

Molina's myhealthmylife

Health and Wellness Newsletter

Spring 2026

WHAT'S INSIDE

Get moving and spring
into action

2

Spring allergies: simple
ways to feel better

3

Simple ways to avoid
tick bites

4

Mental health check-in

5

Preventive care and
immunizations

6

Black maternity week:
why it matters

9

There's no place like
a medical home

10

Get your digital
ID card

11

To get this information in your preferred language or accessible format, please call Member Services.

The number is on the back of your member ID card.



Get moving and spring into action

As the days grow longer and the weather warms up, spring is a great time to start moving again after a long winter. Cold weather can keep us indoors and sitting more than usual. With sunshine and fresh air, it becomes easier—and more enjoyable—to be active.

Why move more in the spring?

Being active helps both your body and your mind. Spending time outdoors can boost your mood, reduce stress, and help you feel more energized. Simple movement also supports heart health, builds strength, and helps you feel more confident.

Easy ways to get started

You do not need special equipment or a strict workout plan. Small steps can make a big difference.

- **Start small:** Try moving for 10 to 15 minutes a day.
- **Go for a walk:** Walk in your neighborhood, at a park, or take the stairs instead of the elevator.
- **Try biking:** Ride with family or friends and explore new places.
- **Get into gardening:** Planting flowers, pulling weeds, and watering plants help keep your body moving and reduce stress.
- **Make it social:** Invite a friend or family member to join you—it's easier to stay active together.

Helpful tips

Remember to drink water before and after moving, choose a safe path or space you enjoy, and wear comfortable shoes. Celebrate small successes and keep going at your own pace.

Becoming active does not have to be hard. Small choices each day can lead to a healthier lifestyle. Spring is the perfect time to enjoy the outdoors and take care of your body—one step at a time.

Spring allergies: simple ways to feel better

As spring brings warmer weather and more time outdoors, some people may also notice the return of seasonal allergies. Seasonal allergies can cause sneezing, a runny or stuffy nose, itchy eyes, and feeling tired. The good news is there are simple steps you can take to feel better.

Know your triggers

Spring allergies are often caused by pollen from trees, grass, and weeds. Dust, pet hair, and mold can also make symptoms worse. On days when pollen levels are high, allergy symptoms may increase.

Try this:

- Check daily pollen levels in your local weather report
- Limit time outdoors when pollen counts are high
- Keep windows closed at home and in the car
- Shower and change clothes after being outside to wash away pollen

Everyday habits that can help

Small changes at home and in your daily routine can make a big difference.

- Clean and dust your home often
- Change air filters regularly
- Use an air purifier if you have one
- Wash your hands after being outside
- Shower before bed to keep pollen off your bedding
- Use allergy-friendly covers for pillows and mattresses if needed



Medicines and other relief options

Over-the-counter allergy medicines, such as antihistamines and nasal sprays, can help relieve symptoms like sneezing and itchy eyes. Some work best when taken before symptoms get worse. Always follow the directions on the label. If you have other health conditions or take other medicines, talk to your doctor or pharmacist before starting a new allergy medicine.

Other ways to feel better include:

- Saline nasal rinses
- Drinking plenty of water
- Eating healthy foods like fruits, vegetables, whole grains, and lean proteins
- Staying active, managing stress, and getting enough sleep



When to get more help

If allergy symptoms last most days of the week, do not improve with medicine, or cause trouble breathing, talk to your doctor. An allergy specialist can help find what triggers your symptoms and recommend the right treatment.

Seasonal allergies are common, and you're not alone. With a few simple steps and the right care, you can breathe easier and enjoy the spring season.

If you have questions or need health advice, call **Molina Healthcare's Nurse Advice Line**, available 24 hours a day.



Simple ways to avoid tick bites

As you spend more time outdoors, it is also important to take simple steps to protect yourself from tick bites. Ticks are tiny bugs that can bite people and animals. Some ticks can carry Lyme disease, which can make you very sick if it's not treated. The good news is there are simple ways to protect yourself when spending time outdoors.

Ticks are often found in:

- Tall grass
- Bushes
- Wooded areas
- Leaf piles

How to protect yourself

- Stay on clear paths when walking or hiking
- Wear long sleeves, long pants, and closed-toe shoes
- Choose light-colored clothing so ticks are easier to see
- Use insect repellent on skin and clothing

Check for ticks after being outside

Look behind your knees, around your waist, under your arms, and in your hair and scalp. Be sure to check children and pets, too.

If you find a tick

Use clean tweezers to grab the tick close to your skin and pull it out slowly. Wash the area with soap and water.



