

WHOLE you

2025 | Q4 BULLETIN



Cancer screenings save lives

Cancer screenings save lives. Talk to your doctor about which tests you may need. Ask which screenings are right for you. It is a good idea to also talk about lifestyle choices and family history that may put you at a higher risk for certain cancers.

Ages 21-39

- Cervical cancer screening is suggested for women beginning at age 21. This is a pap smear test.

Ages 40-49

- Cervical cancer screening is suggested for women. This is a pap smear test.
- Colorectal cancer screening is suggested for everyone beginning at age 45.

Ages 50+

- Breast cancer screening is suggested for women. This is a mammogram.

- Cervical cancer screening is suggested for women. This is a pap smear test.
- Colorectal cancer screening is suggested for everyone.
- Lung cancer screening is suggested for people who currently smoke or used to smoke.
- Prostate cancer screening is suggested for men.

Ask your doctor which cancer screenings are suggested for your age. Find out how often you should do the screening tests. Your doctor will help you schedule the tests and tell you where to go. These screenings are covered by Nebraska Total Care.

October is Breast Cancer Awareness Month

October is [Breast Cancer Awareness Month](#). About 1 in 8 U.S. women will get breast cancer. Women 50 to 74 years old should get a [mammogram](#) every two years. Schedule your screening today.

Nebraska Homeowner Assistance Fund

Need help to stay in your home? Assistance is available for certain homeowners. Apply for help with your house payments. Get help with past due real estate taxes. Learn about homeowners or flood insurance. Understand homeownership association dues. The [Nebraska Homeowner Assistance Fund \(NHAFF\)](#) can help you.



School and mental health

Life's events affect many of us in different ways. Those with children have to balance work, caring for their families and managing their own stress. A renewed sense of anxiety can take place after the return to school. Going back may have caused children to experience anxiety, depression or stress. This can have a lasting impact.

Knowing signs can help you talk to your child. Then you can decide if you need help. Getting support early can help kids understand and manage their feelings. Some signs might be:

- Irritability and moodiness
- Trouble sleeping
- Trouble concentrating
- Worry that won't go away
- Tiredness and loss of energy
- Loss of interest in favorite activities
- Changes in appetite and/or weight
- Frequent stomach aches and headaches

Many experts agree that some children may find school hard. Fitting in and being around others may make your child uneasy. This can affect how they learn and act. Your child's mental health is just as important as their physical health. There are some things you can do to help your child:

- Talk about what might make them nervous
- Come up with some solutions to make them feel at ease
- Ask how they are feeling
- Remind them it is ok to ask for help
- Let them know they are not alone

If you notice a change in your child, it is important to get help. Ask for help early. Without help, these feelings could get worse and harder to handle. Things you can do to help your child:

- Speak with their school counselor, social worker or nurse
- Speak with their pediatrician
- Call your 24/7 Nurse Advice Line

It is also important that parents understand their own feelings. Doing so can help you better help your children. There are resources available to you no matter where you live.

If you or someone you know needs help now, call the Suicide & Crisis Lifeline at 988. Resources are also available to help you find healthy food, housing, or other needs that support your child's physical and mental wellbeing. Nebraska Total Care can help you find local resources. Contact us at 1-844-385-2192 (TTY 711).



WORLD MENTAL HEALTH DAY

World Mental Health Day is celebrated on October 10. The aim is to promote, educate, and raise awareness of mental health issues. In recent years, there has been more talk about the stigma around mental health. This has led to more people comfortably speaking about their mental health issues.

Stress, anxiety, and burnout can affect our overall well-being. Long-term mental health challenges can even show up as physical symptoms, such as chronic fatigue or illness. Take time for yourself. Keep an eye on your well-being. Make sure you are getting enough time to relax. Keep a healthy mind. Avoid any extra stress in your day-to-day life.

Check in with friends and family. Use this day to let them know that you are there for them. Remind them of how important their mental health is. If there is someone in your life you are concerned about, help them get the support or therapy they need.

Here's to the quitters!

Anyone who has tried to stop smoking knows it is not easy. Smoking becomes a part of our everyday life, from what we do with our hands, to how we handle ourselves in social settings, to how we relax or get through stressful times. Quitting is hard. But if you smoke, quitting is one of the best things you can do for your health, for your budget and for everybody around you.

QUIT FOR YOUR LIFE. It is the single most important thing you can do for the length and quality of your life. The minute you quit, your body benefits.

QUIT FOR THE MONEY. Smoking costs you. And the price is going up. A pack-a-day habit will cost most smokers almost \$2,000 a year and sometimes more.

QUIT FOR YOUR LOVED ONES. Cigarette smoke hurts everyone who smells it. There is no safe level of secondhand smoke. Kids who live with smokers get more colds and infections. Even in small amounts, cigarette smoke increases risk for coronary heart disease, stroke and lung cancer.

