

WHOLE you

2026 | Q1 BULLETIN



Well Visits Help Keep You Healthy

The right health screenings can help you live longer and healthier. [Wellness visits](#) can find problems before they get worse. This allows you to get the help and treatment you need. Plus, your doctor can address any health concerns or questions and recommend specialists if needed.

Wellness Visits

Scheduling an appointment with your [Primary Care Provider \(PCP\)](#) is a good place to start. You can find a new PCP through your health plan if you don't have one. Some screenings are recommended based on:

- Age
- Gender
- Personal health history
- Family health history
- Lifestyle choices

Your PCP can help you find out if you are due for any tests or vaccinations.

Know Your Family History

Do you have close family members with certain health conditions? It is important to let your doctor know. Your family history might impact your health. Your doctor can check your risk for conditions like:

- Heart disease
- Diabetes
- High blood pressure
- Stroke
- Cancer
- And more



Make Healthy Choices

Your doctor might ask you about your health history and lifestyle. Making healthy choices can help reduce your risk of illness. Some choices can improve your health like:

- Eating healthy foods like fruits and veggies
- Being active
- Choosing not to smoke
- Managing any current health conditions

Ask your doctor about other steps you can take to improve your health.

Plan your year. Schedule your preventive screenings now.



Hy-Vee Enhanced Pharmacy Benefits

Nebraska Total Care works with [Hy-Vee pharmacists and dieticians](#) to help members who have diabetes, high blood pressure or asthma.

DIABETIC SUPPORT

Nebraska Total Care works with Hy-Vee pharmacies to help members who have diabetes. They also have dieticians to help you. They can:

- Do your HbA1c test. This is a blood test to check your blood sugar level. This is very important to manage diabetes.
- Help you understand your medication. They can help you make a plan to take your medication.
- Work with your doctor if there are questions about your medication.
- Help you understand how food choices affect diabetes. The dietician can help you plan and shop for meals that improve your health.

Members with diabetes may participate by going directly to a Hy-Vee pharmacy and showing their Nebraska Total Care member ID card.

CONTROLLING HIGH BLOOD PRESSURE

Nebraska Total Care works with Hy-Vee pharmacies to help members who have high blood pressure. The pharmacist can:

- Educate you on the dangers of uncontrolled blood pressure.
- Assist with contacting your doctor for 90-day

medication refills.

- Check your blood pressure readings and vital signs.
- Work with your doctor if there are questions about your medication.
- Fill your doctor's prescription for one digital home blood pressure monitor.

Members with high blood pressure may participate by going directly to a Hy-Vee pharmacy and showing their Nebraska Total Care member ID card.

CONTROLLING ASTHMA

Nebraska Total Care works with local Hy-Vee pharmacies to help members who have been diagnosed with asthma.

The pharmacist can:

- Assess your health status and provide health education.
- Help you understand your medication. They can show you how to use everyday controller inhalers as well as rescue inhalers.
- Help you create an asthma action plan to help you better control your asthma.
- Provide counseling about asthma.
- Refer you to your PCP or Care Manager for additional support.

Members with asthma may participate by going directly to a Hy-Vee pharmacy and showing their Nebraska Total Care member ID card.



HEALTH LITERACY IS AN EVERYDAY ISSUE.

You make choices about your health every day. This includes what to eat, when to see a doctor, and how to take your medicine. These tasks rely on health literacy skills. Anyone can struggle with health literacy, even those who read and use numbers well.

- Can you understand the labels on your medicine and food?
- Can you locate and get to the nearest clinic or hospital?

- Can you accurately report your symptoms to health care professionals?
- Can you understand and complete insurance paperwork?

Being unable to complete these tasks indicates that a person may have limited health literacy skills. Your ability to manage and access health care may be at risk.

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).

Feeling stressed? You are not alone.

Mental health is just as important as physical health — for adults and for kids.

One in five kids in the U.S. experience a mental health issue, such as anxiety, ADHD and depression, and mental health problems can run in families. Take some time to attend to your mental health — your kids' too.

MENTAL HEALTH TIPS FOR YOU:

- 1. Treat yourself kindly.** Take time to do things you enjoy.
- 2 Take care of your body.** Good nutrition and exercise can help mental health.
- 3. Stay connected.** Make plans with other, and be open to new friendships doing things you enjoy.
- 4. Go after goals.** Set small, simple goals, and enjoy the feeling of achieving them.
- 5. Try something new.** Even something simple like a new walking route is good for the brain.
- 6. Volunteer.** Research shows people who volunteer feel a boost in their mental health.



MENTAL HEALTH TIPS TO HELP YOUR KIDS:

- 1. Pay attention.** Notice what they say and how they act. Provide a safe space, and teach them how to talk about how they are feeling.
- 2. Show the way.** Find age-appropriate ways to let your kids see how you deal with mistakes, setbacks or disappointment. It will help them do the same and make it easier for them to admit mistakes and bounce back.
- 3. Build independence.** As long as it is safe, let children figure things out and build a sense of independence. Resist the urge to swoop in when things go wrong.
- 4. Boredom is OK.** You do not have to schedule every free moment with play dates or activities. Boredom can lead to creativity.
- 5. Provide structure.** Set regular mealtimes and bedtimes, limits on electronics, and rules for play and how to treat others. Always show kids you care about them. Create boundaries and be flexible when you need to.

Only about 21% of children with a mental health problem get treatment. Some warning signs your child might need help include:

- Being unusually anxious about simple things like meeting new people.
- Having a mood change that lasts more than two weeks.
- Having trouble concentrating or sitting still.

If you notice any of these signs, start with a call to your child's doctor.

Social Drivers of Health

Social needs that people live with affect their ability to maintain health and well-being. These are sometimes called Social Drivers of Health or Social Determinants of Health (SDOH).

Some of these SDOH factors are:

- Not having enough healthy food.
- Not having enough money to live.
- Not having a safe place to live.
- Not having transportation.



FINDHELP RESOURCE TOOL

Nebraska Total Care has an online tool to help you find community resources. Go to NebraskaTotalCare.com. Choose "Health and Wellness". Click on the "[findhelp](#)" link.

SOCIAL NEEDS SELF-ASSESSMENT

The Social Needs Self-Assessment helps us identify your needs so that we can connect you with community and social service programs. You should answer the questions in your own way. There are no right or wrong answers. This is also on our website. Go to NebraskaTotalCare.com. Choose "Health and Wellness". Click on the "[Social Needs Self-Assessment](#)" link. If you do not have access to the website, you can call us for help. The phone number is 1-844-385-2192 (TTY 711).

It is hard to stay emotionally healthy if you are worrying about your basic needs. Sometimes these needs can cause a crisis.

We want to help you meet your needs so you can feel better. When you need extra help call Nebraska Total Care. We can give you support to avoid a crisis. Helping you be healthy is our most important goal.



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](#).

