



WHOLE you



2020 Winter Bulletin

In Your Communities:

1/13 and 1/14
Parent Info Night
Head Start,
Grand Island, NE

1/23
WIC & Family Planning,
North Platte, NE

1/30
Parent Presentation
Head Start, Superior, NE

2/2
Children's Day Festival
Sunset Plaza, Norfolk, NE

2/16
Early Childhood Family Fair
Gateway Mall,
Lincoln, NE

3/3
Community Health Center,
Hastings, NE

3/19
Choice Family Health Care
Kearney, NE

*Nebraska Total Care is
in your communities. View
more details online at our
[Member Events](#) page.*

myStrength, Inspirational and Hopeful

We all have struggles. Finding support to focus on your emotional health is important. myStrength lets you create a personal account. You add your individual situation and myStrength uses proven techniques to help your well-being. It lets you set goals and adjusts every day to your needs, emotions, and life events. It can help with depression, stress, anxiety, substance use, pain, sleep, daily inspiration, coping skills, smoking cessation, nutrition and wellness.

Reduce stress and feel happier. myStrength is here for you. It is safe and secure. It has been proven to help. Create a personal [myStrength account](#). It is free. myStrength's proven tools can help strengthen your mind, body and spirit.

Are My Meds Covered?

Nebraska Total Care wants to help members get the medications they need. The [preferred drug list \(PDL\)](#) is the list of drugs Nebraska Total Care covers. Members are also able to get up to a 90-day prescription fill on maintenance medications. Maintenance medications are used to treat chronic, long-term conditions or illnesses.

Your doctor or pharmacist can help you find medications that are covered. You can find the PDL (updated monthly) at [NebraskaTotalCare.com](#). You can also call 1-844-385-2192, Nebraska Relay Service 711 to find out if a drug is covered.



WHOLE *you*

Earn and Use Rewards with *my* health pays®

**Your health insurance gives you important benefits.
But did you know you can also earn rewards?**

With the **My Health Pays® rewards program**, earning rewards is easy. You just complete healthy activities such as your yearly wellness exam, getting a flu shot or other annual screenings to protect your health.

When you complete a healthy activity, you will earn dollar rewards. You can use them on things like:

- Everyday items at Walmart®
- Utilities
- Transportation
- Childcare
- Education
- Rent

Here are ways to earn My Health Pays® rewards:

- Earn \$10 by getting your flu shot
- Earn \$20 by getting adult wellness exam each year
- Earn \$10 by getting infant wellness visit
- Earn \$15 by getting a mammogram
- Earn \$25 by getting diabetes care

Log in to your **secure member account** to check your current My Health Pays® rewards balance.

Download the **MyNTC app** to stay updated about the program and your rewards. The app is available to use on Apple and Android devices.

If you have any questions or need more information, visit NebraskaTotalCare.com or call Member Services at 1-844-385-2192, Nebraska Relay Service 711.



WHOLE you

Breathe Easy: Five Tips to Help Control Your Asthma

1 Create an Action Plan. Be prepared if your asthma gets worse. Make a plan with your Primary Care Provider (PCP). Learn the best way to take your medicine, how to avoid triggers and when to get help. If you have an attack, look back at your plan to understand what made your symptoms worse. Download an [Asthma Action Plan](#).

2 Tame Your Triggers. These are different for everyone. They include mold, pet dander and household cleaners. Write down how shifts in weather affect you. This will help you remember which seasons irritate your asthma the most. You can then limit outdoor activities during these seasons in the future.

3 Keep Moving. Physical activity can make lungs stronger and lower the risk of an attack. It can also make your quality of life better. Do warm-up exercises before going harder. If it is cold, wear a face mask to warm the air you breathe in. In extreme temperatures, choose an indoor activity instead. As with any exercise program, check with your PCP before starting.

4 Manage Medications. People react to medications differently. You may need to try a few types to find what works best for your asthma. The sooner you treat symptoms, the less severe they will be and the less medication you will need.

5 Breathe Better. Watch for signs like wheezing or shortness of breath. These could mean you are about to have an attack. If you experience symptoms, breathing exercises can help you remain calm and in control. Talk with your PCP or look into our Asthma Care Management program to learn more.



Is your asthma under control?

Asthma is a disease that makes it hard to breathe. It can make life difficult. It can even be life-threatening. Medications are used to control and prevent asthma symptoms. Medications can improve the quality of your life. They can make asthma attacks less serious. Take medications the way your doctor tells you. Take the right dose at the right time. Take it for as long as you are told. Call Nebraska Total Care for information about asthma. We have information for adults and for children. Disease management is a way we help people with diseases like asthma or diabetes. It can help you control your symptoms. It can help you find a doctor. Call 1-844-385-2192, Nebraska Relay Service 711 to find out if disease management could help you.

