

# Molina's myhealthmylife

A newsletter just for Molina Healthcare of Nebraska members

Summer 2024

## WHAT'S INSIDE

Outdoor safety  
tips

2

Exercise challenges  
for kids

10

Guilt-free dessert  
hacks

11





# Outdoor safety tips

**Sunny days are here! Let's turn up the fun and dial up the safety with these hot tips.**

**1. Protect your skin and eyes.**

Wear hats, sunglasses and sunscreen to protect yourself and your children from harmful UV rays. Reapply sunscreen every few hours and stay in the shade as much as possible.

**2. Drink water.**

Drink plenty of water, especially when it's hot and during physical activities. This helps keep your body cool and working right.

**3. Use bug spray.**

Some bugs carry diseases like West Nile, Lyme and Zika. Protect yourself with bug spray. Wearing long sleeves and pants can help, too.

**4. Use fire safely.**

Be careful when grilling or having campfires. It's best to keep a safe distance from flames. Be sure to put out all fires to prevent injuries and wildfires.

**5. Swim with care.**

Teach your children how to swim. Watch them when they're in the water and follow pool safety rules. Be sure to avoid swimming if there is severe weather.

Whether you're lounging by the pool, exploring nature trails or hosting a backyard barbeque, these tips will help you stay safe and create fun outdoor memories with loved ones.



# Asthma care for kids

**Breathe easy with our Living with Asthma program.**

Our Living with Asthma program can help if your child has asthma. This program is for children with asthma who are ages 2 and older. It can help them:

- Understand and identify their symptoms
- Avoid triggers that increase symptoms
- Understand their medicines

The best part is that this program is available at no cost! To enroll your child, talk to your child's doctor or call Member Services at **(844) 782-2018 (TTY: 711)** Monday-Friday, 8 a.m. to 6 p.m. CT.







# Never miss a well-child checkup.

## Wondering when your child's next checkup should be?

Don't worry, we have you covered! Your child will need a checkup with their doctor when they are at these ages:

- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Every year until age 20

Plus, did you know your child has benefits through the **Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)** program? EPSDT covers all checkups and services for children and teens enrolled in Medicaid from birth until age 21. These services are covered at no cost and include vaccines, lead checks and checks for growth and development delays. This ensures that if any health concerns come up during a checkup, your child can get the care they need before they get worse. Plus, you can get a **\$10 gift card** for each well-child visit you complete on time within 15 months. To learn more, check out our extra benefits [here](#).

Call your child's doctor now to book their next visit. You can also ask your child's doctor when they need their next visit. If you need help finding a doctor, check out our online [Provider Directory](#) or call us at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.



# Your voice matters

If you join the Member Advisory Committee (MAC), you can get a \$25 gift card for every meeting you attend.

All Molina members ages 19 and older, including caretakers, parents and guardians of members, are invited to join the MAC. As a MAC member, you can share your experience with our employees, providers and community partners. We'll use your feedback to improve the quality of care and customer service we provide for you, your friends and family.

Our next MAC meetings are on **September 19 and December 19, 2024**. You can attend meetings online or in person at **Molina's One-Stop Resource Center in Omaha**. If you decide to attend in person, we'll treat you to lunch and reimburse you for mileage.

Become a MAC member today by emailing [NE\\_COMM\\_ENG@MolinaHealthcare.com](mailto:NE_COMM_ENG@MolinaHealthcare.com) or visiting [MolinaHealthcare.com/NE](https://MolinaHealthcare.com/NE).







## We speak your language

### **You deserve to be understood.**

We know health care can be challenging at times. It's even harder if you don't speak English. We don't want it to be that way! That's why we offer free translation and interpretation services. We want you to feel empowered to make decisions about your health.

If you speak a different language or need something in Braille, large print, or audio, call us at **(844) 782-2018 (TTY: 711)**. We're here Monday through Friday, 8 a.m. to 6 p.m. CT. We are happy to interpret or translate any of our member documents into your preferred language, including sign language. We can set up a translator or sign language interpreter for your appointments.

You deserve health care that makes you feel welcome, no matter your language or background. We're here to help make this happen. We're here for you. Call us when you need us.



# Getting ready for parenthood

**Are you expecting a baby? Don't forget to pick a pediatrician!**

This important decision ensures your baby has a trusted doctor from the very beginning. A pediatrician will keep your baby healthy and care for them as they grow.

You can find a doctor for your pediatrician in our online [Provider Directory](#). If it slips your mind, no worries. We'll choose a pediatrician for you based on your address, preferred language and the providers your family has seen in the past. Plus, you can always switch pediatricians if you find a better fit later.

If you need any help, we're here for you. We can help you find a pediatrician, schedule a visit and answer any questions you may have about your health plan. Call us at **(844) 782-2018 (TTY: 711)** Monday through Friday, 8 a.m. to 6 p.m. CT.



## Speak to a nurse anytime

**You can reach our Nurse Advice Line 24 hours a day, seven days a week. Just call (844) 782-2018 (TTY: 711).**

If unsure how to handle a health-related problem, call our **24-hour Nurse Advice Line**. Our team of caring registered nurses will listen to you and help with whatever you're facing.

Whether you have back pain, a cut or burn, a pesky cough, or need help comforting a sick or crying baby, our nurses are here to help. They will help you decide if you can handle things at home, should see a doctor, or need urgent care.

