

# Molina's myhealthmylife

a newsletter just for Nebraska members

Winter 2024

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# Keep your hands clean and stay healthy

## Washing your hands can protect you and your family from getting sick.

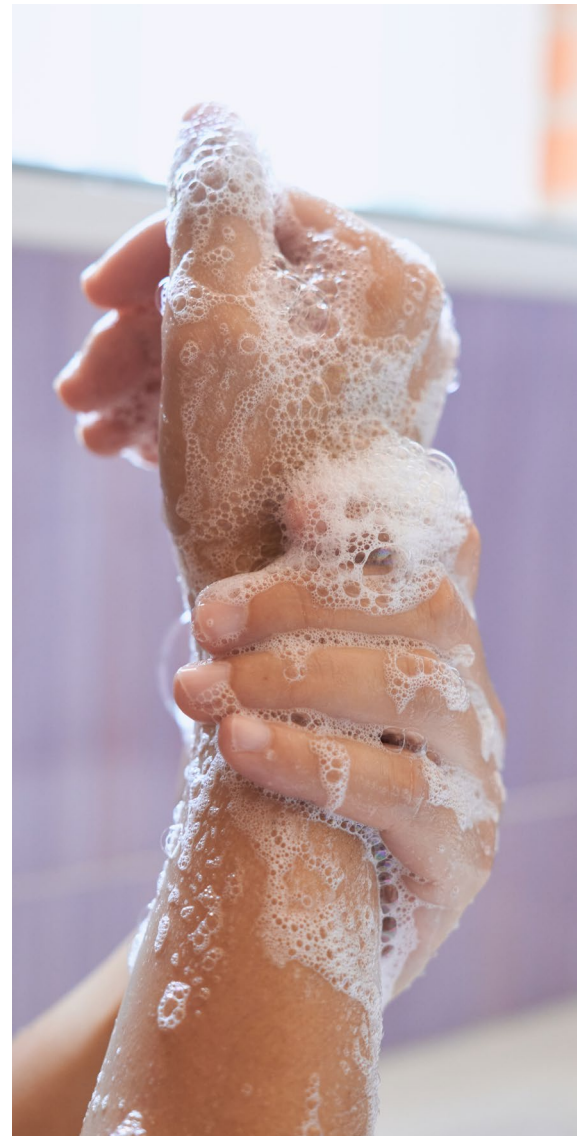
One of the best ways to stay healthy and stop the spread of germs is to wash your hands. Here's how to do it right and avoid common mistakes:

- **Wash with soap and water.**  
Wet your hands with clean water and then add soap. Rub your hands together to make bubbles, making sure to wash the fronts and backs of your hands, between your fingers and under your nails.
- **Scrub for 20 seconds.**  
Scrub your hands for at least 20 seconds. Sing the "Happy Birthday" song twice to keep track of the time.
- **Rinse and dry thoroughly.**  
Rinse your hands under clean water and dry them with a clean towel or let them air-dry.

Common mistakes to avoid:

- **Touching surfaces after washing**  
Use a paper towel to touch the faucet handles or doorknobs after washing to keep hands clean.
- **Drying hands improperly**  
Don't dry hands on your clothes or use a dirty towel. Always air-dry or use a clean towel.
- **Using antibacterial soap**  
Antibacterial soap isn't needed for everyday use and can be harsh on your skin. Regular soap works well for daily use. Save the antibacterial soap for when it's needed, like after handling raw food, when someone is sick or after using public spaces.

By washing your hands correctly and avoiding these mistakes, you can help keep everyone safe and healthy.





# Winter skin care tips for you and your kids



## Keep your family's skin safe this winter.

Winter weather can be hard on your skin, making it dry, itchy and uncomfortable. Here are some simple steps you can take to protect your skin this season.

