

WHOLE you

2024 Spring Bulletin

Getting Kids to Sleep

Simple as sleep may seem, it can be tough for parents and children to get any! Experts say toddlers and school-aged children should get 10 to 12 hours of sleep each night. But, just trying to get your child to bed can cut into that time. Lack of rest can leave you with a crabby, tired child the next day (not to mention a crabby, tired you). Here are five tips to help your kids snooze so you can catch all the Zs you deserve!

Routine, Repeat. Children respond well to knowing what comes next. This is also true for bedtime. A bedtime routine can include taking a bath, reading a book or singing softly in a rocking chair. Tailor your routine to what your child finds calming. The main thing is to create a certain series of events and stick with it as often as you can. Your child will begin to follow along!

Go Lights-Out. Shut off gadgets 30 to 45 minutes before lying down. This includes tablets, mobile phones, computers and TVs. (Also, any bright lights around the home!) These screens cause your brain to be on alert and can suppress melatonin, the natural hormone your body produces to help you sleep. Turning off devices is a great tip for adults, too! Let your mind slow down and relax so you can doze off soundly.

Soothe With Sounds. Does a little voice call out to you every time you tip-toe past your child's room? You may want to consider adding some background noise. A fan, sound machine or soft music can help lull a child to sleep and prevent frequent wakeups when silence is disrupted.

This can be extra useful if you have children with varying bedtimes. A bonus is that the background noise will become part of the bedtime routine and your child will connect the sound with sleep.

Quiet Cravings. It is hard to sleep if you are hungry, so do not rule out snacks! It goes without saying that caffeine and sugary foods like candy and cookies are out. But also be on the lookout for hidden sugars in some of your child's go-to snacks. Granola bars, cereal and juice may have more sugar than you think. Do not let gluten-free or organic labels fool you, either. Honey, agave and organic sugar is still sugar! Some lower-sugar snacks include popcorn, pretzels, cheese with whole grain crackers and fresh fruits like berries or oranges. Be sure to check nutrition labels on packaged foods to avoid too much sugar before bed.

Set Up a Sacred Space. Sometimes the sleeping space is the cause of the problem. Is your child's bedroom dark enough? Is it too hot? Are there toys that are easy to access? Remove the pull to play by placing items into bins and taking the bins from the room at night. Invest in blackout curtains or shades for perfect darkness. The ideal temp to sleep in is between 65 and 72 degrees. Consider a fan to level out the room temperature for max comfort. These are the final steps in your bedtime routine!



WHOLE you

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, and you can also make changes in your life that 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:

1 GET YOUR BLOOD PRESSURE CHECKED, AND 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.

2 LOSE WEIGHT IF YOU NEED TO.

Being overweight can increase your risk, so talk with your doctor about ways to get to a healthy weight.

3 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.

4 DO NOT SMOKE.

If you smoke and it's hard to quit, your doctor can help you.

5 LIMIT ALCOHOL.

Men should have no more than two drinks per day, and women should have no more than one drink per day.

6 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.



A healthy smile means a healthy you.

Taking care of your teeth does more than give you a great smile.

Of course, it can keep you from getting bad breath, gum disease and tooth decay. But did you know taking care of your teeth can affect the health of your whole body? When your mouth isn't healthy, it can increase your risk for stroke and heart disease.

TWICE A DAY, EVERY DAY.

The good news — brushing your teeth is one of the best and easiest ways to keep your mouth healthy. Brush your teeth twice a day, and get all sides of your teeth and your tongue. This will get rid of germs and leftover food. Use a toothbrush with soft bristles. Brush for two minutes each time, using gentle, circular strokes.

To keep your toothbrush clean, do not lay it on a sink counter or in a closed space where germs can grow. Keep it in a toothbrush holder or small jar or vase. Get a new toothbrush every three to four months and right away after you have been sick.

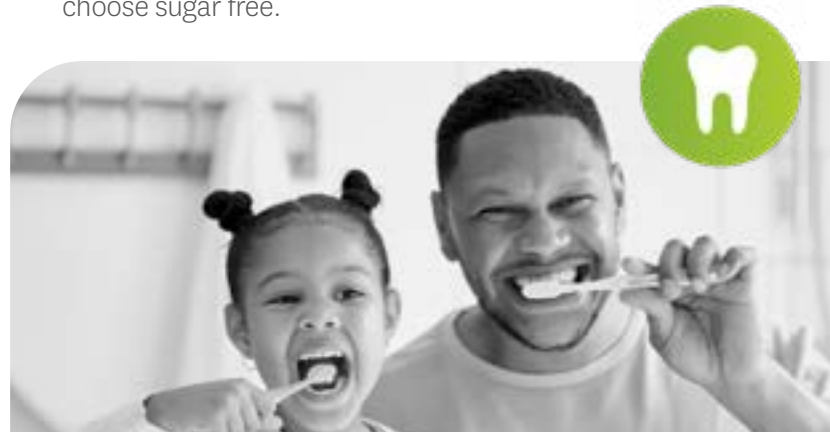
Flossing is an important step too. It helps clean between your teeth, where cavities usually start. Slide the floss between your teeth and gently move it between each tooth all the way to your gum line.

