

Molina's myhealthmylife[®]

A newsletter just for Nebraska members

Summer 2025

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Schedule your child's yearly checkup

Ready for school? It starts with a doctor's visit.

Whether your child has already started school or they're about to go back, now is a great time to schedule their yearly checkup and vaccines. A quick visit to the doctor helps keep them protected and ready to learn. During the checkup, the doctor will:

- Check your child's growth
- Make sure they are healthy
- Answer any questions you may have

If your child plays sports, they may need a physical to join. Molina members between 3 and 17 years old can get one sports physical each year at no cost. When you call to make the appointment for the checkup, tell the doctor's office that your child also needs a sports physical.

Doctor's offices get busy as the school year gets closer, so don't wait. Call your child's doctor now to schedule their visit. If you need help finding a doctor or making an appointment, we're here to help. Just call our Member Services team at **(844) 782-2018 (TTY: 711)** Monday through Friday, from 8 a.m. to 6 p.m. CT.

Get rewarded for your child's checkup

You can earn a \$25 Healthy Reward after your child completes their yearly checkup. To claim the reward, contact Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, from 8 a.m. to 6 p.m. CT. To learn more about our Healthy Rewards program, visit **MolinaHealthcare.com/NEBenefits**.

Why chlamydia testing matters

Chlamydia often has no symptoms, so many people don't even know they have it.

But if it's not treated, it can cause serious health problems, especially for women. That's why getting tested is so important.

The good news is that chlamydia is easy to treat with medicine, especially if you catch it early. The only way to know if you have it is to get tested. The test is quick and simple. Your doctor may ask for a small urine sample or use a gentle swab. It doesn't hurt and only takes a few minutes.

Who should get tested?

If you're having sex, you should get tested every year.

Have questions? Talk to a doctor anytime.

You can talk to your regular doctor or use Teladoc. Teladoc doctors can't do the test, but they can answer your questions and help you take the next step. Visit TeladocHealth.com/Molina or call **(800) 835-2362** any time, day or night.

Protect your health and take the next step.

Getting tested is a smart, simple way to take care of your health. Talk to your doctor or visit a clinic to get tested.

If you're a woman member between 16 and 25 years old, you can earn a \$25 Healthy Reward by getting a chlamydia test.

To claim your reward, call Member Services at **(844) 782-2018 (TTY: 711)** Monday through Friday from 8 a.m. to 6 p.m. CT.

To learn more, visit MolinaHealthcare.com/NEBenefits.



Don't skip your postpartum visit

Your baby isn't the only one who needs care after birth. You do, too.

Your body is healing. Your hormones are changing. You may feel tired, sore or emotional. That's all normal, but you don't have to go through it all alone.

A postpartum checkup is a good time to talk with your doctor about how you're doing. They will check how your body is healing, make sure you feel safe and supported at home and answer any questions you may have.

Some new moms feel sad, worried, angry or full of rage. Others may feel numb or hopeless. These feelings are more common than you might think. If they last longer than two weeks or feel too heavy to handle, it could be postpartum depression or another condition. Your postpartum visit with your doctor is a safe space to talk about these feelings and get help if you need it.

Taking care of yourself is one of the best things you can do for your baby. Call your provider to schedule your postpartum checkup today. You matter, too.



Get rewarded for your postpartum visit

If you have your postpartum visit within seven to 84 days after you give birth, you can get a \$50 Healthy Reward. To claim your reward, call Member Services at **(844) 782-2018 (TTY: 711)** Monday through Friday, 8 a.m. to 6 p.m. CT. To learn more about your benefits, visit MolinaHealthcare.com/NEBenefits.

Need someone to talk to after your visit?

If you're still having a hard time after your postpartum checkup, here are some ways to get help:



- **Talk to your doctor:** They can help you find the care that is right for you.
- **Use Teladoc:** Speak with a doctor any time, day or night. You can use Teladoc for free. Visit TeladocHealth.com/Molina or call **(800) 835-2362**.
- **Call Molina's Behavioral Health Crisis Line:** Available 24/7 at **(844) 782-2721 (TTY: 711)**.
- **Call or text 988:** The National Suicide and Crisis Line is available 24/7 by calling or texting **988**.
- **Call 911:** If someone is in immediate danger or needs emergency medical help, call **911**.