- 1. Put on lotion every day.** Use a gentle lotion or cream after bathing and before going outside. Moisturizing helps lock in moisture and keeps skin from drying out. If you have sensitive skin, be sure to select a lotion that is fragrance-free or hypoallergenic.
- 2. Stick to warm water.** Hot baths and showers can feel great, but they can dry out your skin. Use warm water instead and keep baths or showers short to protect your skin.
- 3. Use a humidifier.** Winter air can be very dry, especially indoors. Using a humidifier adds moisture to the air, which helps keep skin hydrated and prevents dryness. Humidifiers are especially helpful at night when sleeping because the air tends to be drier, and skin loses moisture while you rest. Keeping the air moist can help prevent your skin from becoming dry and uncomfortable overnight.
- 4. Dress in layers.** Keep skin covered with soft, warm clothing. Dressing in layers helps protect against cold air and wind, keeping skin comfortable.
- 5. Stay hydrated.** Drinking plenty of water every day helps keep your skin hydrated from the inside out. Encourage your kids to drink water, too!

**By following these steps, you can keep your family's skin healthy, soft and protected all winter long.**

## Get \$30 for personal care items

As a Molina member, you can get \$30 every quarter for commonly-used personal care items like soap and lotion. To learn more, call **Member Services** at (844) 782-2018, Monday-Friday, 8 a.m.-6 p.m., CT.

# Managing stress during the holidays

## Discover easy ways to stress less, spend wisely and truly enjoy your holidays!

The holiday season is a joyful time filled with celebrations, but it can also bring stress. With so much to do, like shopping, cooking and hosting, many people feel overwhelmed. It's easy to get caught up in trying to do it all. We understand that it can be a lot to handle, so here are some simple tips to keep calm, manage your time and enjoy the holidays.

- 1. Plan ahead.** Create a to-do list for tasks like shopping, cooking and decorating and then break them into smaller steps. For example, bake cookies today and wrap gifts tomorrow.
- 2. Stick to a budget.** Setting a budget for gifts, food, and other expenses helps prevent financial stress. Take advantage of sales, use coupons and shop at discount stores to save money. Remember, meaningful gifts don't have to be expensive.
- 3. Take time for yourself.** Make sure to set aside some quiet time each day just for yourself. Read a book, take a walk or simply take some deep breaths to help calm your mind.
- 4. Set realistic expectations.** The holidays don't have to be perfect. Be flexible and go with the flow. If things don't go as planned, that's alright—just enjoy the moment.
- 5. Don't be afraid to say “no.”** It's okay to say no to things that don't fit into your schedule or add too much stress. You don't have to attend every event or take on every task. Saying no helps you protect your time and focus on what's most important.

Finding balance is key to managing stress during the holidays. By following these tips, you can enjoy the season without feeling overwhelmed. We hope your holidays are filled with peace, joy and good health!

### Need someone to talk to?

Your mental well-being matters, and it's OK to seek support. If you need emotional support, reach out to the national mental health hotline: 988. This hotline is available at no cost, 24/7. Call, text or chat with 988 for private support without judgment. If this is a medical emergency, **call 9-1-1** or go to your nearest emergency room.





# Begin the new year with better health

## A quick guide for setting and achieving your health goals

The new year is a great time to make healthy changes. Setting health goals can help you feel better, have more energy and enjoy life more. Here's how to get started with your health goals for the new year.

- 1. Schedule a wellness visit.** Start by making an appointment with your doctor for a wellness visit. Your doctor can help you create a personalized care plan to meet your health goals. They can check your overall health, give you advice and help you set realistic steps to reach your goals.
- 2. Choose simple goals.** Pick one or two specific things you want to work on. It could be eating more fruits and vegetables, exercising more or getting better sleep. Simple goals are easier to stick with.
- 3. Make a plan.** Write down your goals and how you will reach them. If your goal is to exercise more, plan your walking days and times. For example, write down "walk for 20 minutes after dinner three days a week." A specific plan can help you stay on track.
- 4. Start small.** Small changes can lead to big results. Start with easy steps, like drinking more water each day or adding a piece of fruit to your breakfast. As you get used to your new habits, you can build on them.
- 5. Celebrate your success.** When you reach a goal, celebrate it! It could be as simple as treating yourself to a relaxing bath or sharing your success with a friend. Celebrating helps you stay motivated.

