthcare provider can write a prescription for a blood pressure monitor.

Lose weight if you need to.

Being overweight can increase your risk. Talk with your

doctor about ways to get to a healthy weight. Nebraska Total Care provides eligible members vouchers for online [Weight Watchers](#) participation.

Get exercise.

Try for 30 minutes every day. It can be something as simple as a bicycle ride or a brisk walk. Talk to your doctor about developing an exercise program. We offer a 3 month [YMCA](#) membership for each member.

Do not smoke.

If you smoke and it is hard to quit, Call the Nebraska Tobacco-Free Quitline at 1-800-QUIT-NOW. Get online coaching from the [QuitNow® program](#).

Limit alcohol.

Men should have no more than two drinks per day. Women should have no more than one drink per day. Have a problem with alcohol? You can attend [Alcoholics Anonymous](#) for free.

Sleep well.

Getting enough sleep is important for your health overall. If you often get too little sleep, it can raise your risk for high blood pressure.

Source: www.cdc.gov/high-blood-pressure/prevention/index.html

FINDHELP: RESOURCES AT YOUR FINGERTIPS



Did you know that there is a tool on the Nebraska Total Care website that can help you find resources to meet your basic needs? Findhelp is easy to use. Type in your zip code and find help. Check it out today! You can also call Member Services if you need help in securing these needs. We are here to help. Call 1-844-385-2192 (TTY 711).

Preventing Colorectal Cancer

You have the power to lower your risk of having colorectal cancer. Colorectal cancer can be very treatable when found early. In many cases, it can be prevented altogether. You have some powerful prevention tools.

HEALTHY LIFESTYLE CHOICES

Research has shown that people who follow these types of healthy habits have a much lower chance of having colorectal cancer than those who do not:

- Try to eat a low-fat diet. Eat food that is high in fiber.
- When combined, alcohol and smoking are linked to colorectal cancer and other gastrointestinal cancers. If you drink alcohol, drink only in moderation. If you smoke, quit.
- Exercise for at least 30 minutes. Do this three to four days per week.

REGULAR COLORECTAL SCREENING

The Centers for Disease Control and Prevention (CDC) recommends regular colorectal screenings starting at age 45 through age 75 for people at average risk. Screening beyond that would be up to you and your doctor, depending on previous findings and your risk factors. There are several different types

of screenings. You and your doctor can decide what is the best option for you.

- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 5 years
- CT colonography (virtual colonoscopy) every 5 years
- Yearly fecal blood test
- Yearly stool fecal immunochemical test (FIT)
- Stool DNA test every 1 to 3 years

Talk with your doctor about which test is best for you.

Some people should be screened using a different schedule because of their personal or family health history. Talk with your doctor about your health history.

Take charge of your health! Schedule a visit with your doctor today. Discuss your options for preventive colon cancer screenings and how you can lower your risk.

GET REWARDED FOR FOCUSING ON YOUR HEALTH!

Earn My Health Pays® rewards when you complete healthy activities like a yearly wellness exam, annual screenings and other ways to protect your health. Use Your My Health Pays® rewards to help pay for:

- Utilities
- Transportation
- Telecommunications
- Childcare services
- Education
- Rent
- Shop at Walmart and Sam's Club for everyday items*



Your My Health Pays® reward dollars are added to your rewards card after we process the claim for each activity you complete. If you are earning your first reward, your My Health Pays Visa Prepaid Card will be mailed to you.

Log in to your [member account](#) to check your current My Health Pays® rewards balance.

2025 REWARDS

- \$10 - Having an Annual Adult Checkup with a Primary Care Doctor.
- \$10 - Infant Well Visit: 1 per visit, Ages 0-15 months. (Per visit, up to \$60).
- \$10 - Annual Child Well Visit with a Primary Care Doctor. Ages 2-21.
- \$5 - Annual Flu Vaccine, ages 6 months and older. September-April. One per flu season.
- \$10 - HPV Vaccine. Receiving two does within a 12-month period. Ages 9-12. (Per enrollment).

