

Molina's myhealthmylife[®]

A newsletter just for Molina Healthcare of Nebraska members

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healthier you

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Start the year strong with your annual checkup

Preventive care to stay healthy

The new year is a great time to put your health first. Scheduling your yearly checkup helps you stay on top of your health and catch small issues before they become big ones.



Why it matters

Regular checkups are a chance to get routine tests and talk to your primary care provider (PCP) about your health goals. You and your doctor can then make plans to keep you healthy all year long.

Stay on top of your checkups

Schedule your annual wellness checkup with your PCP. At this visit, talk about any changes to your health, habits or lifestyle. Your doctor can also help you decide if you need additional screenings and which ones are right for you.

You can ask about:

- Cancer screenings (mammograms, Pap tests or colorectal screenings)
- Chlamydia testing
- Diabetes testing and eye exams (if you have diabetes)
- Blood pressure and cholesterol checks

Need help scheduling an appointment?

Call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT. We can help you find your PCP and schedule your checkup.

Helpful tips before your checkup

- Bring your Molina ID card to your appointment
- Write down any questions or concerns you have
- Bring a list of all medicines, vitamins or supplements you take
- Know the dates of your last screenings or vaccines

Earn rewards for your annual checkup

You can earn a \$25 Healthy Reward for completing your annual checkup. To learn more about the Healthy Rewards program, visit **MolinaHealthcare.com/NEBenefits** or call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.

Steps toward a healthier you

Getting support for drug and alcohol recovery

Getting help for drug or alcohol use takes courage. It can feel hard, but with the right care and support, recovery is possible. Molina is here to help you every step of the way.

Ways to get help

- **Talk to your doctor.** Share your worries with your doctor. They can help make sure you get the care and support you need.
- **Outpatient programs.** These programs help you manage recovery while living at home. You can get support with counseling, medicine and daily struggles.
- **Inpatient programs.** If you and your doctor feel that you need more help, inpatient treatment offers care in a hospital or treatment center.
- **Support groups.** Joining a support group can offer encouragement and community from others also in recovery.
- **Counseling.** Individual or family counseling can help you handle stress, rebuild relationships and stay on track.

You can also get recovery support through our case management program. Your doctor can refer you, or you can refer yourself. To get connected to case management, call Member Services at (844) 782-2018 (TTY: 711), Monday through Friday, 8 a.m. to 6 p.m. CT.

Your covered benefits for mental health and substance abuse disorders

Molina covers many services for mental health and substance abuse disorders. You do not need a referral from your doctor to get care, but you should tell your doctor that you need help. We can help with:

- Substance use disorder (SUD) treatment
- Care management
- Counseling and therapy
- Inpatient treatment
- Managing medicines
- Certified peer support
- Day treatment

Recovery is a journey, and it's okay to ask for help. When you are ready, we can connect you with the care and support you need.

Need to talk to someone right away?

Call 911

If someone is in immediate danger or needs emergency medical help, call 911.

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**.

Get rewarded after a hospital stay

Earn a Healthy Reward for seeing a doctor within seven days of a hospital stay for a mental health or substance use disorder. This visit can be in person or virtual!

After your visit, call Member Services to let us know.



Protect little smiles

Keeping your child's teeth healthy and strong

Children need healthy teeth to eat, speak clearly and feel confident in their smile. That's why it's important to start good dental care early.

One easy way to protect your child's smile is with fluoride. Fluoride is a natural mineral that makes teeth strong and helps prevent cavities. All children should get fluoride varnishes at least twice a year. It's safe, quick and keeps teeth healthy.

Where to get fluoride

Your child's primary care dentist (PCD) can apply fluoride during a dental visit. It may also be offered at checkups with their doctor or at community events and health fairs.

Need help finding a dentist for your child?

You can find a dentist by:

- Downloading the My Molina Dental® app, powered by SKYGEN, to search for dentists near you.
- Visiting our online Provider Directory at MolinaProviderDirectory.com/NE
- Calling Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT

Good habits for healthy teeth

Practicing good daily habits helps protect your child's teeth. Encourage your child to:

- Brush twice a day with a pea-sized amount of toothpaste
- Choose water instead of sugary snacks and drinks
- Get excited to see the dentist every six months for a checkup

Supporting period care in our community

Because period products should be available to all.