We are Here to Help You Feel Better

Behavioral Health Problems Can Happen to Anyone

Let Nebraska Total Care help. You do not have to struggle alone. There are inpatient and outpatient treatment programs. Treatment may include talking to a therapist or taking medicine. Nebraska Total Care also has programs that can help. One program is care management. Call us to find out more about it.

Conditions include:

- ADHD
- Bipolar disorder
- Depression
- Drug or alcohol abuse
- Postpartum depression

If you feel your life is in danger, call 911. You can also go to a crisis center or an emergency room. Follow up with your doctor after you are released. Doctors can help you with your treatment. They can help you with medication. If you need help finding a doctor, call Member Services.

If Your Child Has ADHD

Does your child have attention deficit hyperactivity disorder (ADHD)? More than 10 percent of children in the U.S. have been diagnosed with it. Medicine may help. Children taking medicine for ADHD need follow-up care. Visit the doctor within 30 days of starting the medicine. After that, the child should visit the doctor twice in the next nine months.



**Nebraska Total
Care can help.
Call Member Services
at 1-844-385-2192,
Nebraska Relay
Service 711.**

What You Should Know About Antidepressants

Many people take antidepressant medications to treat depression. But, your doctor might have prescribed it for a different reason. Maybe to help with anxiety and pain, or even to help with sleep. Antidepressants should improve your sleep, appetite, concentration, energy and mood. Do not stop taking your medicine without talking to your doctor first.

Common Side Effects:

- Nausea
- Dry Mouth
- Constipation
- Tired, sleepy or low energy
- Worry or fear
- Trouble sleeping

The first few weeks are the hardest. Try to stick it out. Some people have mild side effects. The side effects usually go away in a few days and the medicine should start to work soon.

Do not stop taking your medicine. Remember:

- It takes time for your medication to work. Most people begin to feel better in 2–4 weeks. You may not feel better at first, but do not give up.
- Do not skip doses – even if you feel better.
- Your antidepressant medication is not addictive or habit-forming.
- Keep all your appointments.
- Tell your doctor how you feel especially if you have suicidal thoughts. Ask questions.
- Talk to someone about your feelings.

Get rewarded for focusing on your health!

\$10 - Antidepressant medication refill: one per refill, ages 18 and older, up to \$60

\$20 - Antidepressant medication refill, 6 months in a row bonus: one per calendar year, ages 18 and older

WHOLE you

Protect Yourself From the Flu

Flu season is upon us here in Nebraska. You have likely heard the coughing and sneezing in the classroom, grocery store, and other public places. These sounds can also be an important reminder. Have you received your flu shot this year?

The flu is a seasonal illness. For some people, the flu is not very serious. For others, it can lead to hospitalization and even death. A flu shot is one way you can protect yourself from the flu.

The flu shot will not give you the flu. The flu virus changes every year. So every year, a new vaccine is needed. Everyone older than 6 months should get a flu shot. Talk to your doctor if you have an allergy to eggs or any of the ingredients in the vaccine.

Many people get a flu shot by the end of October, but there is still value in getting your flu shot in December

or January, as flu season can extend into March or April. The **flu shot is available at no cost** to members.

