

Molina's myhealthmylife[®]

A newsletter just for Nebraska members

Fall 2025

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Ready, set, enroll!



Keep getting the care you trust.

We're grateful to have you in our Molina Healthcare family and are committed to supporting your health every step of the way. With Molina, you'll continue to enjoy the great care and benefits you've come to expect. Our network of quality doctors is ready to provide the care you need when you need it. Plus, you'll have access to many of our value-added benefits and rewards that support your health and well-being.

Open enrollment is coming!

Medicaid open enrollment begins on Nov. 1 and ends on Dec. 15. You do not need to do anything to stay with Molina.

Your right to disenroll

As a member, you can choose to disenroll or change your health plan within 90 days of your initial enrollment. You can also make a change during the open enrollment period each year. You don't need a reason to switch health plans during these times. You must meet specific conditions to change your plan at other times of the year.

To request a change, call Heritage Health at **(888) 255-2605 (TTY: 711)**, Monday through Friday, from 7 a.m. to 7 p.m. CT.

Value-added benefits just for you!

As a Molina member, you'll get access to exclusive benefits like:



Covered rides to places like doctor appointments, grocery stores and pharmacies



Rewards you can use toward gym memberships or fitness gear



Community baby showers with gifts for expecting moms



A 13-week WeightWatchers® membership and much more!

Learn more about your benefits by visiting Molinahealthcare.com/NEBenefits.



Understanding SIDS and PURPLE crying

What new parents need to know

Bringing home a new baby is exciting, but it can be stressful too. As a parent, you may worry about your baby's sleep or frequent crying. Learning about Sudden Infant Death Syndrome (SIDS) and PURPLE crying can help you feel more prepared during your baby's first few months.

What is SIDS?

SIDS is when a baby under 12 months old passes away unexpectedly during sleep, with no known cause. While this can sound scary, it's important to know that SIDS is rare. Doctors don't always know why it happens. You can lower your baby's risk by creating a safe sleep area for them.

Sleep safety tips for your baby

- Always place your baby on their back to sleep
- Use a firm sleep surface with no blankets, pillows or toys
- Keep your baby's sleep area in your room, not your bed

These tips can help protect your baby while they sleep and give you peace of mind.

What is PURPLE crying?

PURPLE crying is a normal stage in a baby's life when they may cry more than usual. Your baby might cry even when they have been fed, changed and held. This often starts around 2 weeks old and may last until they are 3 or 4 months old.

This stage can be hard, but it does not mean something is wrong. It is a normal part of your baby's growth, and it will pass.

If you ever feel overwhelmed, taking a short break is okay. Place your baby in a safe space and give yourself a moment to breathe. You are doing a great job!

PURPLE stands for:

- P** – Peak of crying: Crying increases each week and lessens after 2 to 3 months
- U** – Unexpected: Crying can start and stop without any reason
- R** – Resists soothing: Your baby may keep crying, even when comforted
- P** – Pain-like face: Your baby may look like they're in pain, even if they're not
- L** – Long lasting: Crying can last for several hours, often happens in the late afternoon or evening
- E** – Evening: Crying often happens in the late afternoon or night

If you are in distress and need to talk to someone right away, you can get help 24/7 by calling:

- Molina's Behavioral Health Crisis Line at **(844) 782-2721 (TTY: 711)**
- National Suicide & Crisis Line at **988**. You can also text to receive support.
- Emergency services at **911** if you, your baby or anyone you know is in immediate danger or needs emergency help.



Getting ready for flu season

Protect yourself and others, get your flu shot.

Did you know that the flu shot is the best way to protect yourself from getting seriously sick with the flu? It also helps keep your family, friends and community safe. That means fewer trips to the doctor and less missed work or school.

Everyone 6 months and older should get a flu shot each year. It's especially important for:

- Young children
- Pregnant people
- People 65 and older
- People with long-term health conditions like asthma or diabetes

Talk to your primary care provider (PCP) about getting a flu shot. If you don't know your PCP or need help making an appointment, we can help. Call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.

Let's make this a healthy season for everyone!