Periods are a normal part of life. Still, many people cannot afford or find the items they need for their period. This can affect comfort and confidence. It can also make it hard to work or go to school.

To help, Molina has partnered with ACCESS Period. ACCESS Period is a nonprofit in Omaha that works to end period poverty. Together, we have opened a Period Cabinet at our Molina One-Stop Resource Center in Omaha.

The cabinet offers period products at no cost to anyone who needs them.

What's in the Period Cabinet?

You'll find kits with a three-month supply of period care items.

Where to find it?

Molina One-Stop Resource Center
3301 Harney St.
Omaha, NE 68131

Open Monday through Friday, 8 a.m. to 5 p.m. CT (closed from noon to 1 p.m. CT and on holidays)

Every person deserves dignity and access to essential care products. Molina is proud to help make that happen in our community.

For more information, email
NE_Comm_Eng@MolinaHealthcare.com.



More than a resource center

The Molina One-Stop Resource Center is a welcoming space where community members can learn about benefits, use computers, find local resources and now pick up period products at no cost. It's one more way we're helping meet everyday needs.

Coping with the winter blues

Support for your mental health this season.

It's normal to feel a little down when the days are shorter and colder. You might have less energy, have trouble sleeping or lose interest in things you usually enjoy. These feelings are sometimes called the "winter blues." For some people, these feelings come and go. For others, they can be heavy and hard to shake.

Take small steps that help

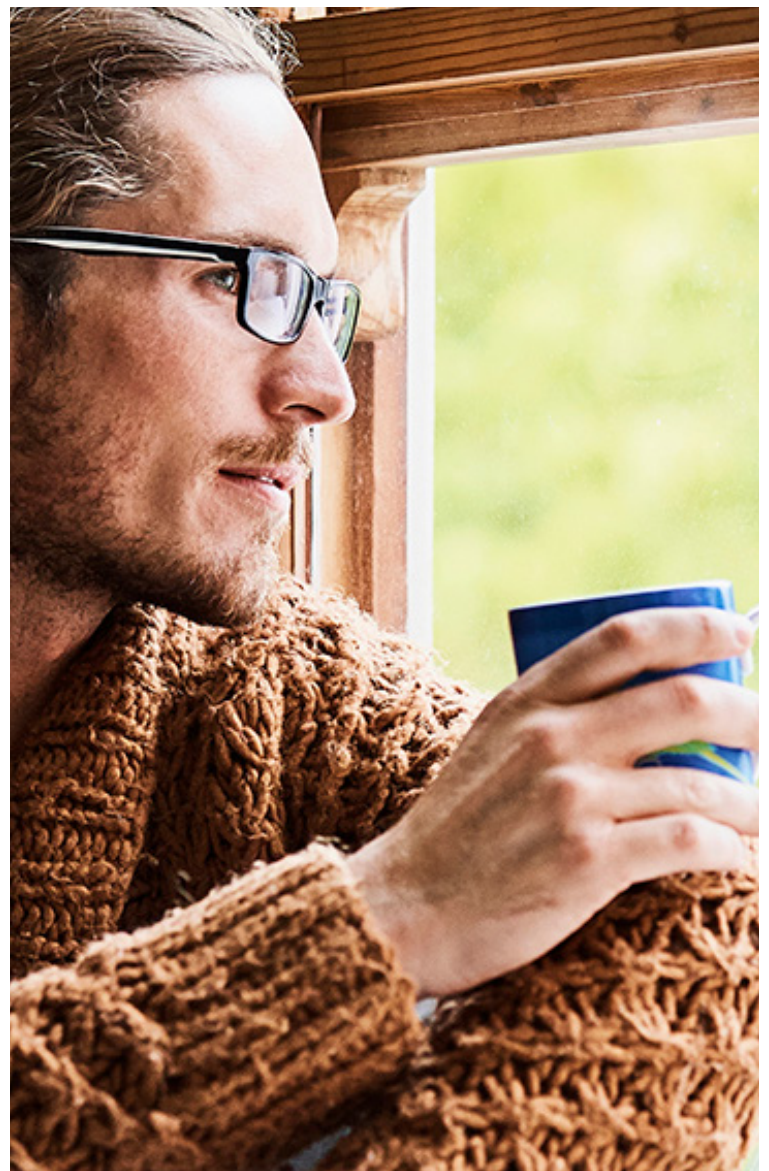
Doing little things can help improve your mood and make you feel better.