When to call your doctor

Call your doctor if you feel sick after a tick bite or time outdoors, especially if you have a fever, rash, feel very tired, or have joint pain. Lyme disease can be treated, and early care works best.

Mental health check-in

Support Starts Early

This spring, focus on caring for your mental health before problems feel overwhelming.

Many of us wait until we feel worn out or stressed before we ask for help. We may wait until stress feels too heavy, sleep becomes hard, or our mood feels low. But mental health works best when we take care of it early—just like we have to with our physical health.

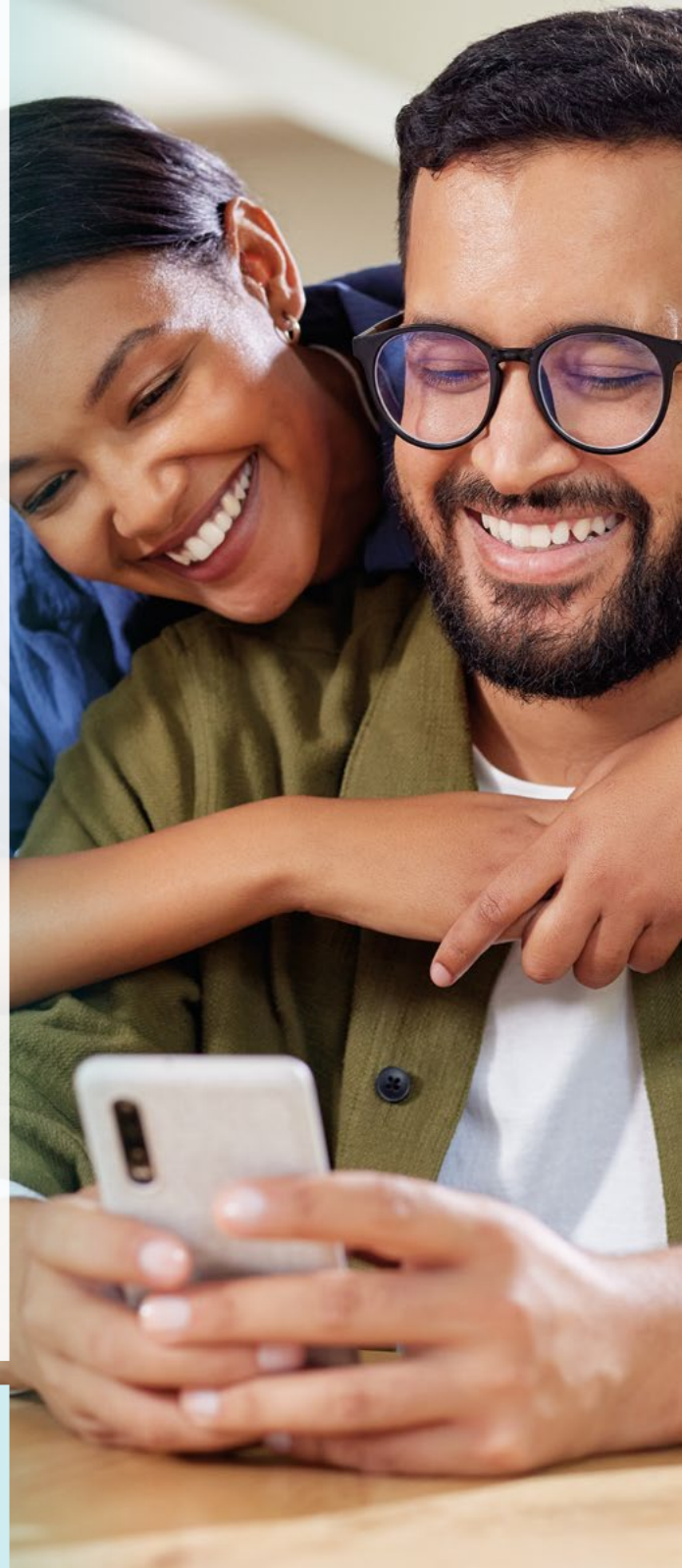
Spring is a good time to pause and check in with yourself. Ask yourself:

- Am I feeling more tired than usual?
- Does something feel harder than it should?
- What small change could help me feel better right now?

Taking care of your mental health does not have to be a big change. Small steps can help, such as:

- Going to bed earlier to protect your sleep
- Saying no to one extra task when you feel stretched
- Reaching out for support before stress builds up
- Giving yourself a break when motivation feels low

You do not have to wait until you are in crisis to ask for help. Caring for your mental health is about checking in early and often. If you have been doing your best to hold it all together, this is your reminder—you deserve support.



