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Nebraska Total Care is one of the three Managed Care Organizations (MCOs) which operate under Heritage Health, Nebraska's new Medicaid program. When an individual applies for Medicaid, and if found eligible, he or she chooses one of the three MCOs with which to enroll.

Nebraska Total Care provides health insurance for physical, behavioral, vision, and pharmacy needs. Heritage Health members also receive dental coverage through the state. Nebraska Total Care members specifically also receive the following value-added benefits:

- No co-pays
- A rewards program for completing healthy behaviors
- A free trial membership to the YMCA
- A free Weight Watchers membership for those who qualify
- A free Boys & Girls Club membership
- Electronic breast pumps at no cost to new mothers

Behavioral health services covered include counseling/therapy, substance use treatment, psychiatry, medication management, and psychological testing. For a complete list, please visit <https://www.nebraskatotalcare.com/members/medicaid/benefits-services/benefits-overview.html>.

Additionally, Integrated Case Management is available to all members at no cost, for both physical and behavioral health conditions. Members themselves can request case management, and referrals from providers, schools, and family or friends are also welcome. A referral can be made by calling 1-844-385-2192, and selecting option "3". Case Managers assist members to manage their health care, identify providers, navigate the complex systems and language of insurance, and they offer support.

There are many providers who help students with depression, anxiety, bullying and all of the other challenges that youth may encounter daily. Nebraska Total Care can help to identify someone in your community who understands your situation. Additionally, many students also live with diabetes, asthma, and severe allergies, and Case Managers can assist in establishing healthy behaviors to manage these conditions, as well as identifying specialists to help treat them.

Open Enrollment happens annually – this is a time when all Heritage Health members can switch plans if they so choose. This year, Open Enrollment will be November 1 – December 15.

For questions related to outreach and plan education, please contact:

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