- Try to go outside or near a window for sunlight each day
- Move your body, even for a short walk or stretch
- Stay connected with people who make you feel supported
- Keep a regular sleep schedule

If feelings of sadness or worry don't go away, talk to your primary care provider (PCP) about how you feel. They can help get you the support that you need.

Need help finding your PCP? Call Member Services at **(844) 782-2018 (TTY: 711)**, Monday to Friday, 8 a.m. to 6 p.m. CT. You can also find providers by visiting our Online Provider Directory at MolinaProviderDirectory.com/NE.

Taking care of your mental health is part of taking care of yourself. You do not have to struggle alone. Help is always available to you.



Need support right away?

- Emergency medical help: Call 911 if you or someone you know is in danger and needs emergency help. This is available any time, day or night.
- Behavioral Health Crisis Line: Call **(844) 782-2721 (TTY: 711)**. Licensed clinicians are available to help 24 hours a day, 7 days a week.
- 988 Suicide & Crisis Lifeline: Call or text **988** any time, day or night to get support for you or someone you care about.

Celebrating Nebraska's youngest members

Birthday bashes brought joy to kids and families across the state



Every child deserves to be celebrated. This year, we worked with homeless shelters to bring birthday cheer to children and families without stable housing. We held birthday parties that gave families a chance to laugh, play and enjoy time together.

More than 180 children and family members joined in these celebrations across Omaha, Lincoln and Scottsbluff. Kids enjoyed fun-filled afternoons with bounce houses, snow cones, airbrush tattoos and more. Each child also received a birthday gift bag to make the day even more special.

In Nebraska, nearly one in five individuals experiencing housing instability are under the age of 19. In 2023, more than 4,600 people across the state experienced homelessness. These remind us why it matters to care for every child and make sure they feel seen and valued.

We look forward to celebrating more children and bringing joy to families, one birthday at a time.

Stay connected to learn about future events

More celebrations are on the way! Sign up for text or email updates to stay informed of our next event.

- Text JOIN to **94889**
- Log in to your My Molina® portal and update your email address

You can also follow us on Facebook at **@MolinaHealthNE** for event updates and highlights.

Share your voice at our Member Advisory Committee meeting

Help us make Molina better for you

You are invited to join our next Member Advisory Committee (MAC) meeting on Thursday, March 12, 2026.

The MAC meeting is your opportunity to learn more about your benefits and share your feedback directly with our staff, doctors and community partners. What you share helps us improve the care, programs and services we provide to you and your family.

Who can join

All Molina members ages 19 and older are welcome, including parents, guardians and caregivers.

Why you should attend

- Earn a \$25 Healthy Reward for attending
- Learn more about your Molina benefits and programs that support your health
- Share ideas to make Molina's services better for everyone
- Connect with other members and Molina staff in your community

How to attend

You can join online or in person at the Molina One-Stop Resource Center in Omaha. Meetings are available in English and Spanish.

To sign up, email NE_Comm_Eng@MolinaHealthcare.com. We will provide lunch and cover travel costs for those who attend in person.

For more information about the MAC, visit MolinaHealthcare.com/NE.



Don't forget!



Next meeting:
Thursday, March 12, 2026



Location:
Molina One-Stop Resource Center
3301 Harney St., Omaha, NE 68131



Did you know?

You can earn a \$25 Healthy Reward every time you attend a MAC meeting. Plus, if you attend all four meetings in a year, you get an additional \$25 Healthy Reward.

Stay connected with us

Get updates on your latest health plan information

Don't miss out on updates about your benefits, programs and events happening near you. By signing up for text and email updates, you can get important reminders and helpful information sent straight to your phone or inbox.



