

Keep in Shape with Your Children

What is a healthy habit that will make you and your child feel and look better? Exercise!

Being active can prevent medical problems, such as heart disease and diabetes. So, try to exercise most days of the week. Exercise 20 to 30 minutes at a time. Or break it up into shorter time periods that add up to 20 to 30 minutes daily.

Here are some activities you can do with your children to make exercise part of your daily routine:

- Listen to your favorite music and dance or jump rope to the beat.
- Follow an exercise program on tele-vision daily.
- Do household chores together to music. Sweep and mop the floor, vacuum the carpet, or wash the windows.
- Count and see how long you and your child can stretch out and strengthen your muscles. Your child should not hold the stretch for more than 30 seconds.

- Do sit-ups, pull-ups, push-ups, and jumping jacks. But be sure to warm up your muscles first with light activity or movement.
- Lift light weights of 1 to 2 pounds. This is best for children age 11 and older.
- Walk at a fast pace up and down an apartment hallway.

Always make sure your child will not get hurt when you exercise. For example, remove throw rugs or other tripping hazards when you work out at home.

Start slowly and build up your activity level gradually. Choose exercises that will make you sweat and breathe hard, but do not overdo it. You should be able to talk when you are exercising.

Remember to drink plenty of fluids before and after you exercise. And have fun keeping in shape!



Dear Molina Member,

Are you concerned about your weight? Have you wondered whether you were eating properly? Is proper nutrition and exercise one of your new year's resolutions? If so, we can help. Molina has partnered with CalorieKing to bring you an online weight and proper nutrition management program!



What do I get out of it?

- 12-week membership in the online CalorieKing Club at no cost to you.
- A diet plan where you set your weight loss goals according to your age, height and weight.
- Effective tools to help you record your daily food intake, exercise properly, and
- achieve your weight loss goals.
- A 12-week online course that will increase your understanding of proper nutrition and help you maintain an active lifestyle. You will also learn behavior change techniques that will help you to lose weight and keep the weight off.
- Online support 24 hours a day, 7 days a week from friends going through what you are going through.
- Incentive items to help you reach your weight loss goal

What if I don't have Internet access? Don't worry. You still can participate in our program by:

- Calling and talking to a registered dietician
- Enrolling in our disease management program and you will receive a healthy weight kit
- Receiving incentive items to help you reach your weight loss goal

If you are interested please call us at 1(800) 526-8196 ext.127532 to get your online membership or your healthy weight kit to get you started on your new year's resolution and a healthier you.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact UM staff about a UM issue or question
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-580-2811. Your member handbook is also a good resource. You can find it on our website.

Health & Family is developed by Molina Healthcare, Inc.

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Anti-Fraud Program



Over 8.3 million Americans were the victims of identity (ID) theft in 2005. This number is going up.

Bad things can happen when a thief steals a person's health card. Taxes can go up to pay for programs like Medicaid. Thieves can take your personal information. They will use this information to open credit cards or loans. This can ruin your credit.

You need to know how to protect yourself. You should only show your health card to places where you get medical care or services. Let Molina know if your address has changed. This way we do not send your mail to the wrong place. This can stop your information from getting in the wrong hands. Put your documents in a safe place. Shred your documents if you do not need them anymore.

What do you do if you think someone has stolen your ID? You can take these steps:

1. Call and report it. Call the three consumer reporting companies:
 - Equifax: 1-800-525-6285, www.equifax.com, P.O. Box 740241, Atlanta, GA 30374-0241
 - Experian: 1-888-EXPERIAN (397-3742), www.experian.com, P.O. Box 9532, Allen, TX 75013
 - TransUnion: 1-800-680-7289, www.transunion.com, Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790

2. You can file a complaint. Call the Federal Trade Commission at 1-877-ID-THEFT (438-4338), TTY: 1-866-653-4261. You can also write them at Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania NW, Washington, DC 20580.

Do you think someone has stolen or is using your health card? Call or write Molina at:

Anti-Fraud Program Manager
Molina Healthcare of New Mexico
 P.O. Box 3887
 Albuquerque, NM 87190
mhnm.compliance@molinahealthcare.com
 Toll-Free: (800) 827-2973
 Fax: (505) 346-4360

Or, call and write:

Medical Assistance Division
Quality Assurance Bureau
 P.O. Box 2348
 Santa Fe, NM 87504-2348
 Local in Santa Fe: (505) 827-3100
 Toll-Free: (888) 997-2583

Make Your Home Safe for Children

To make your home a safer place for your family, here are a few tips:

Throughout Your Home

- Put in window guards to prevent falls.
- Keep cords from curtains, drapes, and blinds out of reach.
- Cover unused electrical outlets with child-proof plug protectors.
- Store plastic bags where your kids cannot get to them.
- Place household cleaners, toxic chemicals, and cosmetics out of reach.
- Put child-proof safety latches or locks on all cabinets and drawers.
- Place electrical cords out of reach.
- Set the hot water heater at no more than 120 degrees Fahrenheit.

In Your Kitchen

- Turn pot handles toward the back of the stove when cooking.
- Keep matches, knives, and other sharp objects out of children's reach.
- Post the phone number for your doctor and the poison control center.

In the Living or Family Room

- Cover sharp-edged furniture, such as coffee tables, with corner and edge bumpers.
- Place plants where children cannot reach them.
- In Your Child's Bedroom
- Use a crib with a tight-fitting mattress and slats no more than 2 3/8 inches apart.
- Remove toys, pillows, and stuffed animals from the crib when your baby is able to push up on hands and knees. Your baby could step on these items and climb out of the crib.

In the Bathroom

- Make sure all medications have child-proof caps. Store medications in their original containers.
- Unplug appliances, such as hair dryers, when you're not using them. Keep them out of kids' reach.



Questions about your health? Call Our Nurse Advice Line!

1-888-275-8750 English
 1-866-648-3537 Spanish

OPEN 24 HOURS!
 Your family's health is our priority!

For the hearing impaired please call
 TTY/866-735-2929 English
 TTY/866-833-4703 Spanish