



Molina Healthcare Your Quick Start Guide

A helpful guide to get started: Learn what to do now to get the most from your health plan.



Here is your Quick Start Guide!

We understand that joining a new health plan comes with a lot of new information. Follow this guide to learn what to do first to get the most out of your Molina benefits and start your health journey with confidence.

What you'll find here



Meet your onboarding team



Details about your important New Member Welcome Call



How to find providers and medications



Where to access care



How to maximize your supplemental benefits



How to earn and use rewards



How to sign up and use your secure My Molina member portal



A list of important vendor phone numbers

In many cases, you have a choice to watch a helpful video to learn even more!

Meet Your Onboarding Team

It is important to start your health journey off on the right foot. At Molina, you have a team of healthcare professionals who can help you get the care you need.

Molina Care Connections

Care Connections is a Molina team of advanced nurse practitioners that help manage your health by meeting you where you are. We offer both in-person appointments and telehealth video calls, as well as annual wellness visits and medication reviews.

Concierge

Our friendly and knowledgeable Medicare Concierge onboarding team will give you a Welcome Call to help you start using your benefits and answer questions about your new Molina plan.

Case Management

Molina Healthcare provides a Case Management (CM) program to help navigate your health journey and arrange for specialized services to meet your healthcare needs.

Your Welcome Call

On your New Member Welcome Call, we will help you with:



Your plan and coverage

- Explain your new benefits and how to use them



Your doctor

- Confirm that your primary care provider (PCP) and other providers are covered in your network
- Help you schedule your first appointment



Your prescriptions

- Ensure we cover the prescriptions that you take
- Talk about what to do if your medications are not covered



Your healthy rewards

- Explain how you can earn rewards for completing healthy activities



Schedule your visit with Molina Care Connections

During your Welcome Call, we can schedule a telehealth or in-person visit with a Molina Care Connections advanced nurse practitioner. When you have your Care Connections visit, expect to:

- Review your health history and have an **annual wellness visit**. This visit is at no additional cost to you. Completing this visit also qualifies you for rewards.
- Learn about your medications and answer questions about them. Although we cannot prescribe you new or existing medications, we will work with your PCP if any changes are needed.
- Address chronic illnesses such as high blood pressure (hypertension) or diabetes by completing any relevant tests or exams
- Arrange for any other tests if you need them and help you set up transportation, education, or help at home
- Create a plan of care to make sure you get the help and services you need
- Find or change your PCP if necessary, and schedule a visit and set up transportation if needed
- Get help setting up online resources such as the My Molina portal

We share the information from this visit with your doctor so they can help you get the best care.

If you have any questions about your Care Connections visit, call us at (844) 491-4763 (TTY: 711). You can also visit [MolinaCC.com](https://www.molinahealthcare.com) to learn more. We would be happy to help you!

Finding Providers and Medications



Review your Evidence of Coverage (EOC) for information about your benefits and services, who to contact when you need information, and more.



Find doctors, pharmacies, and other providers on our **Provider Online Directory**. This tool lets you look for providers by name, specialty, what languages they speak, or how close they are to you. Visit our website at [MolinaHealthcare.com](https://www.molinahealthcare.com) or your My Molina portal.



Find out if your drug is covered. Our list of covered drugs (Formulary) tells you which drugs your plan pays for along with any rules or special requirements. You can find the formulary and your prescription drug benefit information on our website. Visit [MolinaHowDoI.com/MyMeds](https://www.molinahealthcare.com/MyMeds) for more information.

Getting medication refills

- **Use network pharmacies for the best cost:** If you need to refill medications, be sure you are using one of our network pharmacies by visiting the My Molina portal.
- **Plan ahead:** If your medication is currently with a different pharmacy, talk to your pharmacist or PCP about transferring your medication. Make sure to allow time for the transfer so you don't run out of your medication.
- **Take fewer trips to the pharmacy:** Many medications are eligible for 100-day refills at the same copay as 90-day refills at all in-network pharmacies or through mail order. Talk to your PCP about if this is an option for you.

On the My Molina portal, you will also find a direct link to [CVS.com](https://www.cvs.com) to see your medications. Using this link, [CVS.com](https://www.cvs.com) will recognize your sign-in information.

Unlock the full potential of your supplemental benefits

You will receive your **white supplemental benefits card**, called MyChoice in the mail. You can use this card for benefits such as over-the-counter (OTC) supplies, transportation, SSBCI healthy food and produce, and to redeem your rewards.

Know where to go for care

For a non-emergency, you have choices to access care
 Watch the access to care video at MolinaHowDol.com/accesscare



If you are experiencing a life-threatening condition, call 911 immediately or go to the nearest emergency room. This includes things like chest pain, trouble breathing, fainting, uncontrolled bleeding, seizures, or a serious accident.