Your well-being is number one for us. Feel free to reach out whenever you need help. But remember, if you have an emergency, call **911**.





# Tips for weathering the storm

**When it comes to protecting yourself and your family from a natural disaster, it's all about being prepared.**

Here are nine tips you can take to help keep your family safe during tornadoes, floods and wildfires:

- 1. Make an emergency plan.** Talk to your family and decide where to go and who to call in a disaster. If you have pets, include them in your plan. Practice your plan with the whole family.
- 2. Build a kit.** Pack snacks, water, medicines and first aid supplies. If you have a pet, remember to pack supplies for them, too. Books, games and toys can also help keep the family busy. Don't forget to bring your kit with you when you take shelter during a disaster.
- 3. Protect your home.** Trim trees and secure windows, doors and outdoor items.
- 4. Listen to the news.** Follow news and weather forecasts. You can also sign up for real-time weather alerts.
- 5. Have a contact plan.** Stay connected with family, friends and neighbors. Pick a person everyone can check in with and tell them they are safe.
- 6. Protect important papers.** Keep copies of important pictures, ID cards, insurance policies, medical records and financial papers in a waterproof, fireproof box. Keep this box in a place you can get to easily and quickly.
- 7. Check insurance coverage.** Make sure your insurance covers storm damage.
- 8. Prepare for power outages.** Have backup power sources and supplies – like candles, a generator, extra batteries and portable chargers. Remember, never use a generator indoors.

Remember, we're here to help you find the support and resources you need. Together, we can face any challenge!







## Dental health and pregnancy

**We cover an extra dental cleaning during your pregnancy.**

Seeing a dentist while pregnant is important for you and your baby. According to the American Dental Association (ADA), pregnancy hormones can make your gums more sensitive, and morning sickness can also erode tooth enamel. This can lead to issues like gum disease and cavities. The ADA also found that poor dental health has been linked to preterm birth and low birth weight. Having good oral hygiene is especially important during pregnancy.

Regular dental checkups help prevent and treat problems early. You can get an extra dental cleaning during pregnancy. To find a dentist, visit our online Provider Directory. If you need help, give us a call at **(844) 782-2018 (TTY: 711)** Monday through Friday, 8 a.m. to 6 p.m. CT.

### Tooth care tips for expectant mothers

Here are some oral care tips for you during pregnancy:

- Brush your teeth twice daily with fluoride toothpaste and floss once daily.
- If you feel too sick to brush, rinse your mouth with water and baking soda or use an antacid.
- Eat healthy foods and avoid sugary snacks and drinks.
- Don't smoke or drink alcohol.
- Visit the dentist regularly before, during and after pregnancy.

A young girl with blonde pigtails, wearing a pink long-sleeved shirt and light blue jeans, is jumping rope. She is smiling and looking towards the camera. In the background, a boy in a blue and white striped polo shirt is also jumping rope. The scene is outdoors on a paved surface, with a brick building and trees in the background. The lighting is bright, suggesting it's daytime.

# Exercise challenges for kids

**Calling all kids! Are you ready to become super strong and have loads of fun?**

Then, round up your pals and try these exercise challenges!

## **Challenge one: The mighty jump!**

How many jumping jacks can you do in one minute? Let's see how high you can jump. Don't forget to count those jumps!

## **Challenge two: The speedster dash!**

Race across your backyard or the park. Can you beat your speed record and become the fastest runner?

## **Challenge three: The bullseye blast!**

Make a target and test your aim. How many hits can you get?

## **Challenge four: The obstacle course!**

Ask mom or dad for help setting up an obstacle course using items around the house, like boxes, pool noodles, jump ropes and hula hoops. Then, you can see how many obstacles you can beat and who can do the whole course the fastest!

With these challenges, staying active has never been more fun.



# Guilt-free dessert hacks

## Craving something sweet but want to keep it healthy?

Here are five sweet tooth hacks to create delicious and nutritious treats:

1. Replace refined sugar with natural sweeteners like honey, maple syrup or dates. They add sweetness without the empty calories.
2. Use whole-grain flour or oats to boost fiber and nutrients.
3. Add veggies and fresh or dried fruit to your dessert recipes. Zucchini, carrots, apples, bananas and berries add moisture and natural sweetness.
4. Use healthy fats like avocado, coconut oil or nuts instead of butter. They have key nutrients and a creamy texture.
5. Try Greek yogurt. It can be a great substitute for cream in many desserts. Plus, it's packed with protein!



## Yogurt sundaes

Instructions: Make your sundae just the way you like it.

- Start with a scoop of your favorite flavor of yogurt.
- Add your favorite sundae toppings.

Try some of the ingredient suggestions below. If you feel extra festive, serve your sundae in an edible waffle cone bowl.

### Ingredients

- Vanilla Greek yogurt
- Your favorite fruit (sliced strawberries and bananas are great options!)
- Rainbow sprinkles
- Chocolate chips
- Cheerios
- Waffle cone bowls





Molina Healthcare of Nebraska (Molina) complies with applicable Federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call {1-844-782-2018} (TTY: 711). (English)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al {1-844-782-2018} (TTY: 711). (Spanish)

HÃY CHÚ Ý: Nếu quý vị nói tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí luôn có sẵn cho quý vị. Hãy gọi 1-855-687-7861 (TTY: 711). (Vietnamese)