

Molina's myhealthmylife

a newsletter just for Nebraska members

Fall 2024

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Let's rock enroll!

We're here for you.

We love having you as part of our health plan family and value your trust. Your health and well-being are number one to us, and we're here to offer you the best care possible.

With Molina, you'll get to keep enjoying the great care and benefits you've come to expect. Our network of quality doctors is here to ensure you get the care you need when you need it. Plus, we offer great value-added benefits, such as wellness programs, transportation services and so much more!

We understand that health care can be complicated. But our Member Services team is here to help. Whether you have questions about your benefits, need help finding a doctor, or want to learn more about the resources available to you, we're just a phone call away. Call us at (844) 782-2018 Monday to Friday, 8 a.m. to 6 p.m. CT.

Enrollment information

Medicaid open enrollment begins on Nov. 1 and ends on Dec. 15. You do not need to take any action to stay a Molina member.

Let's keep working together towards your best health.



Exclusive value-added benefits

With Molina, you'll get value-added benefits like:

- Community baby showers with free gifts for pregnant members
- Home-delivered meals for members with high-risk conditions
- No-cost Science, Technology, Engineering, and Mathematics (STEM) activities for kids
- 13-week WW membership and more!

Get more benefits

Check your health boxes with Molina's Medicare Advantage Dual Special Needs Plan.

We're happy to announce that Molina Healthcare of Nebraska will offer a Medicare Advantage Dual Special Needs Plan in 2025. This plan will provide extra care and support to people who qualify for both Medicare and Medicaid. It will offer a range of benefits like coordinated care, enhanced services and extra support to meet the unique needs of dual-eligible members.

Who is this plan for?

This plan is for people who live in Nebraska, have Medicare Part A and B, and are either:

- 65 years old or older
- Younger than 65 with certain disabilities

Important enrollment information

Mark your calendar! Medicare Advantage open enrollment begins on Oct. 15 and ends on Dec. 7. Don't miss your chance to get more even benefits, and be sure to check our Facebook page for updates.



Getting care outside Nebraska

Are you leaving Nebraska for the holidays?

Here's what you need to know to get care when you're away.

Emergency care

If you have an emergency, go to the nearest emergency room (ER) right away. Call the number on the back of your member ID card within 24 hours or as soon as possible. Let us know if you got care outside Nebraska. This helps us set up follow-up care with a network provider.

Urgent care and doctor's visits

For urgent care or doctor visits, show your member ID card and your Nebraska Medicaid card at the clinic or doctor's office. After getting care, tell us right away.

Coverage limits

We only cover services and medicines within the U.S. from providers enrolled with Nebraska Medicaid. Care or prescriptions received outside the country or from non-enrolled providers are not covered. For help finding a provider, call Member Services at (844) 782-2018, Monday through Friday, 8 a.m. to 6 p.m. CT.

We hope you have a safe and healthy trip! Call us if you have any questions.



Say goodbye to waiting rooms



You can get expert care from the comfort of your home, anytime you need it.

In our digital world, we can get health care right from home! This is called virtual care, telehealth or telemedicine. It means you can call, use video or a mobile app to see a doctor anytime, from anywhere. That means no more traveling to the doctor's appointments or long waits in doctor's offices.

You can register for Teladoc by visiting [Teladoc.com/Molina](https://www.Teladoc.com/Molina) or downloading the Teladoc mobile app at [Teladoc.com/mobile](https://www.Teladoc.com/mobile). Once you activate your Teladoc account and give your medical history, you can request a virtual visit whenever you need care. Just log in to Teladoc and click "Request a Consult." Seeing a doctor has never been easier!

When to use Teladoc

You can use Teladoc when you want to talk to a doctor about:

- Cold and flu symptoms
- Sore throat
- Allergies
- Respiratory infections
- Sinus problems
- Skin issues

If your symptoms get worse or you're having a medical emergency, call **9-1-1** or go to the nearest emergency room.

Flu fighters unite!

It's flu season and it's time for your flu shot.

This quick and easy shot is your best shield against the flu. It's especially important for seniors, kids and those with chronic illnesses. By getting your flu shot, you're protecting yourself and your community too!

Getting the flu shot is also a simple way to avoid doctor visits, hospital stays and missed work or school days. It helps ensure that shots are available for those who need them most.

When you visit your provider, ask about the flu shot, its benefits and any concerns you may have. Let's keep everyone healthy and happy this flu season. Stay well and stay safe!

Managing allergies

Seasonal allergies can be tough. We have six tips to help you manage them:

1. **Know your triggers.** Find out if pollen, dust, or pet fur trigger your allergies and try to avoid them.
2. **Stay inside.** On days when there's a lot of pollen in the air, play indoors and keep the windows closed to stop allergens from entering your home.
3. **Clean regularly.** Dust and vacuum your home often. Use an air purifier to help keep the air clean.
4. **Use medicine.** Over-the-counter medicines can help. Ask your doctor for the best options.
5. **Shower and change.** After being outside, shower and change clothes to remove pollen.
6. **See a doctor.** If your symptoms persist or get worse, go to the doctor. They can make a treatment plan and prescribe stronger medicine if needed.

Follow these tips to keep your allergies under control and enjoy a healthy life.

Fall fitness tips



Regular physical activity is key to good health.

As the weather gets colder and the days get shorter, you may want to stay indoors and relax on the couch. But it's important to stay active and keep exercising, even when it's cold outside. To help you stay active, we want to share the following tips with you:



Try indoor workouts.