You have many options for non-emergency care. Watch the access to care video at MolinaHowDol.com/accesscare for more information.

Urgent Care

Urgent care is best for issues that are not life-threatening but cannot wait until the next day. Go to a nearby urgent care for things like:

- | | |
|------------------------|-------------------------------------|
| • Cold or flu symptoms | • Ear pain |
| • Sore throat | • Sprains, strains, or deep bruises |
| • Stomach flu or virus | • Wounds that may require stitches |

24-Hour Nurse Advice Line (866) 472-0601 (TTY: 711), 24 hours a day, 7 days a week

Need help deciding where to go for medical care? Our 24-Hour Nurse Advice Line is here for you! Our nurses can:

- Answer questions to help you handle routine health problems at home
- Set up a telehealth appointment with our Care Connections advanced nurse practitioners
- Find the nearest urgent care center or recommend further treatment

Get rewarded for staying on top of your health

It is very important to see your primary care provider (PCP) to check in on how you are doing, make sure your medications are working well, and get advice to stay on top of your health.

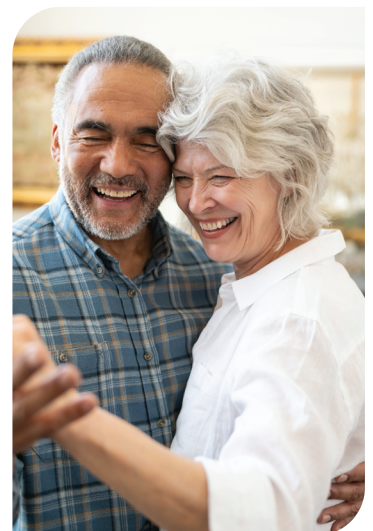
You can earn rewards by getting regular checkups and screenings. For more details, visit the My Molina portal. You can get rewarded for these healthy actions:

- Completing an **annual wellness visit** with your PCP or Molina Care Connections
- Getting screenings for breast cancer or colon cancer if your PCP orders them
- Getting your annual flu shot
- If you have diabetes – getting a diabetic eye exam, A1c screening, or kidney health test

A case manager can be assigned to you if you are a member of a Molina Complete Care or Complete Care Select plan, also known as a DSNP plan. If you have one or more of the following conditions, you may qualify and should be referred for evaluation:

- Chronic illness (behavioral health conditions, diabetes, hypertension)
- Catastrophic medical conditions (organ transplant, cancer treatment)
- Seeing multiple providers and needing help with navigating the health system
- If you have frequent emergency room visits or hospitalizations

You can enroll in Case Management with a referral from your provider or by calling our Member Services team at (800) 665-3086 (TTY: 711) and asking for a referral.



Get connected, stay connected

The newly updated My Molina portal is your secure, one-stop shop for all your health plan needs. The portal offers you a place to find answers to your health plan questions. It also gives you ways to reach us when you need help. My Molina is available on your computer or mobile app. We suggest starting on the website version.

For more tips and information, visit [MyMolinaTraining.com!](https://www.mymolina.com/training)



Register at MyMolina.com today! Go to [MyMolina.com](https://www.mymolina.com) on your computer or phone and follow the on-screen instructions. You can sign up with your Member ID Number even before your plan starts. Once you register, you will be able to:

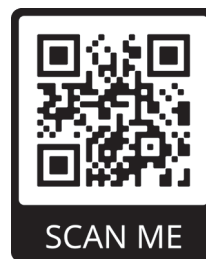
- Change your primary care provider (PCP)
- View and print your ID card, or request a new one
- Find a doctor, hospital, or urgent care center
- Set health reminders on services you need
- Link directly to [CVS.com](https://www.cvs.com) to see your medications or to find new ones in the formulary
- Select your communication and language preferences
- Find health education materials such as videos and checklists



View your claim status. For access on the go, **download the My Molina app.** When you're out and about, the mobile app puts your health plan at your fingertips. With the My Molina app, you can view your ID card, find a doctor or facility near you, use the 24-hour Nurse Advice Line, and much more!

1. Scan the barcode. Or visit the App Store or Google Play and search for My Molina.
2. Download My Molina to your device.
3. Sign in using your [MyMolina.com](https://www.mymolina.com) account information and follow the step-by-step instructions.

NOTE: We recommend registering at [MyMolina.com](https://www.mymolina.com) before you begin using your My Molina app, but you can sign up on the app if you prefer. Make sure you **opt In** to receive important health-related messages from us.