Get screened regularly



Because your health can't wait

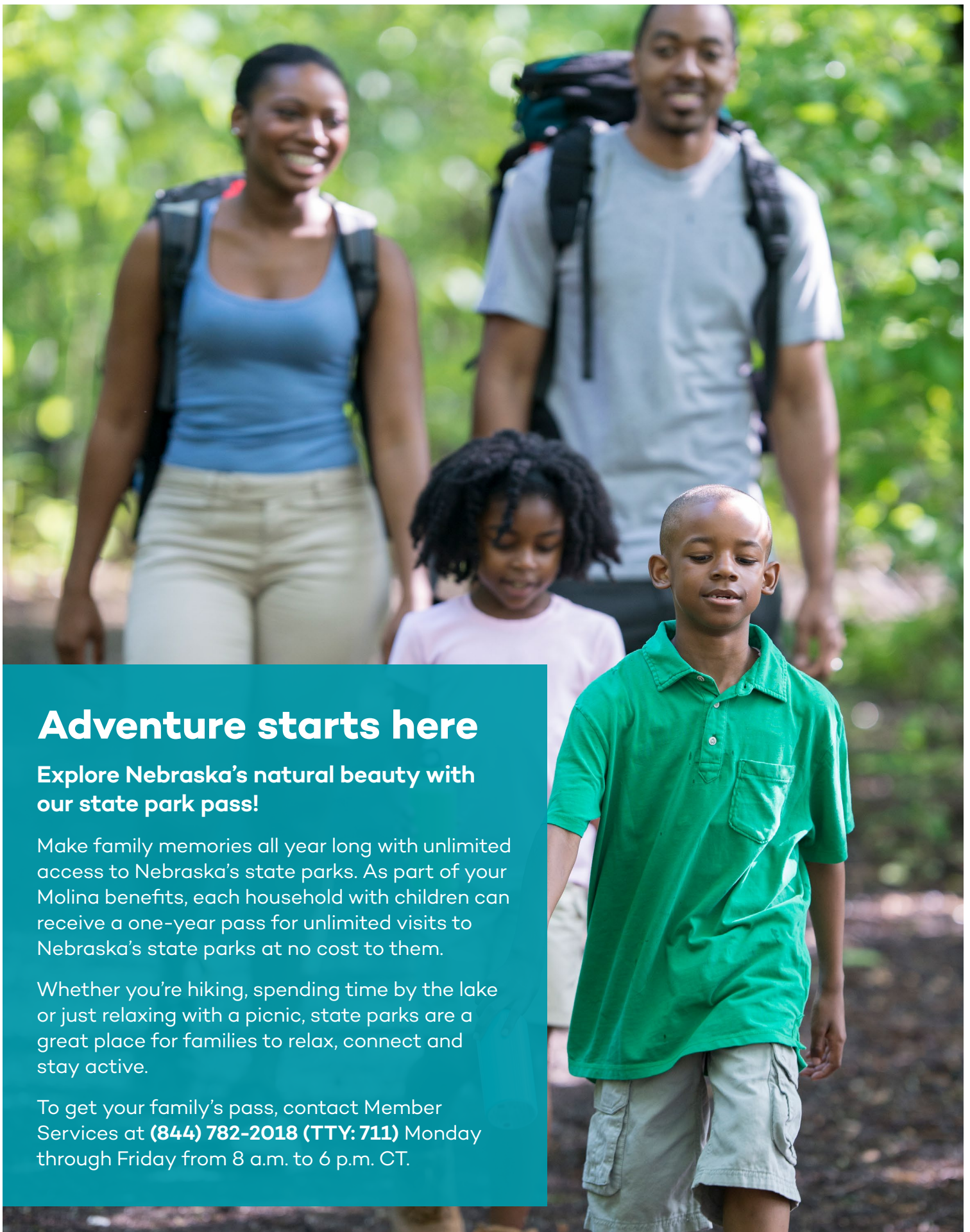
Many health conditions don't show symptoms right away. Regular checkups and screenings can help you catch issues early and act before they become serious.

If it's been a while since your last screening or wellness visit, now is the perfect time to schedule one.

Take charge of your health today. Talk to your provider about what screenings are right for you based on your age, health and medical history.

Get screened, get rewarded!

Preventive care	Who	When	Healthy Rewards
Annual checkup	Members 19 years or older	Once a year	\$25 Healthy Reward
Mammogram screening	Female members ages 40-74 years	Once a year	\$25 Healthy Reward
Cervical cancer screening	Female members ages 16-64 years	Once a year	\$25 Healthy Reward
Diabetes - eye exam	Members 18-75 years old with diabetes	Once a year	\$50 Healthy Reward
Diabetes - blood test			\$50 Healthy Reward



Adventure starts here

Explore Nebraska's natural beauty with our state park pass!

Make family memories all year long with unlimited access to Nebraska's state parks. As part of your Molina benefits, each household with children can receive a one-year pass for unlimited visits to Nebraska's state parks at no cost to them.

Whether you're hiking, spending time by the lake or just relaxing with a picnic, state parks are a great place for families to relax, connect and stay active.