QUITTING IS IMPORTANT. But how can you do it? Here are some tips to help you quit smoking once and for all.

BEFORE YOU QUIT:

- Get rid of all your cigarettes, lighters and matches.
- Make a list of ways to distract yourself when you have cravings.
- If you get texts, emails or mailings from tobacco companies, opt out now.
- Tell people you are quitting. Ask them for support. If they smoke, ask them not to smoke around you.
- Have a friend or someone you can call for support when you have cravings.

ONCE YOU QUIT:

- Avoid places where you will be tempted to smoke.
- Keep things like straws, pencils and cinnamon sticks handy for times when you'd normally smoke.
- Avoid stores and other places that sell cigarettes.

WHEN YOU HAVE CRAVINGS:

- Pull out your list of ways to distract yourself.
- Talk with your doctor about medicine to help you quit or a higher dose if you need it.



Understanding Health Literacy

Health literacy is all about understanding info related to health. You can then use that knowledge to make good decisions for your well-being. It helps you figure out how to take care of your body, stay healthy, and make smart choices.

To be health literate, you need to know how to find care and understand health info. This could be things like reading food labels, understanding advice from doctors, or knowing what your medicines does. Being health literate also means being able to ask questions. When you are unsure about something, just ask. Be confident enough to make choices that improve your health.

If you are reading a food label, you must understand whether it is healthy for your body. If you are feeling sick, health literacy helps you understand what your doctor tells you. You need to be able to follow the advice to get better.

In today's world, there is so much health info everywhere. You may find info on the internet, social media, or from friends. It is important to know how to find accurate and reliable info. Ask questions to avoid confusion. Make informed decisions that keep you healthy and strong!

If you need help understanding medical terms, ask your provider. You can also call the 24/7 Nurse Advice Line for help with medical needs. Call 1-844-385-2192 (TTY 711).

Vision services

Nebraska Total Care covers services for your eyes. This can be exams and treatment. This includes:

- Regular eye exams
- Treatment of eye conditions
- Regular glasses when they meet the strength requirements
- Specialty eyewear when medically necessary (with prior authorization)
- Contact lenses are only covered if they are the only way to restore vision (with prior authorization)
- Other services that are medically necessary
- Retinal eye exams for adults with diabetes

Find a provider quick and easy!

Did you know that you can search for providers 24/7 from the comfort of your home? The [Find a Provider](#) tool allows you to find in-network providers whenever, and from wherever. Start by entering your zip code. If you have a provider in mind, you can search for them by name. Or, you can enter the name of a hospital. You can also choose a specialty and search for that. The results will show providers in our network, and it will tell you if they are seeing new patients, what their hours are, and how you can contact them.

Make informed choices



[Hospital Compare](#) was made by Centers for Medicare & Medicaid Services (CMS).

CMS joined organizations representing patients, hospitals, doctors, employers, and other agencies. It gives advice about the quality of care at hospitals across the country.

[Physician Compare](#) helps you make good choices. It gives you the address, specialty, board certification, hospital connection, gender, medical school, and other info for doctors.

[Healthgrades](#) reports about doctors, hospitals, and health care providers. It covers ratings based on clinical and quality scores.



Keep your heart healthy

Now is a great time to think about taking care of your heart. Here are five ways to take care of that most important organ that faithfully keeps you going day after day.



1. Eat for your heart. For breakfast, cook plain oatmeal — not the instant packets. Add strawberries and bananas as toppings. For lunch, try a salad made from kidney beans, chickpeas and black beans. Enjoy some avocado on the side. For dinner, choose salmon, trout or tuna. If you want a snack, opt for berries, walnuts, almonds or pistachios.

2. Work it out. Exercise for 20 to 30 minutes every day. It can be an exercise class, a simple brisk walk or a home exercise routine. Add to this by keeping your body moving whenever you can. That can mean housework, like mopping or scrubbing. You could play an active game of tag or catch with pets, kids or grandkids.

3. Take a stand. Our lifestyles involve a lot of sitting. Too much sitting. But when you move, it gets your blood flowing and helps your heart. So even if your workday involves a chair and desk, get up and move for a few minutes every hour. Schedule time throughout the day for short walks.

4. Breathe. Chill. Repeat. None of us like stress. Your heart does not either. Stress raises cholesterol and blood pressure. Both of these things are bad for your heart. Sometimes, we cope with stress with fatty foods or other unhealthy habits. For a better option to reduce stress, try making a list, exercising, meditation or yoga. Find healthy ways to stay calm and protect your heart.

5. Stop smoking. Smoking reduces your blood flow and causes high blood pressure. This makes your heart work harder. It is never too late to quit. In fact, just one year of not smoking reduces your chance of heart disease and stroke by half. Learn more about how to stop smoking at NebraskaTotalCare.com.

MAKE A MENTAL NOTE — Every time you see those decorative hearts this season, let them remind you to take care of your very own precious heart.

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**.