TAKE A SEAT IN YOUR DENTIST'S CHAIR.

Regular [visits to your dentist](#) will include an exam and cleaning to get rid of plaque that can build up in any spaces you miss when brushing and flossing. Your dentist will check for any tooth decay and gum disease as well as signs of other health issues like vitamin deficiencies and even diabetes. And they will make sure any dental work is still holding up and doing its job.

HAVE A TOOTH-HEALTHY DIET.

Certain foods and drinks are great for your teeth — others are not so great. Drinking water is great. It washes away food and germs during the day. Foods that have lots of calcium and protein are also good choices — like carrots, almonds and cheese. On the other hand, chewy, sticky, sugary foods and sweet drinks can damage the enamel surface of your teeth. They can cause decay, so avoid them when you can, and when you cannot, rinse your mouth with water or brush your teeth. If you chew gum, choose sugar free.



KRAMES PATIENT EDUCATION

Nebraska Total Care gives you easy access to more than 4,000 pages of information on health and medication. Not sure what to do when you have a cold or the flu? Or how much sunscreen to apply? Or what to do if you are expecting a child? Search for these topics and more in the [Krames health library](#).

Questions?

1-844-385-2192

*Member Services
can help.*

FOSTER CARE

Nebraska Total Care provides children involved in Nebraska's Child Welfare system with unique healthcare coverage. We offer a Care Management program specifically designed for children in foster care. Our staff are dedicated to helping caregivers navigate the complicated health care and child welfare systems. We partner with agencies throughout the state to coordinate services. There is no cost. To enroll your foster child in Care Management, call 1-844-385-2192 (TTY 711).

Know Where to Go for Care

MAKE SURE YOU KNOW WHERE TO GET MEDICAL CARE WHEN YOU NEED IT. IF YOU GET SICK OR HURT, YOU HAVE SEVERAL OPTIONS TO GET THE CARE YOU NEED.

Use the chart on this page to help you decide your best care option.



Is your illness or injury life threatening?

(Ex: shortness of breath, chest pains, bleeding that won't stop, poisoning, burns or a broken bone)

YES

NO

Remember to check and make sure that a doctor, urgent care center or hospital is in our network, unless it is an emergency.



Call 9-1-1 or go to the ER.

Immediately go to an Emergency Room for:

- Chest pains
- Bleeding that won't stop
- Shortness of breath
- Broken bones
- Poisoning
- Severe cuts or burns



Do you have a physical injury or an illness like the flu, an ear infection or a fever?

YES

NO



Do you want to see a doctor?



Do you want to talk to a nurse for advice?

Is your doctor's office open?

YES

NO



Call your primary care provider (PCP)



Go to urgent care



Call our 24/7 nurse advice line
1-844-385-2192 (TTY: 711)

Prostate cancer awareness

Time to talk about prostate cancer.

Prostate cancer is the most common cancer found in men in America. Each year, about 1 in 9 men will find out they have prostate cancer.

Your risk of getting prostate cancer grows with age. But it doesn't just happen to older men. Black men are more likely to get prostate cancer. Men who have a brother or father with prostate cancer are also more likely to get the disease.

A PSA test is a way doctors can test for prostate cancer and find it early. If you're 50 or older, talk to your doctor about getting the test. And if you are Black or have a close family member with prostate cancer, do it at age 45.

Good food choices might lower your risk for prostate cancer.

1. Choose low-fat meats. Avoid fatty meats like beef, bacon and sausage. When you can, choose lower-fat meats like chicken or fish. You can also choose veggie burgers.

2. Eat lots of broccoli. Choose vegetables like broccoli, cabbage, turnips and kale. These have vitamins C, E and K and can help curb cancer.

Sources/Fuentes: www.envolvehealth.com/news/easy-eating-changes-to-help-prevent-prostate-cancer-in-honor-of-.html | www.cancer.org/cancer/types/prostate-cancer/causes-risks-prevention/risk-factors.html | us.movember.com/mens-health/prostate-cancer

3. Enjoy omega-3s. Foods high in omega-3 fatty acids can lower your risk of prostate cancer. These include salmon, tuna, mackerel, flaxseed, chia seeds and leafy dark green vegetables.

4. Here's to tomatoes. Tomatoes can help fight prostate cancer and other forms of cancer. Put tomato slices on your sandwich or in your salad. You can also drink tomato juice when you're thirsty or add salsa on top your favorite foods. You can also have pasta with tomato-based sauce or a bowl of tomato soup.

5. Have a cup of green tea. The leaves that make green tea can also help reduce prostate cancer risk. A cup of green tea can also do other good things, like lower stress and blood pressure and protect against heart disease. When you drink tea, make sure to keep the sugar at a minimum.



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](#).

