

WHOLE you

2026 | Q3 BULLETIN



988 Lifeline. Get Help.

988 SUICIDE & CRISIS
LIFELINE

988 has trained crisis counselors who can help you with mental health distress. If you need to talk, 988 Lifeline can help. You can call or text 988 or chat at 988LifeLine.org.

The 988 Lifeline can talk about many things.

- Thoughts of suicide
- Drinking too much
- Drug use
- Feeling sad or anxious
- Relationship worries
- Mental illness
- Loneliness
- Trauma



If you need to talk, the 988 Lifeline can help.

At the 988 Lifeline, they understand that life's challenges can sometimes be difficult. Whether you are facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, their caring counselors are there for you. You are not alone.

The 988 Lifeline is available 24/7/365. Your talks are free and confidential. Call, text, or chat with a 988 Lifeline counselor for help during difficult moments anytime, day or night. Take care of yourself.

Make a safety plan.

Make a safety plan before you have a crisis. Using your plan can help you get help and feel safer. Keep your plan easy to find so you can use it when you need it.

- **Know and notice your warning signs.** What situations are difficult for you to manage? How does your body feel when you start to get nervous or sad? What do you start to think about? Write these things down so you can recognize them when you are struggling.
- **Know what activities make you feel better.** What activities feel relaxing to you? What activities distract you from harmful thoughts? Sometimes people call these things coping skills. Write them down so you do not have to remember when you have a difficult time.
- **Know which people make you feel better.** Who are the people who help you feel good about yourself? Who are the people who give you good advice? Make a list of the people you can talk to when you do not feel your best.
- **Get help from mental health professionals.** When you need extra help call Brightside or Nebraska Total Care. We can give you support to avoid a crisis. We can help you get a provider you work with regularly.

Do not wait until you have a crisis. Put 988 in your phone. Your conversation is confidential.

Hy-Vee Enhanced Pharmacy Benefits

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.

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.

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.



Warning Signs of Suicide

People of all backgrounds can be at risk of suicide. Suicide is the second leading cause of death among people between the ages of 10 and 34. Suicidal behavior is complex. There is no single cause. suicide can have long-lasting effects on individuals, families, and communities. The good news is that suicide is preventable.

Learn about the signs that someone is thinking about suicide. Everyone can help prevent suicide by learning the warning signs.

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye
- Giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Having extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

NEED TO TALK?

You can call or text 988 if you are worried about a loved one who may need crisis support. Trained crisis counselors are available to talk 24/7/365.

Nebraska Total Care can help. Call the 24/7 Mental Health and Substance Use Crisis Line at 1-844-385-2192 (TTY 711). Press * to talk to a licensed professional. They can help with depression, substance use and other behavioral health needs.

Source: Centers for Disease Control, cdc.gov/suicide/prevention/index.html
National Institute of Mental Health, nimh.nih.gov/health/statistics/suicide

Lead Test Required for Kids

You or your children may look healthy. But you can still have high levels of lead in your blood. Exposure to even low levels of lead can cause damage over time, especially in kids. The greatest risk is to brain development. Permanent brain damage can occur. Higher levels can damage the kidneys and nervous system. Very high lead levels may cause seizures, unconsciousness and death.

Infants and young children are more likely to be exposed to lead than older children. Young children also absorb lead more easily. It is more harmful for them than it is for adults and older children.

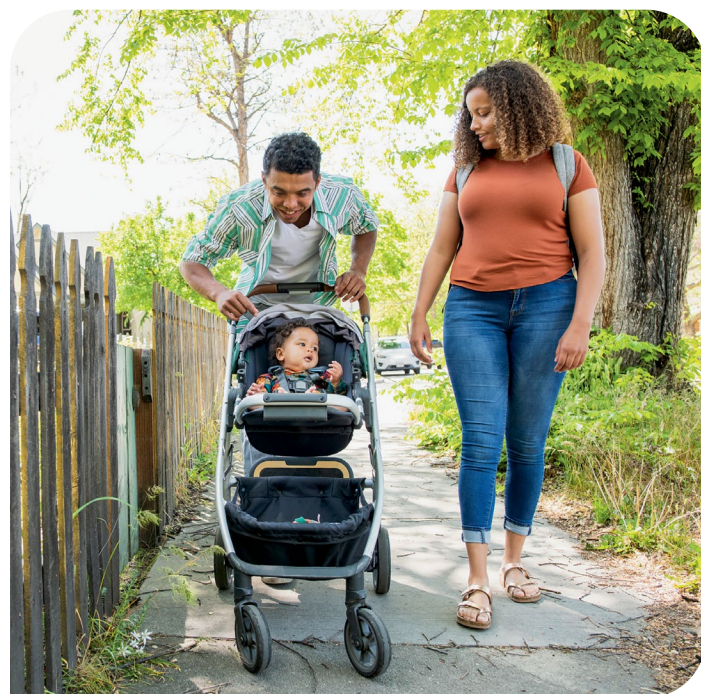
The only way to know for sure is to have a blood test done by a healthcare provider.