To learn about the mental health services available to Molina members, [click here](#).

If you need help finding a mental health provider, call Member Services at **(888) 665-4621**.

Preventive care: stay healthy before problems start

Preventive care helps you stay healthy by finding problems early—before they become serious. Many health concerns start slowly and may not cause pain or symptoms right away. That is why regular checkups and screenings are important.

Preventive care works best when it happens early. Early care is often simpler, less stressful, and leads to better health outcomes.

What you can do

- Pay attention to small changes in how you feel, such as low energy, poor sleep, stress, or new aches.
- Schedule a routine visit with your Primary Care Provider (PCP), even if nothing feels urgent.
- Stay up to date with recommended health screenings based on your age and health needs.
- Talk with your PCP about a care plan that fits you.

Getting care early can help prevent health problems from becoming harder to manage later.

Common Preventive Screenings

Your doctor may recommend different screenings based on your age, gender, family history, and health risks. Below are general guidelines:

- **Blood pressure:** starting at 3 years old
- **Cholesterol:** at every well visit for those with increased risk of heart disease and at least every 6 years for healthy adults
- **Blood sugar (diabetes):** Every 3 years starting at age 45, or earlier if at risk
- **Breast cancer (mammogram):** Every 1–2 years starting at age 40
- **Cervical cancer (Pap/HPV):** Starting at age 21
- **Colorectal cancer:** Starting at age 45
- **Prostate cancer:** Talk with your doctor starting at age 50
- **Skin checks:** Check your skin often and see a provider yearly if at risk



**Your PCP can help you
decide which screenings
are right for you.**



Immunizations are part of preventive care

Immunizations (also called vaccines or shots) are an important part of preventive care. They help protect your body from serious diseases before you get sick.

Each vaccine protects against a different disease, such as measles, flu, or COVID 19. Vaccines help keep you, your family, and your community healthy.

- **Children** need vaccines to stay healthy and to be ready for school.
- **Adults** need vaccines as they age or based on their health, job, or travel.

Talk with your doctor about which vaccines you and your children need.

Recommended vaccines are covered at no cost to you.

Shots children need

Vaccine	When they need them
Hepatitis B (HepB)	Birth; 1–2 months; 6–18 months
Rotavirus (RV)	2, 4, and 6 months
DTaP	2, 4, 6 months; 15–18 months; 4–6 years
Hib	2, 4, 6 months; 12–15 months
Pneumococcal (PCV13)	2, 4, 6 months; 12–15 months
Polio (IPV)	2, 4, 6–18 months; 4–6 years
Flu	Every year starting at 6 months
MMR	12–15 months; 4–6 years
Varicella (Chickenpox)	12–15 months; 4–6 years
Hepatitis A	12–23 months (2 doses)
Tdap	11–12 years
HPV	9–14 years (2 doses); 15+ (3 doses)
Meningococcal	11–12 years; booster at 16



Shots adults need

Vaccine	When they need them
COVID-19	1 or more doses each season
Flu	Every year
RSV	Adults 60+; pregnancy weeks 32–37
Tdap/Td	Once, then every 10 years
MMR	Adults without immunity
Varicella	Adults without immunity
Shingles (Zoster)	Adults 50+ (2 doses)
HPV	Ages 19–26; 27–45 discuss with doctor
Pneumococcal	Adults 50+ or with risk conditions
Hepatitis A & B	Based on age and risk
Meningococcal	Adults with certain risk factors
Polio (IPV)	If needed for travel or exposure



Need help?

Talk with your child’s Pediatrician or your Primary Care Provider about the right screenings and vaccines for you and your family.

If you need help finding a provider, call **Member Services**. The phone number is on your Member ID card.

Black maternity week: why it matters

Black maternity week is April 11 to 17. Many Black women face serious health risks during and after pregnancy. This week reminds us to listen, support and protect Black moms so they get the care they need.

Why these problems happen

- Many Black women do not get fair or quality care.
- Some moms are not listened to when they say something is wrong.
- Some moms live far from medical care or face stress from unfair treatment.

Hear Her Campaign

The CDC's **Hear Her Campaign** teaches us to listen when pregnant women say something feels wrong. The campaign teaches us the warning signs to watch for and asks moms to speak up and get help right away.

Black Mamas Matter Alliance

The **Black Mamas Matter Alliance (BMMA)** is a group led by Black women. They work to make sure Black moms have the rights, respect and resources they need to stay healthy.