*This card may not be used to buy alcohol, tobacco, or firearms products. This card is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions.

What are Recalls?

A recall is voluntary done by a manufacturer or distributor. They remove or fix an item that may be unsafe or defective. This can be food, furniture, vehicles, medicine, toys and many other products.

There are three major places that put out recalls. They also watch for consumer safety complaints.

- The U.S. Department of Agriculture (USDA) watches for food that is produced in large batches and distributed. The USDA puts out recalls on food.
- The Consumer Product Safety Commission (CPSC) watches over a wide range of items like toys, home goods, tools, and more.
- The Food and Drug Administration (FDA) watches over medicine, medical devices, and other health related items.

Are you recall ready? There are ways you can find out about new or ongoing recalls.

- Sign up for alerts from agencies. Go to [Recalls.gov](https://www.recalls.gov). Sign up for the email list you are interested in. When a recall is put out, an email will be sent with details.
- Watch and listen to local or national news. Most local and national news stations will cover large recalls. They will tell you what to do next.
- Subscribe to social media pages. Follow an organization on social media so get the info in your news feed.

@USDAFoodSafety
@USCPSC
@FDAMedWatch

What is self-advocacy?

Self-advocacy is your ability to effectively communicate, negotiate or assert your own interests, desires, needs and rights. By doing this, you should be able to make informed decisions based on what is best for you. You will have more control over your own life.

A good self-advocate can let people know what they think, feel and need. It sometimes means asking questions until you really understand the answers. It could mean asking for help. You might need to help others understand what is important to you. You might not always get what you want, the way you want it. But having the skills to communicate your wants and needs is an important step.

Self Advocate Qualities:

- I ask questions
- I am prepared and organized
- I am firm, but respectful and polite
- I communicate my strengths, needs and wishes
- I actively listen
- I take action, one step at a time, to make sure I get what is best for me
- I communicate clearly and with confidence
- I speak up for myself
- I am able to listen to the opinions of others, even when their opinions differ from mine
- I take responsibility for myself
- I know where to get help or who to go to with a question



Tips for self advocacy:

- Know your [rights and responsibilities](#).
- Learn all you can about your needs, strengths, and weaknesses.
- Know what adjustments you may need as well as why you need them.
- Know how to effectively and firmly speak your needs and preferences. Find out who key people are and how to contact them if needed. Be willing to ask questions when something is not clear.

Are you a new member?

Do you have questions about your current plan and benefits? Visit [NebraskaTotalCare.com](https://www.NebraskaTotalCare.com) to locate the member handbook. It has many details about your health plan.

Options for Immediate Care

Find member handbooks and forms online

Your Primary Care Provider (PCP) is your main doctor and the best place to start care. They know you and your medical history. See your doctor for preventative care, common illness, minor injuries or mental health concerns. But what if you can't wait for an appointment and need care right now? [You have options:](#)

988 Suicide & Crisis Lifeline

The 988 Lifeline provides confidential help for mental health, drug use or suicidal concerns when you need it quickly. Call or text 988, or chat via [988Lifeline.org](https://www.988lifeline.org).

Examples of things to look for if you or a family member is having a mental health crisis:

- Thinking about suicide.
- Anxiety or depression.
- Concerns about alcohol or drug use.
- Hearing voices telling you to hurt yourself or another.
- Hurting people, animals or property.
- Dangerous or very disruptive behaviors at school, work, or with friends or family.



Virtual

24/7/365

Mental Health



Low wait time

Urgent Care

Urgent Care is for when you have an injury or illness that must be treated within 24 to 72 hours and is not life-threatening. Go to an Urgent Care Clinic if you need care and your PCP is unable to see you. You do not need an appointment to be seen.

Examples of basic care:

- Diagnosing an illness.
- Severe body pain with fever or wheezing.
- Giving a shot or treating a small wound.
- Fixing a simple sprain or broken bone.
- Ear infections or earaches.
- Sore throats.
- Urinary tract infections.
- Minor cuts and burns.