With clear goals and a plan, you're already on the path to success. Keep making those small changes, stay committed and watch your progress add up. You've got this!

### Get a \$25 reward for completing an annual wellness visit

As a Molina member, you can get \$25 when you let us know that you've completed your yearly wellness visit. To learn more or let us know you've had your wellness visit, call **Member Services** at **(844) 782-2018**, Monday-Friday, 8 a.m.-6 p.m., CT.

# Keep your heart healthy

## Heart health is important for everyone.

Both men and women need to take care of their hearts to stay healthy. Taking care of your heart helps you feel better, live longer and enjoy more of the things you love. Here's what you can do to keep your heart in good shape.

- **Eat healthy foods.** Eating healthy foods can keep your heart strong. Try to eat more fruits, vegetables, whole grains and healthy meats like chicken and fish. Avoid foods that are high in salt, sugar or unhealthy fats, like fried foods and sugary drinks.
- **Stay active.** Exercise is great for your heart. Aim for at least 30 minutes of activity most days of the week. This can include walking, biking, dancing or playing sports. Moving your body helps your heart pump blood and keep it healthy.
- **Don't smoke.** Smoking is extremely bad for your heart. If you smoke, try to quit. If you need help quitting, talk to your doctor or call the **Nebraska Tobacco Quit Line** at **(800) 784-8669**. Quit Line services are available 24/7 in over 200 languages. If you don't smoke, don't start, and avoid being around others who smoke, as secondhand smoke can also harm your heart.
- **Keep a healthy weight.** Being overweight can make your heart work harder. Eat right and stay active to maintain a healthy weight. If you need help, talk to your doctor.
- **Manage stress.** Too much stress can be hard on your heart. Find ways to relax, like deep breathing, spending time with friends or doing something you enjoy.
- **Get regular checkups.** Visit your doctor regularly to check your heart health. Your doctor can check your blood pressure, cholesterol and other things that affect your heart. If you need help finding a doctor, visit [MolinaProviderDirectory.com/NE](https://MolinaProviderDirectory.com/NE) or call **Member Services** at **(844) 782-2018**. We're here to help, Monday-Friday, 8 a.m.-6 p.m., CT.

Caring for your heart is one of the best things you can do for your overall health. By making small changes, like eating healthy foods, staying active and getting regular checkups, you can make a big difference in your heart health. Start today and make every heartbeat count!



### Get 13 weeks of WeightWatchers® at no cost

As a Molina member, you can get a WeightWatchers® membership at no cost for up to 13 weeks. To learn more, call **Member Services** at **(844) 782-2018**, Monday-Friday, 8 a.m.-6 p.m., CT.



# Don't forget to renew your prescriptions

Stay healthy by renewing your prescriptions every year.

Keeping your prescriptions up to date ensures you always have the medicine you need when you need it. Here's how to stay on track:

- 1. Check your prescriptions to see when they expire.** The best times to renew your prescription are a few weeks before they run out, during your yearly checkup or before you travel. Mark these dates on your calendar so you're always prepared.
- 2. Talk to your doctor.** Make an appointment with your doctor to discuss your medications. Your doctor can renew your prescriptions and check if they are still the best fit for you.
- 3. Order refills promptly.** After your prescriptions are renewed, make sure to order your refills before your medication runs out. You can do this at your pharmacy.

If you have any questions or need assistance, call **Member Services** at **(844) 782-2018**. We're here to help Monday-Friday, 8 a.m.-6 p.m., CT.