Simple habits to help stop the spread of the flu

Getting the flu shot is a great first step. Pair it with these simple habits to help stop the spread of the flu and other germs:

- Cover your nose and mouth when you cough or sneeze
- Avoid touching your eyes, nose or mouth
- Wash your hands often with soap and water
- Avoid close contact with people who are sick
- Stay home when you feel sick
- Clean and disinfect frequently touched objects and surfaces

Lead testing for your child

Protect your child from lead exposure

Did you know that even small amounts of lead in the body can harm your child's health? Lead can be found in contaminated water and soil, toys, old homes and buildings. Children can be exposed to lead when they breathe in or swallow lead dust.

Why is lead exposure dangerous?

Lead exposure can affect your child's focus, learning and growth. In many cases, your child may not show signs of exposure. If left untreated, it can cause health problems.

Getting tested is easy

A simple blood test can find lead in your child's body early. This way, you can get help to keep your child safe. Ask your child's doctor about lead testing. If you need help finding a doctor or making an appointment, call us at **(844) 782-2018 (TTY: 711)**. We are here Monday to Friday, 8 a.m. to 6 p.m. CT.

When to test your child for lead?

Some children are more likely to be exposed to lead based on where they live or spend time. Even if your child seems healthy, testing can help catch problems early. Be sure to get them tested:

- Before they turn 1
- Again before they turn 2, even if they were tested as a baby
- If they are between ages 3 and 5 and haven't been tested before
- If they have had lead poisoning in the past





Make time for your mammogram

Take charge this breast cancer awareness month.

October is Breast Cancer Awareness Month. It's a great time to learn more about breast cancer and take steps to stay healthy. One important step is getting a mammogram.

A mammogram is a type of X-ray that checks for signs of breast cancer. It can find changes in your breast before you notice any symptoms. Finding cancer early can help you get care sooner and may lead to better results.

Who should get screened?

If you're a woman age 40 or older, talk to your doctor about getting a mammogram. Tell your doctor if you have a family history of breast cancer or other risk factors. Your doctor can help you decide when to get tested, answer any questions and explain what to expect.

Take control of your health. Call your doctor to schedule your mammogram. If you need help finding a doctor or making an appointment, contact Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.

Early detection matters, and so do you.

Get a \$25 Healthy Reward for taking care of yourself

If you are a woman between 40 and 74 years old, you can earn a \$25 Healthy Reward for getting your mammogram. Once you complete your screening, call Member Services to claim your reward.

Learn more about our Healthy Rewards program at MolinaHealthcare.com/NEBenefits.

Caring for your mental health

We are here to support you.

Your mental health matters just as much as your physical health. Everyone feels sad, stressed, or overwhelmed sometimes, but you don't have to face those feelings alone.

Caring for your well-being includes caring for your emotional and mental health. If you're not feeling like yourself, talking with your doctor can be a helpful first step. You don't need a referral to get mental health services, but your doctor can help you find the care that's right for you.

Our Member Services team can also help connect you to services like:

- Counseling or therapy
- Peer support services
- Help with medications

Call us at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.

Remember, you are not alone. Getting support can help you feel more in control, connected and hopeful about what's next.

Need to talk to someone immediately? Call:

- Molina's behavioral health crisis line: **(844) 782-2721 (TTY: 711)**
- Nebraska family helpline: **(888) 866-8660 (TTY: 711)**
- Suicide and crisis lifeline: **988**. You can also text for support

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

Can't see a doctor in person?

As a Molina member, you can use Teladoc to get 24/7 virtual care. You can speak with a doctor or a licensed mental health professional by phone or video for help with anxiety, depression, stress and more.

To sign up, visit **TeladocHealth.com/Molina**. You can also download the Teladoc app and select "Activate Account," or call **(800) 835-2362** anytime.



A photograph of two men smiling. The man in the foreground is a Black man with a short haircut, wearing a blue t-shirt. The man behind him is a white man with glasses and a mustache, also wearing a blue t-shirt. They are both looking towards the camera with joyful expressions.

Know it. Catch it. Manage it.

Diabetes testing matters for everyone.

Diabetes is more common than you might think. Many people have it without knowing. Some need regular testing to make sure it's under control. Even if you feel well, diabetes can quietly damage your body over time. Whether you're being tested for the first time or managing diabetes daily, regular testing helps catch problems early and prevents serious health issues.

Talk to your doctor.

At your yearly checkup, ask to be tested for diabetes. A simple blood test can spot early warning signs. If you already have diabetes, testing helps your doctor track your health and adjust your care if needed.