Benefit partner contact information

Our Member Services representatives are always happy to answer your questions and provide help when you need it. If you would like to speak to one of our benefit partners directly, you may do so with the contact information below:

| | | |
|---|--|--|
|  | Dental | Delta Dental (888) 818-7932 DeltaDentalIns.com/MolinaHealthcare/ |
|  | Fitness | Silver&Fit (877) 427-4711 SilverandFit.com |
|  | Hearing | NationsBenefits (877) 208-9243 Molina.NationsBenefits.com |
|  | Over-The-Counter (OTC) | NationsBenefits (card and service) (877) 208-9243 (Nations Mail Order Only) or (855) 665-4627 (Eligibility & Benefits) Molina.NationsBenefits.com |
|  | Non-Emergency Medical Transportation (NEMT) | American Logistics* (benefits covered through Medicaid) (844) 292-2688 Molina.AmericanLogistics.com |
|  | Vision | VSP (855) 492-9028 VSP.com/AdvantageOnly |
|  | Food & Produce | NationsBenefits (card and service) (877) 208-9243 (Nations Mail Order Only) or (855) 665-4627 Eligibility & Benefits) Molina.NationsBenefits.com |
|  | Surgery | Welvie (888) 780-2992 Welvie.com/home/login |

*Some plans may offer this benefit. Check the Summary of Benefits specific to your plan.

Thank you for choosing Molina Healthcare! We are here to support you every step of the way.



Other Pharmacies/Physicians/Providers are available in our network.

Special Supplemental Benefits ("SSBCI") might be available to you if you have any of the following conditions: chronic heart failure, cardiovascular disorders, diabetes, cancer and end-stage liver disease. Other eligible conditions not listed. These conditions may not apply to all types of SSBCI mentioned. Eligibility for this benefit cannot be guaranteed based solely on your condition. All applicable eligibility requirements must be met before the benefit is provided. For details, please contact us.

Molina Healthcare is a C-SNP, D-SNP and HMO plan with a Medicare contract.

D-SNP plans have a contract with the state Medicaid program. Enrollment depends on contract renewal.



Non-Discrimination Notice – Section 1557 Molina Healthcare – Medicare

Molina Healthcare (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

To help you effectively communicate with us, Molina Healthcare provides services free of charge and in a timely manner:

- Molina Healthcare provides reasonable modifications and appropriate aids and services to people with disabilities. This includes: (1) Qualified interpreters. (2) Information in other formats, such as large print, audio, accessible electronic formats, Braille.
- Molina Healthcare provides language services to people who speak another language or have limited English skills. This includes: (1) Qualified oral interpreters. (2) Information translated in your language.

If you need these services, contact Molina Member Services at 1-800-665-3086 or TTY/TDD: 711, Monday to Friday, 8 a.m. to 8 p.m., local time.

If you believe we have discriminated on the basis of age, color, disability, national origin, race, or sex, you can file a grievance. You can file a grievance in person, by phone, mail, email, or online. If you need help writing your grievance, we will help you. You may obtain our grievance procedure by visiting our website at <https://www.molinahealthcare.com/members/common/en-US/Notice-of-Nondiscrimination.aspx>

Call our Civil Rights Coordinator at 1-866-606-3889, TTY/TDD: 711 or submit your grievance to:

Civil Rights Unit
200 Oceangate
Long Beach, CA 90802
Email: civil.rights@molinahealthcare.com
Website: <https://molinahealthcare.Alertline.com>

You can also file a civil rights complaint (grievance) with the U.S. Department of Health and Human Services, Office for Civil Rights, online through the Office for Civil Rights Complaint Portal at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
Phone: 1-800-368-1019
TTY/TDD: 800-537-7697

Complaint forms are available here:

<https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>



**Non-Discrimination Notice – Section 1557
Molina Healthcare – Medicare**

You may also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights, by phone, in writing, or electronically:

Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413
Phone: 916-440-7370 (or (711 for Telecommunications Relay Service)
Email: CivilRights@dhcs.ca.gov

Complaint forms are available at http://www.dhcs.ca.gov/Pages/Language_Access.aspx



CALIFORNIA EAE NOTICE OF AVAILABILITY

ATTENTION: If you need help in your language, call 1-855-665-4627 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-855-665-4627 (TTY: 711). These services are free.

تنبیه: إذا كنت بحاجة إلى المساعدة بلغتك، فيرجى الاتصال على الرقم 1-855-665-4627 (وبالنسبة لمستخدمي الهاتف النصي "TTY"، فيمكنهم الاتصال على: 711). كما تتوفر أدوات مساعدة وخدمات لذوي الاحتياجات الخاصة، مثل الوثائق بلغة برايل والطباعة بأحرف كبيرة. يرجى الاتصال على الرقم 1-855-665-4627 (وبالنسبة لمستخدمي الهاتف النصي "TTY"، فيمكنهم الاتصال على: 711). هذه الخدمات مجانية.