Do exercises at home like yoga or online fitness videos. You can also join a gym or community center. Plus, you may be eligible for a 13-week membership to WW (formerly Weight Watchers) at no cost. To learn more, call **Member Services** at **(844) 782-2018**, Monday to Friday, 8 a.m. to 6 p.m. CT, or [check out our website](#).



Dress warmly for outside.

If you prefer to exercise outside, dress in layers. Wear clothes that keep sweat away. Try moisture-wicking fabrics and add warmer layers on top. Be sure to also wear reflective gear to stay safe at night.



Set simple goals.

Make easy fitness goals, like walking every day or doing a dance class once a week.



Find a buddy.

Exercise is always more fun with a friend. Ask a pal to join a fitness class with you. It'll help you both!

Staying active can make you feel happier, less stressed and healthier. So, even when it's cold outside, keep moving! You'll be glad you did.

Beat the blues

As we welcome the fall season, it's important to take care of your mental health.

Sometimes, shorter days with less daylight can make you feel sad or anxious. This is called Seasonal Affective Disorder (SAD). It happens because the change in daylight can affect the chemicals in the brain. This can lead to depression. You may feel sad, hopeless or lack joy in daily activities.

Here are seven tips to help you avoid depression:

- 1. Soak in the sunlight.** Sunlight increases the brain's release of serotonin, a hormone that helps boost mood. If daylight is limited, try a light therapy lamp.
- 2. Exercise regularly.** Aim for 30 minutes of exercise most days of the week.
- 3. Eat a balanced diet.** Enjoy fruits, vegetables, whole grains and lean proteins. Limit sugar, processed foods, and alcohol. These can affect your mood and energy levels.
- 4. Get enough sleep.** Aim for seven to nine hours of sleep each night. This helps regulate mood and energy.
- 5. Spend time with friends and family.** Positive social time gives you emotional support. It helps reduce feelings of loneliness. It can also improve mood and increase self-esteem.
- 6. Keep a daily routine.** A daily routine gives your day structure and a feeling of stability and support. It can also help your sleep patterns, lower stress and engage you in activities that promote mental well-being.
- 7. Practice meditation.** Meditation reduces stress and anxiety. It helps you relax and be mindful. This helps you focus on the present moment and reduce negative thinking. To learn how to meditate, visit [Mindful.org](https://www.mindful.org). They have beginner-friendly meditation instructions and some guided meditations available at no cost.

Taking care of your mental health is just as important as taking care of your physical health. By following these simple tips, you can help keep yourself happy and healthy.

Need help with depression? We're here for you.

- Call **Molina's Behavioral Health Crisis Line:** Available 24/7 at **(844) 782-2018 (TTY: 711)**.
- Call the **Nebraska Family Helpline:** Available 24/7 at **(888) 866-8660**.
- Call the **National Suicide Lifeline:** Available 24/7 at **988**.

If you or someone you know is in immediate danger, call **911**.

Remember, help is always available. Please reach out. You don't have to go through this alone.

Schedule your cancer screenings today

Regular cancer screenings can save lives.

Cancer screenings can find problems early so they can be treated. Here are a few common screenings we want to remind you about:

1. **Mammograms:** Women 40 years and older need one every one to two years. You may be eligible for a \$25 Healthy Rewards gift card when you get your mammogram.
2. **Colon cancer screenings:** Adults 45 years old and older need a colonoscopy every 10 years.
3. **Lung cancer screenings:** Annual low-dose CT scans are recommended for those 50 to 80 years old with a history of heavy smoking.
4. **Cervical cancer screenings:** Women ages 16 to 64 need a cervical cancer screening, also called a Pap test. When you get your Pap test, you may be eligible for a \$25 Healthy Rewards gift card.

Finding problems early increases the chances of treatment success. Call your doctor to discuss which screenings are right for you. Schedule your cancer screenings today!



Healthy eating made easy

Maintaining a healthy diet can be easy!

Adding healthy and tasty recipes to your daily routine is a great way to support wellness. There are lots of tasty options that are both good for you and satisfying.

For example, take a look at these no-bake Cheerio bars. They are a healthy and delicious snack with whole grains, healthy fats and natural sweeteners. The Cheerios provide fiber and essential vitamins. The peanut butter offers protein and healthy fats that keep you feeling full. The honey adds a natural sweetness without refined sugars. The optional chocolate chips give a touch of sweetness while still keeping the bars nutritious.

They are great for breakfast, an afternoon snack or even a quick dessert. Plus, they can be whipped up in no time. Give them a try!



No-bake cheerio bars recipe

Ingredients:

- 4 cups Cheerios (or whole grain cereal)
- 1/2 cup peanut butter (or almond butter)
- 1/2 cup honey
- 1/4 cup mini chocolate chips (optional)
- 1 teaspoon vanilla extract

Instructions:

- 1. Prepare the pan:** Line an 8x8 inch baking pan with parchment paper.
- 2. Mix peanut butter and honey:** Microwave peanut butter and honey in a bowl for one minute until smooth. Stir in vanilla.
- 3. Combine with Cheerios:** Pour the mixture over Cheerios and mix. Fold in chocolate chips if you like.
- 4. Press into pan:** Press the mixture into the pan firmly.
- 5. Chill:** Refrigerate for at least one hour to set.
- 6. Cut and serve:** Lift the bars out using the parchment paper and cut them into squares or bars.
- 7. Store:** Keep in an airtight container in the fridge for up to a week or freeze for longer storage.



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)