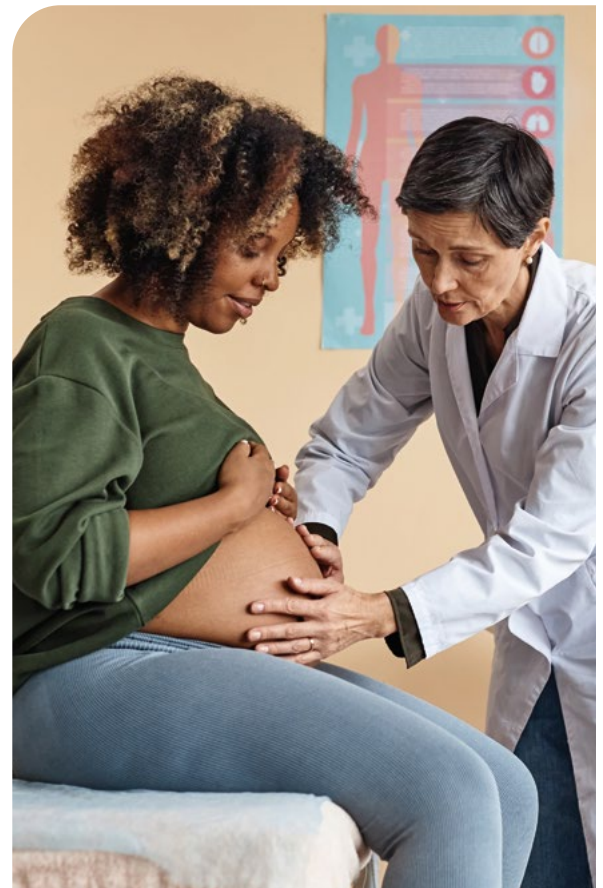
BMMA:

- Teach families about their health and rights
- Supports community programs
- Asks for better health laws
- Shares information so moms feel heard

Why this month matters

Black moms deserve safe, high-quality care. Listening to moms saves lives. Together, we can help every Black mom get the care she deserves.

Pregnant and postpartum moms may also get support from a doula, a trained support person who offers emotional, physical, and informational help during pregnancy, birth, and after delivery. For support or to learn more email us at MHCDoulaSupport@Molinahealthcare.com or call our **Healthy Beginnings Pregnancy Program** at (866) 891-2320.



Did you know?

Black women are **three times more likely** to die from problems related to pregnancy than white women, according to the **Centers for Disease Control and Prevention (CDC)**. Most of these deaths **can be prevented**.

There's no place like a medical home



One of the best ways to stay healthy is to have a primary care provider (PCP). Your PCP is the main doctor who gives you most of your care and helps you when you need services. Your PCP learns your health history and knows what care is right for you.

Think of your PCP as your “**medical home.**” It’s the place that knows you best!

Your to-do list:



Choose a PCP

- Your PCP information is available in your member portal and may also appear on your member ID card.
- If you want a different doctor, you can:
 - Go to your member portal at [MyMolina.com](https://www.myl Molina.com)
 - Log in to your My Molina® mobile app.
 - Call Member Services at **(888) 665-4621**.



Choose a PCP you can trust

- Pick a PCP you feel safe and comfortable with.
- Talk openly with your PCP so they can give you the best care.
- **Example:** If you feel nervous with a doctor, choose someone who listens and explains things in a calm and simple way.



Set up a “well visit”

- Make an appointment even when you are not sick.
- This helps your PCP learn your health history and your long-term goals.



Get your digital ID card

The fastest way to get your member ID card is online. You don't need to call us or wait for the mail. Get your digital ID card anytime, anywhere through the My Molina® mobile app or My Molina® member portal.

On the My Molina® member portal

- Go to [MyMolina.com](https://www.myl Molina.com) and log in.
- Click on **My ID Card** at the top of the page.
- See your ID card right away.

Note: You can also print it or ask for one by mail.

On the My Molina® mobile app

- Download the free My Molina app from the [Apple App Store](https://www.apple.com/app-store) or [Google Play](https://www.google.com/play).
- Log in to the app.
- Tap the **ID Card icon**.
- See your ID card right on your phone.

Note: You can print it, share it or ask for one by mail. You can also save your ID card to your digital wallet, like Apple Pay or Google Pay, so it's easy to find.

Tip:

You can still use your paper member ID card. But digital ID cards are fast, simple and always with you! You can also get your ID card using our quick self-service phone or chat options.

Need a phone?

See if you are eligible for the FCC's Lifeline benefits! Visit [TruConnect.com/Molina](https://www.TruConnect.com/Molina) to sign up or call **(844) 700-0795 (TTY: 711)** to learn more!

