Monthly Topics for December 2021

All "Just the Fax" publications are available on Molina Healthcare's website via this link
https://www.molinahealthcare.com/providers/mi/medicaid/comm/Pages/provmailings.aspx

December Behavioral Health Wellbeing

An important part of overall health and well-being is Mental Health. Mental health includes:

- Emotional
- Psychological
- social well-being

Mental health is important at every stage of life as well as every aspect. Although the mind and body are often viewed as being separate, mental, and physical health are closely related. Here are some ways to take care of yourself physically and mentally:

- **Get regular exercise.** Exercise is important for keeping physically fit, but it can also help improve your mood. A daily 10-minute walk may increase your mental alertness leaving you energetic and in a good mood.
- **Eat a proper diet.** A diet high in fruits and vegetables and low in processed sugars or fats can make you feel better physically and mentally. Consider working with a qualified nutritionist to help you create a diet plan customized according to your needs.
- **Avoid alcohol and drugs.** Although drinking and smoking may make you feel better in the short term, they can have a negative effect on both your physical and mental health.
- **Get enough sleep.** A good night's sleep is around seven to nine hours for adults. You can also take a 30-minute nap during the day to feel more alert.
- **Try relaxation techniques**. Meditation, deep breathing, and focusing your thoughts can all help when you are feeling stressed.
- **Develop good mental practices.** Try to focus on positive emotions and events rather than negative ones.
- **Seek help from others.** Talking with friends or family members can help you feel less stressed. Getting others to help with difficult situations can also reduce the burden you feel.

You can reference Molina's Behavioral Health Toolkit on Molina's website at
https://www.molinahealthcare.com/providers/mi/medicaid/resource/bh_toolkit.aspx

If you or someone you know is struggling with Mental Health concerns, below are links to guide them to the help they may need.
MDHHS - Get Help Now -Behavioral Health (michigan.gov)
Mental Health (cdc.gov)
National Suicide Prevention Lifeline at 1-800-273 TALK(8255) or https://suicidepreventionlifeline.org/

Supplemental Data HEDIS 2021

As 2021 is ending, a gentle reminder that the deadline to submit supplemental data is January 15, 2022 to count towards the 2021 HEDIS measurement year.

The deadline for claims and EMR/Registry data exchange is March 31, 2022 to count towards the 2021 HEDIS measurement year. Supplemental data may be submitted to Molina through the following methods:

- Fax Medical Record to: (888) 336-6131
- Email Medical Record to: HEDIS_SDS@MolinaHealthcare.com

Availity

There is a handout with the addition of how to Add Attachments during claims entry. Molina encourages all providers to go to the Availity Learning Center to access trainings and handouts as well as some great recorded webinars, demos, etc.
In Availity Portal, select Help & Training > Get Trained and then search the ALC catalog by keyword 'Molina' to quickly locate and enroll for courses you're interested in.

Model of Care

Friendly reminder, please complete your Model of Care training.

Thank you for all you do for our patients and partnering with Molina Healthcare of Michigan!