Why sign up



Stay informed about changes to your benefits and rewards



Receive updates about local events and programs



Get health tips and reminders about checkups or screenings



Learn about community resources to support your well-being

How to sign up

To get important messages from us:
Text JOIN to **94889**.

To get email updates:

- 1.** Log in to your **My Molina® portal**
- 2.** Go to the **More** menu
- 3.** Select **My Account Settings**
- 4.** Add your email under **Contact Information**

Stay informed and in control

When you stay connected, you stay informed about your care. Getting updates by text or email helps make sure you never miss reminders or information that matters to you.

Stay safe and healthy this winter

Tips to keep you and your family safe in cold weather

Cold weather can bring more than just snow and ice. It can also increase the risk of injuries, illness and other safety concerns. With a few simple steps, you can stay safe, warm and healthy all season long.

Stay warm and dress smart

When temperatures drop, wearing the right clothing makes a big difference. Stay protected when you go outside by doing the following:

- Dress in layers so you can adjust if you get too warm.
- Keep your head, hands and feet covered to prevent heat loss.
- Choose waterproof boots and gloves to stay dry in snow or slush.

Prevent slips and falls

Icy sidewalks and steps can lead to injuries. To stay steady on your feet, remember to:

- Walk slowly and use handrails when possible.
- Sprinkle salt, sand or kitty litter on icy paths to prevent falls.
- Wear shoes with good traction, especially if you use a cane or walker.

Recovery is a journey, and it's okay to ask for help. When you are ready, we can connect you with the care and support you need.

Be careful when heating your home

Heating your home safely helps prevent fires and carbon monoxide poisoning. To keep your space safe and warm, make sure you:

- Never use your oven to heat your home.
- Keep space heaters at least three feet away from anything that can burn.
- Have smoke and carbon monoxide detectors with working batteries.



Take care of your health

Cold weather can worsen some health conditions, such as asthma or heart disease. To stay well through the winter, try to:

- Keep up with your medications and refill them before bad weather hits.
- Wash your hands often to prevent illness from viruses.
- Avoid shoveling heavy snow if you have heart disease or high blood pressure. Ask a neighbor, family member or local service for help instead.

Get care even when it's cold out

When it's too cold to leave your home, you can still see a doctor. For non-emergencies, use Teladoc to speak with a doctor any time, day or night. Visit [TeladocHealth.com/Molina](https://www.TeladocHealth.com/Molina) or call **(800) 835-2362** anytime, day or night.

For serious or life-threatening emergencies, call **911** right away.

Early detection saves lives

Regular cancer screenings help protect your health and your future

Getting screened for cancer is an important step in caring for your health. Many cancers can be treated more easily when they are found early, before symptoms appear. Screening is a simple step that can make a big difference for you and your loved ones.

Why screening matters

Cancer screenings can find changes in your body before they turn into something serious. Finding cancer early can mean more treatment options and better results. Talk with your doctor about which screenings are right for you based on your age, health and family history.

Recommended cancer screenings

- **Breast cancer (mammogram):** Women ages 40 and older should get a mammogram every year.
- **Cervical cancer (Pap test):** Women ages 21 to 64 should get a Pap test at least every three years.
- **Colorectal cancer:** Adults ages 45 to 75 should get regular screenings. Your doctor can recommend the best test for you.
- **Prostate or lung cancer:** If you smoke or have a family history, ask your doctor if these screenings are right for you.

Preparing for your screening

A little preparation can help you feel confident ahead of your screening. Here are a few steps you can take to help things go smoothly:

- Ask your doctor which screening is right for you and how often you should get it.
- Follow any instructions about eating, drinking or medicines before your appointment.
- If you are nervous or unsure, talk with your doctor about what to expect.
- Plan ahead for transportation if you need someone to drive you home after your screening.

Early screenings can make a difference. Call your doctor to schedule your next appointment and learn what screenings you may need.

Earn rewards for your screenings

You can earn Healthy Rewards for completing certain cancer screenings.

- Mammogram (Breast cancer screening): Women 40-74 years old can earn a \$25 Healthy Reward
- Pap test (Cervical cancer screening): Women 21-64 years old can earn a \$25 Healthy Reward

Learn more ways to get rewarded by visiting MolinaHealthcare.com/NEBenefits. You can also call Member Services at **(844) 782-2018 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m. CT.