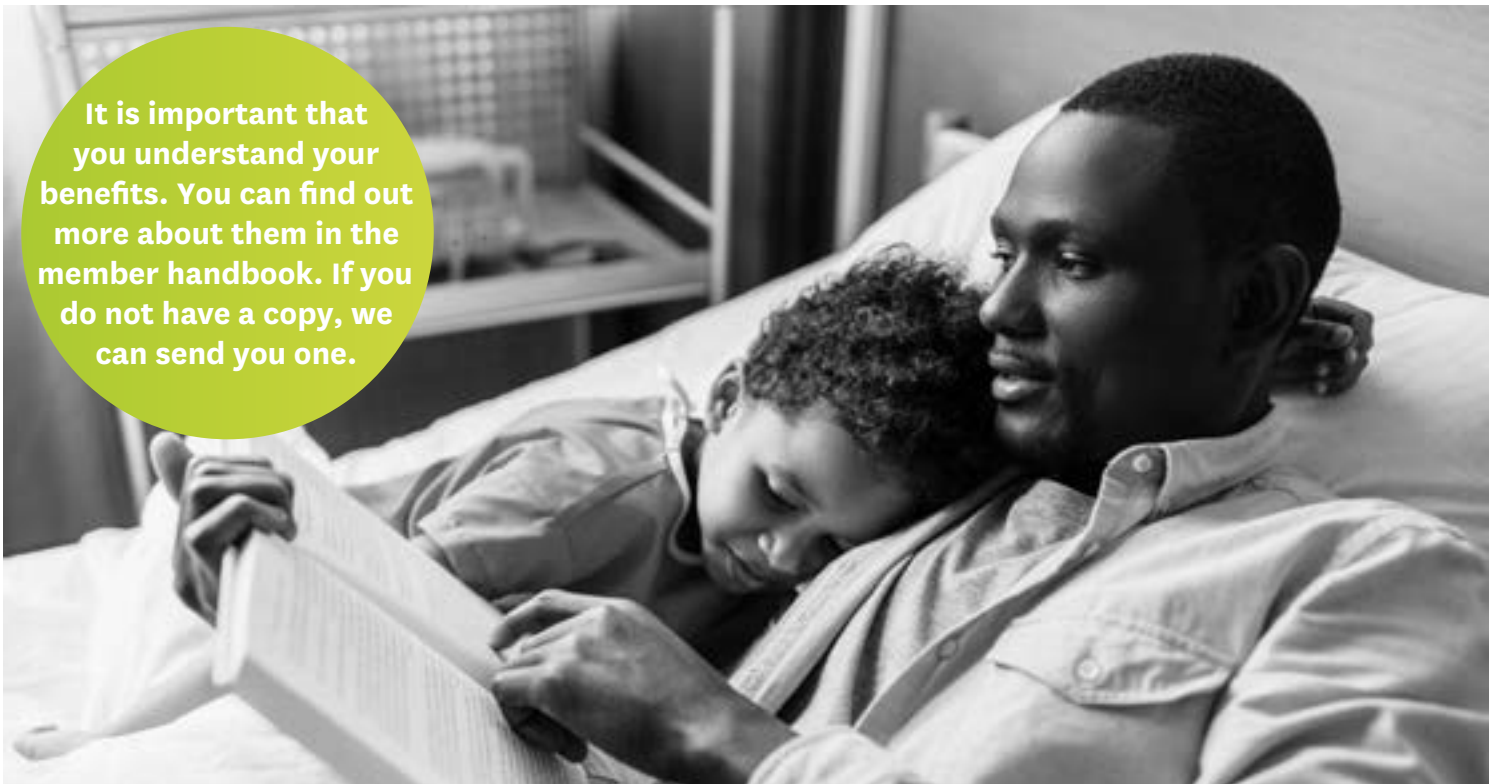
How do you know if someone has the flu? The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue or tiredness
- Some people may have vomiting and diarrhea. This is more common in children than adults.

Get rewarded for focusing on your health!

\$10 - Annual flu vaccine (September - April)

It is important that you understand your benefits. You can find out more about them in the member handbook. If you do not have a copy, we can send you one.



WHOLE you

Get Free Help This Tax Season

Tax time can be confusing. You have many options for help with filling out your tax return and getting it filed on time. Best of all, these options are free to use.

Volunteer Income Tax Assistance (VITA)

The Internal Revenue Service (IRS) offers a free program for people who need help filling out their tax documents. Volunteers are trained and ready to work with you throughout the tax season.

Tax Counseling for the Elderly (TCE)

If you are 60 years and older, the IRS provides free assistance with its TCE program. IRS-certified volunteers can help with tax questions about pensions and retirement. VITA and TCE sites are close to where you live. You can find them nationwide at places like community centers, libraries and schools. Visit irs.treasury.gov/freetaxprep/ to find a VITA or TCE site. Or, call 1-800-906-9887. Before you go,

make sure you have the paperwork you will need. Find the full list of what to bring at irs.gov/individuals/checklist-for-free-tax-return-preparation.

IRS Phone Assistance

If you have questions about filling out your return, call the IRS at 1-800-829-1040, TTY/TDD 1-800-829-4059. Representatives are available to help from 7 a.m. to 7 p.m. Your wait time can vary. The IRS estimates it at about 15 minutes.

MyFreeTaxes

The United Way and H&R Block have teamed up to create MyFreeTaxes. It is a website with 24/7 access to H&R Block expert software. You can use this free service to electronically file your state and federal taxes. The software can even check for any tax credits you may have missed. That is important in helping you get your maximum refund. Visit myfreetaxes.com for more information.

Visit Our Website & Secure Member Portal!

Visit 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, and more!



Call Member Services!

Call 1-844-385-2192, **Nebraska Relay Service 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 a ride to your appointments
- Get a paper copy of anything on our website