In Person

Extended Hours

Holidays & Weekends

Physical Health



Low wait time

Emergency Room (ER)



In Person

24/7/365

Physical Health
& Mental Health



Longer wait time

Consider all your options before going to the ER. If you have a life-threatening injury or illness or are having thoughts about harming yourself or others, do not wait! Call 911 or go directly to the ER. A medical emergency is a sudden illness or condition that could result in serious harm to you and needs care right away.

Examples of a life-threatening condition or possible medical emergency:

- Bleeding that will not stop.
- Suddenly unable to see, move or speak.
- Severe pain, including chest pain.
- Coughing or vomiting blood.
- Convulsions or seizures.
- Chemical poisoning.
- Loss of consciousness.
- Trouble breathing.
- Drug overdose.
- Thoughts of harming yourself or others.



Not sure where to go for care? Call our 24-hour nurse advice line any time at 1-844-385-2192 (TTY 711). This is a cost-free service that connects you to a registered nurse who can help you find a doctor, learn where to go for care, and answer health questions.

Your Guide to Prenatal Care

From the moment you first learn of your pregnancy, life has a way of taking on a whole new meaning. It is important to go to all your prenatal visits. Here is some information on what to expect.

During your prenatal visits, your doctor will:

- Perform tests and ultrasounds to check on you and your baby.
- Suggest a prenatal vitamin to give you the nutrients you need to carry a healthy baby.
- Monitor your baby's growth and confirm your due date.
- Address your questions or concerns.

Your prenatal visits will most likely be:

- Every 4 to 6 weeks during the first 28 weeks of pregnancy.
- Every 2 to 3 weeks from 28 to 36 weeks of pregnancy.
- Once per week from 36 weeks of pregnancy to delivery.

This is a precious experience that seems to pass by quickly. The steps you take for your health and well-being during this time may affect both you and your unborn child for the rest of your lives. Here are some tips that may help you have the best possible pregnancy experience. Do these to provide your child with a healthy start in life.

DO:

- Attend all scheduled doctor's appointments and medical examinations.
- Start taking your prenatal vitamin before getting pregnant or as soon as you find out you are pregnant.
- Get adequate vitamins and minerals. Follow your

doctor's recommendations for ensuring regular amounts.

- Drink plenty of water throughout the day. This will prevent dehydration and promote healthy cell development for both you and your unborn child.
- Exercise regularly. Low-impact activities such as walking are suggested. This is good for your overall health. It may also prepare your body for childbirth as well.
- Prepare for your child's arrival early. This may prevent unnecessary stress in the later weeks of your pregnancy.

DO NOT:

- Take medications that are not approved or prescribed by your physician.
- Place yourself in high-stress situations that are avoidable.
- Spend a lot of time in one position without moving around. This applies to lying, standing, or sitting for long periods of time. This may cause muscle cramping or water retention.
- Drink alcohol. This may cause harm to your unborn child. It can also affect the diet or medications your doctor has recommended during your pregnancy.
- Spend excessive amounts of time in the sun. This may cause dehydration and heat-related illnesses.

To [learn about your pregnancy](#) and how to prepare for your baby, download [Your Guide to Pregnancy](#). Take charge of your health! **Schedule your prenatal visit today.**

Visit our website & secure member portal

Visit NebraskaTotalCare.com to create a member portal account. You can use it to:

- Complete your Health Risk Screening
- Complete your Notice of Pregnancy form (NOP)
- Change your primary care provider (PCP)
- Update your personal information
- Print a temporary member ID card
- Find pharmacy benefit information
- Send Nebraska Total Care a message
- See claims and authorization approvals
- Check rewards card balance and more!

Call Member Services

Call **1-844-385-2192 (TTY 711)**. Monday-Friday, 8 a.m. to 5 p.m., Central. We can help you:

- Find a doctor or change your primary care provider (PCP)
- Get a new Nebraska Total Care ID card
- Understand your benefits
- Change your address and phone number
- 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**.