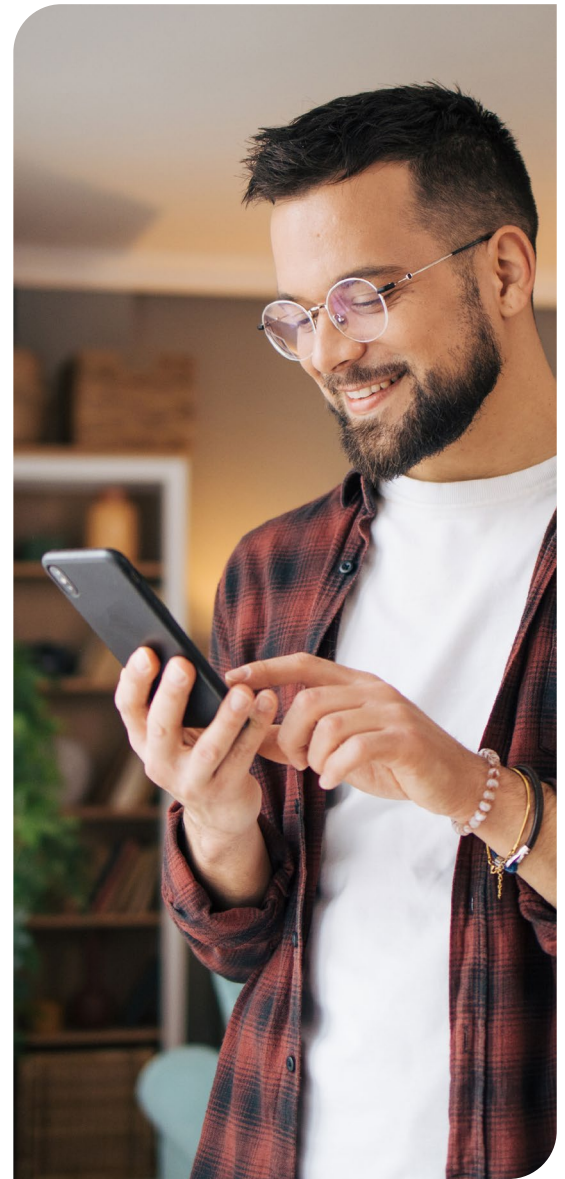
# Let's connect!

## Follow us, download the app and sign up for text and email updates.

We want to make it easy for you to get helpful information about your plan benefits. Here are four simple ways to connect with us:

- 1. Follow Molina on social media.** Our Facebook page is a great way for you to find health tips and helpful information about your plan benefits. You can find our page at [Facebook.com/MolinaHealthNE](https://Facebook.com/MolinaHealthNE).
- 2. Get the My Molina mobile app.** Get smart health plan access with your smartphone. With My Molina, you can access your ID card, look for new doctors, find a pharmacy near you and more. To download the My Molina app at no cost, visit the Apple App Store or Google Play.
- 3. Opt in to get text updates.** You can opt in to get important text messages from us. **Text JOIN to 94889** to opt in today.
- 4. Subscribe to get email updates.** To get email updates, log in to My Molina, go to the More menu and update your Contact Information under My Account Settings. Add your email, and you're all set!

When you stay connected with Molina, you can easily manage your health plan and get the information you need. Follow us, download our app and sign up for updates today!



## Attend our next Member Advisory Committee meeting

**You're invited to take part in the Member Advisory Committee (MAC) and earn a \$25 reward for every meeting you attend.**

All Molina members who are 19 years or older, including caregivers, parents and guardians, can participate. As a member, you can share your thoughts and experiences with Molina staff, doctors and community partners. Your feedback helps us improve the care and service we provide to you, your friends and your family.

Our next MAC meeting is on March 13, 2025. You can join the meeting online or come in person at Molina's One-Stop Resource Center in Omaha. If you attend in person, we'll provide lunch and cover your travel costs.

To attend, email us at [NE\\_COMM\\_ENG@MolinaHealthcare.com](mailto:NE_COMM_ENG@MolinaHealthcare.com) or visit [MolinaHealthcare.com/NE](https://MolinaHealthcare.com/NE) for more details. We look forward to hearing from you!



# Know your rights and responsibilities

## Did you know that you have certain rights and responsibilities as a member?

Knowing your rights and responsibilities helps you, your family, your provider and Molina ensure that you get the covered services and care you need.