Out of town for the holidays?

How to get care when you're away

If you're traveling this holiday season, it's important to know how to get care when you need it.

Get virtual care using Teladoc. Teladoc is an easy way to speak to a doctor using your phone or mobile device. You can get care for common illnesses like the flu, allergies or stomach issues. Doctors can diagnose, treat and prescribe medicine, if needed. To get started, visit TeladocHealth.com/Molina or call (800) 835-2362 any time, day or night.

If you are traveling within Nebraska and need in-person care, find a provider in our network by visiting our online Provider Directory at MolinaProviderDirectory.com/NE. You can also call Member Services for help at (844) 782-2018 (TTY: 711), Monday to Friday, 8 a.m. to 6 p.m. CT.

Need care after-hours?

If you need after-hours care, visit an urgent care center. An urgent care center can help with non-emergency issues like severe cold or flu symptoms, ear pain, minor wounds and many other health problems.

Getting care outside of Nebraska

Molina only covers emergency care outside of Nebraska. If you have a medical emergency while traveling, you should:

- Call 911 or go to the nearest emergency room.
- Show your Molina member ID card and your Nebraska Medicaid card.
- Contact us as soon as you can so we can help you schedule any follow-up care with a provider in our network.

If you receive a bill for out-of-state emergency care, call Member Services at **(844) 782-2018 (TTY: 711)**, Monday to Friday, 8 a.m. to 6 p.m. CT. We will work with the provider to resolve the bill.

Need help deciding where to go?

Call our Nurse Advice Line at **(844) 782-2721 (TTY: 711)**. Nurses are available anytime, day or night, to help you figure out the type of care you need.

Get care anywhere with Teladoc

When you're away from home, Teladoc is a convenient way to speak to a doctor using your phone or mobile device. You can get care for common illnesses like the flu, allergies or stomach issues. Doctors can diagnose, treat and prescribe medicine, if needed.

To get started, visit TeladocHealth.com/Molina or call **(800) 835-2362** any time, day or night.

Reset your routine after the holidays

Small steps make a big difference

After the holidays, it's common to feel tired or off track. Between busy schedules and cold weather, taking care of yourself can feel hard, but getting back into healthy habits doesn't have to be complicated.

Start with small changes:

- ✓ Eat balanced meals that include fruits, vegetables and protein.
- ✓ Drink more water throughout the day.
- ✓ Set a bedtime that helps you get 7-8 hours of sleep.
- ✓ Move your body daily, even if it's just a short walk or stretch.

If you need help staying motivated, make a simple plan. Write down one goal each week. For example, "stretch first thing in the morning" or "take a 15-minute walk after lunch." Small actions add up to better energy, mood and overall health.

Need help making healthy plans?

Your doctor can help you make a plan that fits your health needs. Find a provider at MolinaProviderDirectory.com/NE or call Member Services at **(844) 782-2018 (TTY: 711)**, Monday to Friday, 8 a.m. to 6 p.m. CT.



Eat comfort in a bowl

A simple chili recipe to warm your winter days

Chili is a hearty winter meal that's full of flavor and nutrition. It provides protein from beans and lean meat, fiber to keep you full and plenty of vitamins from vegetables. With just one pot and a few simple ingredients, you can create a warm, comforting meal for the whole family to enjoy.

What you'll need

- 1 pound ground turkey or lean beef
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 small onion, chopped
- 1 packet chili seasoning or 2 tablespoons chili powder
- 1 cup water
- Optional toppings: shredded cheese, diced onion or a spoonful of plain yogurt

How to make it

1. In a large pot, cook the meat and chopped onion over medium heat until browned. Drain extra fat if needed.
2. Add the beans, diced tomatoes, chili seasoning and water. Stir well.
3. Bring to a boil, then reduce the heat and simmer for 20 minutes.
4. Taste and add salt or pepper if needed.



Make your chili stretch

- Serve over rice or baked potatoes to feed more people.
- Freeze leftovers for an easy meal later in the week.
- Add extra vegetables like corn, carrots or bell peppers.



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)