MEDICAID REQUIREMENTS

Children on Medicaid **must be tested** for lead poisoning with a blood test before they are 12 months old. Children on Medicaid **must be tested again** before age 2. Any child between 2 and 6 years old with no record of a previous lead screening test must receive one. This is a Medicaid requirement.

Call your kid's doctor to have this lead test completed.

Source: MayoClinic.org/diseases-conditions/lead-poisoning/symptoms-causes/syc-20354717



Preventing Diabetes Problems

Diabetes is a long-lasting condition that affects how the body turns food into energy. If you have diabetes, sugar in the blood is not broken down correctly. Instead of being used by your body for energy, extra sugars move through the bloodstream. This leads to high blood sugar levels. Over time, the high blood sugar levels damage blood vessels, nerves, and other body parts.

Early on, most diabetes problems have no symptoms. This is why regular screening is so important! Screenings help find problems before you start to feel sick. If your doctor finds an issue, they can help you prevent or delay serious problems. Some screenings can be done at home, but others need to be done by a doctor. See below for a list of ways you can prevent or delay diabetes complications.

There are many steps you can take to manage your diabetes. These include:

- Keep up to date with your doctor visits and health screenings.
- Keep track of your blood sugar levels. This can include checking your blood sugar at home and writing down your daily values. There are also apps for your phone that can help you keep track of your numbers.
- Make lifestyle changes. Some people with diabetes need to change what they eat and get more exercise. Talk to your doctor before making these changes.
- Keep your blood sugar under control. Your doctor may prescribe medications to help with this.

See your doctor for your diabetic screenings. Need help scheduling a visit? Call Member Services at 1-844-385-2192 (TTY 711).

HEALTHHUB

[HealthHub](#) offers trusted info to help you on your health journey. Search content by specific health conditions or concerns. See the latest news, studies, and trending topics about health and wellness. Find tips for living your healthiest life.

Get answers with the [Symptom Checker](#). Find out what your symptoms could mean, when you should seek care, and how you might be able to relieve your symptoms at home. Visit [HealthHub](#).



What is Health Equity?

Health equity means giving everyone a fair chance to be as healthy as they can be.

Some people face problems that make it harder to stay healthy. They may be treated unfairly or not have enough money. They may not have access to good schools or safe homes. Health equity works to fix these problems so everyone can live a healthier life.

To make health equity happen, we need to look at the places and situations where people live, learn, work, and play. These include:

Money and Jobs: Making sure people have enough money. Having good jobs, and enough food.

Education: Helping everyone get a good education. Having chances to learn.

Health Care: Making sure people can get the health care they need. Getting high quality care.

Neighborhoods: Creating safe and healthy places to live. Having good housing and transportation.

Community Support: Building strong communities where people feel safe. Being supported and treated fairly.

6 Tips for Better Sleep

If you are looking to boost your heart health, creating good sleep habits is a powerful step. Here are six tips to help you get the rest your heart needs:

Set a Schedule. Create a routine where you go to bed and wake up at the same time every day. A steady sleep schedule helps regulate your body's internal clock.

Limit Stimulants Before Bed. Avoid caffeine and nicotine in the afternoon and evening. These can make it harder to fall asleep.

Create a Relaxing Bedtime Routine. Wind down with a warm shower, reading, or gentle stretching. This can help signal to your body that it's time to sleep.

Limit Screen Time. The blue light from phones, TVs, and computers can interfere with melatonin production. This is the hormone that helps you fall asleep. Try to power down screens at least an hour before bed.

Watch Your Diet. Heavy meals, alcohol, and sugary snacks before bed can disrupt sleep. A light snack, like a banana or a handful of nuts, is a better choice if you need something before bed.

Make Your Bedroom Comfortable. Keep the room cool, quiet, and dark to help your body relax.

Sources: Centers for Disease Control and Prevention, Harvard Health Publishing.

A GED Can Change Your Life

Getting a GED (General Educational Development) certificate can help you in many ways.

Better Jobs. Many jobs ask for a high school diploma or GED. With a GED, you can apply for more jobs. This includes jobs in areas like healthcare, manufacturing, and administration.

More Money. People with a GED usually earn more money than those without one. This means you can take better care of yourself and your family.

Job Promotions. Some jobs require a GED to move up. If you have one, you might get a better job with higher pay.

Learn a Trade. A GED lets you join training programs for jobs like plumbing, electrical work, or IT depts. These jobs often pay very well.

Go to College. You can use your GED to apply to colleges and trade schools. You may also get help paying for school through student aid, scholarships and grants. If you score high on the GED, you might even earn college credit and save money.

Feel Proud. Finishing your GED is a big deal. It can make you feel proud and give you the confidence to try new things.

Be a Role Model. Getting your GED shows your kids, friends, or coworkers that learning is important and worth the effort.

Escape Poverty. With better jobs and education, a GED can help you and your family live a better life and become more independent.

We are here to support you. Nebraska Total Care offers GED study materials. Contact Member Services to learn more.

Source: National Center for Education Statistics (NCES), nces.ed.gov



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**.