Need help finding a doctor?

Visit our Provider Online Directory at **MolinaProviderDirectory.com/NE** or call Member Services at **(844) 782-2018**, Monday-Friday, 8 a.m. to 6 p.m. CT. You can also request a printed copy of the directory at no cost and we'll mail it to you within five business days.

Staying on top of diabetes testing is one small step to protect your health.

Get rewarded for diabetes testing!

If you are between 18 and 75 years and have diabetes, you can earn a:

- **\$50** Healthy Reward for completing a diabetes blood test
- **\$50** Healthy Reward for completing a diabetes eye exam

To claim your reward, call Member Services after completing your tests. Learn more about our Healthy Rewards program by visiting **MolinaHealthcare.com/NEBenefits**.

Keep your child's health on track



Schedule their yearly checkup

A yearly doctor's visit is one of the best ways to keep your child healthy. Even if your child seems fine, checkups help make sure they are growing well, meeting milestones and getting the shots they need.

At the visit, the doctor will check your child's growth, development, vision, hearing and overall health. These visits can catch small problems early, before they become bigger. They are also a great time to ask questions or talk about any concerns you have.

Need help finding a doctor?

Use our Provider Online Directory at MolinaProviderDirectory.com/NE or call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT. We can also help you make an appointment.

Checkups come with rewards

You can earn Healthy Rewards just for taking your child to their regular doctor visits!

Earn:

- **\$10** for each checkup from birth to 15 months (up to 6 visits)
- **\$25** for at least two checkups between 16 and 30 months
- **\$25** for one checkup between ages 3 and 19

After your child completes their checkup, call Member Services to claim your reward. Learn more about our Healthy Rewards program at MolinaHealthcare.com/NEBenefits.



Practice gratitude every day

When life feels overwhelming, it's natural to focus on what's going wrong. Being thankful can help you slow down, reflect and feel more balanced.

Why it matters

Being thankful each day can help you feel calmer, sleep better and improve your outlook on life. It can also strengthen your relationships and help you manage stress. When you make this a habit, it can give you comfort and strength.

Simple ways to practice gratitude:

- **Begin or end your day with one good thing.** Think of something that made you smile or helped you feel supported.
- **Say thank you often.** Whether it's to a family member, a stranger or even to yourself. Saying thanks builds a connection with others and boosts your own sense of well-being.
- **Write it down.** Keep a notebook or use your phone to jot down one thing you're thankful for each day.
- **Reflect when things feel tough.** Even in stressful times, gratitude can give you hope and remind you of the good things in life.
- **Keep a photo of a happy moment.** Put it somewhere you'll see every day, like your fridge or phone background. Let it remind you of the good in the past and the good that's yet to come.

You don't need a big reason to feel thankful. Finding small moments of joy each day can help you feel more positive and present.



Cinnamon apple oatmeal cups

Try this easy fall treat for the whole family

Fall is the perfect time to enjoy cozy, warm flavors and these cinnamon apple oat cups are great for the season. They make a tasty breakfast, a satisfying after-school snack and a yummy dessert.

These cups are easy to make and filled with wholesome ingredients. Oats provide fiber that helps with digestion and supports heart health. Apples add natural sweetness and vitamin C. Cinnamon gives that classic fall taste and is rich in antioxidants, which help protect the body from damage.

This recipe is kid-friendly and great for making your kitchen smell amazing.

What you'll need:

Wet ingredients

- 1 egg
- 1 cup milk (or dairy-free milk)
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 1 large apple, diced small

Dry ingredients

- 2 cups rolled oats
- 1 tsp ground cinnamon
- 1/2 tsp baking powder
- Pinch of salt

How to make them:

1. Preheat oven to 350°F. Grease or line a muffin tin.
2. Whisk egg, milk, maple syrup and vanilla extract
3. Mix oats, cinnamon, baking powder and salt in another bowl.
4. Stir wet ingredients into the dry. Fold in apples.
5. Spoon into muffin cups and bake for 25-30 minutes.
6. Cool and enjoy warm or cold!

Tips:

- Add chopped nuts or raisins for extra texture and flavor.
- Store in the fridge for up to 1 week or freeze for later.
- To reheat, microwave for 10-15 seconds for a soft, fresh-baked feel.



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)