To get your family's pass, contact Member Services at **(844) 782-2018 (TTY: 711)** Monday through Friday from 8 a.m. to 6 p.m. CT.



Get a ride to the doctor

**Need a ride to your appointment?
We've got you covered.**

Getting to your appointments shouldn't stop you from getting the care you need. We can help you get rides to and from your medical, dental or behavioral health visits at no cost to you!

To schedule a ride, call Medical Transportation Management (MTM) at **(888) 889-0421 (TTY: 711)**, Monday through Friday, 8 a.m. to 7 p.m. CT. Be sure to call at least **three business days** before your appointment.

What you will need to schedule your trip:

- Your Medicaid ID number
- Your full name and home address (with ZIP code)
- Your provider's name, address and ZIP code
- The date and time of your appointment

Let us help you get where you need to be.
Schedule your trip today!



Update your contact information

Stay in the know with us!

Don't miss out on important updates about your Molina benefits. Keep your contact information like your phone number, email and mailing address up-to-date with both Molina Healthcare and Nebraska Medicaid. This helps you get timely information about your benefits, appointments and any changes that might affect your care or coverage.

How to update your contact information

Molina Healthcare:

- Log into your member portal at [MyMolina.com](https://www.mylolina.com)
- Call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday from 8 a.m. to 6 p.m. CT.

Nebraska Medicaid:

- Log into your iServe Nebraska account at [iServe.Nebraska.Gov](https://www.iserve.nebraska.gov)
- Call the Medicaid Eligibility Customer Service at **(855) 632-7633**, Monday through Friday from 8 a.m. to 5 p.m. CT.
 - **Lincoln: (402) 473-7000**
 - **Omaha: (402) 595-1178**
 - **TDD: (402) 471-7256**

Update your information today to keep up with important updates about your care. It's a simple step towards staying informed and empowered.



Health in every language

Language should never be a barrier

Health care should be accessible to everyone, no matter the language you speak or the format you need. If you speak a different language or need materials in Braille, large print, or audio, we can translate any of our materials into your preferred language or format.

To request materials, call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT. We will mail them to you at no cost within five business days.

Need sign language interpretation at your appointment?

We can set up a sign language interpreter, either in person or over the phone, to help during your visits. Just contact Member Services, and we'll be happy to help.

You deserve to understand your care so you can make confident health decisions. We're here to make it simpler and more accessible.

Home safety check

Simple tips to stay safe at home

Keeping your home safe doesn't have to be complicated. By making a few small changes and staying prepared, you can protect yourself, your family and your home.

Here's how:

Check your alarms regularly



Check your smoke and carbon monoxide alarms regularly to make sure they're working. If the batteries are old, replace them. These alarms can save lives by warning you early in an emergency.

Create an emergency kit



An emergency kit can help you be ready for unexpected situations. Fill it with basics like water, non-perishable food, a flashlight, batteries, a first-aid kit, and any specific items your family needs, like medicine or pet supplies. This kit can help you during a power outage or other emergency.

Stay informed during storms



Keep a weather radio at home. Choose one with batteries or a hand crank so you can hear important news if the power goes out. A portable phone charger or power bank is also a good idea to keep your phone working.

By taking these additional steps, you can help keep you and your loved ones safe at home and in the event of an emergency.





A crisp salad for sunny days

Cool off with a refreshing, healthy salad!

This delicious corn and cucumber salad is the ultimate picnic dish. It's cool, crisp and bursting with flavor. With sweet corn, crunchy cucumbers and a zesty dressing, it's the perfect way to enjoy the season's best produce.

It's also packed with nutrients. Sweet corn is a great source of fiber and antioxidants. Cucumbers provide hydration and vitamins for healthy skin, and tomatoes are rich in vitamins A and C, boosting immunity and supporting skin health.

Corn and cucumber salad

Ingredients

- 2 ears of fresh sweet corn, husked and kernels removed
- 1 large cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Salt and pepper to taste

Optional: Feta or cotija cheese for topping

Instructions:

- 1. Cook the corn:** Boil the sweet corn for 3-4 minutes, then cool and remove the kernels from the cob.
- 2. Prepare veggies:** Dice the cucumber, halve the tomatoes and chop the red onion and cilantro.
- 3. Make the dressing:** Whisk together olive oil, vinegar, honey, salt and pepper.
- 4. Assemble the salad:** Toss the corn, cucumber, tomatoes, onion and cilantro in a bowl. Pour the dressing over and mix well.
- 5. Optional toppings:** Top with crumbled feta or cotija for added flavor.

Chill before serving and enjoy with family and friends!

Tips:

- For extra crunch, try adding some diced bell peppers or a handful of toasted pumpkin seeds.
- This salad pairs beautifully with grilled meats or as a standalone light meal.



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)