### You have the right to:

- Get information about your illness or health issue
- Be treated with respect and dignity and without discrimination or retaliation
- Have health plan materials explained or interpreted
- Use interpreters at no cost during medical visits with your primary care provider (PCP) if needed
- Have your medical information kept private
- Make advance directives and get help if needed
- Take part in decisions about your health care, like the right to refuse treatment
- Get information on the medical services covered by Molina
- Get medical care on time
- Get proper medical care 24 hours a day, seven days a week
- Ask for an appeal if services are denied, stopped or reduced

### You also have the responsibility to:

- Ask questions about things you do not understand
- Help with transferring your medical records
- Call your provider's office at least 24 hours in advance to reschedule an appointment
- Choose a provider within Molina's network
- Work with all Heritage Health inquiries and surveys
- Follow your provider's orders and advice
- Keep your scheduled visits
- Get services from your PCP or primary care dentist unless they refer you elsewhere
- Take your Medicaid and Molina member ID cards to all medical visits and the pharmacy for prescriptions
- Tell your doctor about any medical problems
- Understand, to the best of your ability, how to use Molina to get health care

For a full list of your rights and responsibilities, visit **MolinaHealthcare.com/NE**. You can also find them in the Member Handbook. If you have any questions, please call **Member Services** at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m.–6 p.m., CT.



# A fun winter craft for families



## Learn how to make snowflake window clings!

### What you'll need:



- White glue (like Elmer's)
- Wax paper
- Blue or silver glitter (optional)
- A marker
- A paintbrush or cotton swab

### Steps:

1. **Draw your snowflakes.** Start by drawing snowflake shapes on a piece of wax paper with a marker. You can make your own designs or use simple ones with straight lines.
2. **Outline with glue.** Use the white glue to trace over the snowflake designs you drew. Make sure the glue lines are thick enough so the snowflakes will be strong when they dry.
3. **Add some sparkle.** If you want your snowflakes to sparkle, sprinkle blue or silver glitter on the wet glue. This step is optional, but it makes the snowflakes look magical!
4. **Let them dry.** Leave the glue snowflakes on the wax paper for 24 hours to dry completely. Once dry, carefully peel them off the wax paper.
5. **Stick them on the window.** Your snowflake clings are ready! Gently press them onto a window. They will stick on their own and can easily be removed later.

This craft is a great way to decorate your windows and bring a bit of winter magic inside. Have fun creating!

# Egg bites for the win

## Looking for a fun and healthy breakfast that's easy to make during the holidays?

Try making these veggie egg bites! They're like little egg muffins filled with vegetables and cheese, making them a great snack or quick meal. Plus, they're so easy to make that kids can help, too!

### Why are egg bites great for the holidays?

The holidays are a busy time, and quick recipes like this one can make things easier. These egg bites are tasty and a great way to add more vegetables to your family's meals during the holidays. They're baked in a muffin pan, so they're just the right size and easy to grab when you're in a hurry or have guests. You can eat them warm or cold, and you can add your favorite toppings so they're always different. Kids and adults will love them!

### How to make egg bites

#### You will need:

- 6 eggs
- 1/2 cup chopped vegetables (like spinach, broccoli, bell peppers or mushrooms)
- 1/4 cup shredded cheese
- A pinch of salt and pepper

#### Steps:

- 1. Preheat the oven:** Set your oven to 375°F (190°C).
- 2. Mix the ingredients:** Crack the eggs into a bowl and whisk them. Add the chopped veggies, cheese, salt and pepper. Stir everything together.
- 3. Pour and bake:** Grease a muffin pan and pour the egg mixture into each cup, filling them about 3/4 full. Bake for 15-20 minutes or until the egg bites are set and lightly browned on top.
- 4. Enjoy:** Let the egg bites cool for a few minutes. Then, take them out of the muffin pan. Eat them right away or save them for later.



These egg bites are a great option for the holiday season, but they're also perfect for any time of the year when you're busy. They're quick to make, healthy and easy to customize with your favorite ingredients. Whether you're looking for a simple breakfast, a snack on the go or a fun way to add more veggies to your diet, these egg bites are sure to be a hit all year long!





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)