ՈՒՇԱՆԻՐՈՒԹՅՈՒՆ՝ Ձեր լեզվով օգնության դեպքում, գանգահարե՛ք 1-855-665-4627 (TTY՝ 711) հեռախոսահամարով: Հաշմանդամների համար հասանելի են նաև աջակցման ծառայություններ, օրինակ՝ փաստաթղթեր բրայլյան և խոշոր տառերով: Զանգահարե՛ք՝ 1-855-665-4627, (TTY՝ 711):
Ծառայությունները գործում են անվճար:

請注意：如果您需要語言方面的協助，請撥打 1-855-665-4627 (TTY: 711)。我們也向身心障礙人士提供輔助及服務，例如點字與大字體文件。請撥打 1-855-665-4627 (TTY: 711)。這些服務均為免費。

ਧਿਆਨ ਦਿਓ: ਜੇਕਰ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਇੱਥੇ ਕਾਲ ਕਰੋ 1-855-665-4627 (TTY: 711). ਅਸਮਰਥਤਾਵਾਂ ਵਾਲੇ ਲੋਕਾਂ ਲਈ ਮਦਦ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬਰੇਲ ਅਤੇ ਵੱਡੇ ਪ੍ਰਿੰਟ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-855-665-4627 (TTY: 711). ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

ਧਿਆਨ ਦੇਂ: ਯਦਿ ਆਪਕੋ ਅਪਨੀ ਭਾਸ਼ਾ ਮੇਂ ਸਹਾਯਤਾ ਕੀ ਆਵਸ਼ਯਕਤਾ ਹੀ, ਤੋ 1-855-665-4627 (TTY: 711) ਪਰ ਕਾਲ ਕਰੇਂ। ਵਕਿਕਲਾਂਗ ਲੋਗੋਂ ਕੇ ਲਿਏ ਬਰੇਲ ਔਰ ਬਡੇ ਪ੍ਰਿੰਟ ਮੇਂ ਦਸਤਾਵੇਜ਼ ਜੈਸੀ ਸਹਾਯਤਾਏਂ ਔਰ ਸੇਵਾਏਂ ਭੀ ਉਪਲਬਧ ਹੈਂ। 1-855-665-4627 (TTY: 711) ਪਰ ਕਾਲ ਕਰੇਂ। ਏ ਸੇਵਾਏਂ ਮੁਫਤ ਹੈਂ।

THOV MUAB SIAB RAU: Yog koj xav tau kev pab ua koj hom lus, hu rau 1-855-665-4627 (TTY: 711). Tsis tas li ntawd, kuj tseem muaj cov kev pab thiab cov kev pab cuam rau cov neeg xiam oob qhab, xws li cov ntaub ntawv ua ntawv su thiab cov ntawv loj. Hu rau 1-855-665-4627 (TTY: 711). Lawv cov kev pab cuam yog muab pab dawb xwb.

注記：母国語によるサポートが必要な場合は、1-855-665-4627 (TTY：711)までご連絡ください。点字による文書や大きな活字で印刷した文書など、障がいのある方への支援やサービスもご利用いただけます。ご利用を希望される場合は、1-855-665-4627 (TTY：711)までご連絡ください。これらのサービスはいずれも無料です。

주의: 귀하의 언어로 도움이 필요하시면 1-855-665-4627(TTY: 711)로 문의 바랍니다. 점자 및 큰 글자 문서와 같이 장애가 있는 사용자를 위한 지원 및 서비스도 제공됩니다. 1-855-665-4627(TTY: 711)로 문의 바랍니다. 서비스 이용은 무료입니다.

ຂໍ້ຄວນເອົາໃຈໃສ່: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອເປັນພາສາຂອາທ່ານ, ໃຫ້ໂທຫາ 1-855-665-4627 (TTY: 711). ນອກຈາກນີ້, ຍັງມີການຊ່ວຍເຫຼືອ ແລະ ການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນ: ເອກະສານທີ່ເປັນຕົວອັກສອນນູນ ແລະ ຕົວພິມຂະໜາດໃຫຍ່. ໂທຫາເບີ 1-855-665-4627 (TTY: 711). ການບໍລິການເຫຼົ່ານີ້ແມ່ນພຣີ.

UA ZOO SAIB: Yog tias koj xav tau kev pab ua koj hom lus, ces hu rau 1-855-665-4627 (TTY:711). Dhau li no lawm kuj muaj cov kev pab thiab cov kev pab cuam rau cov neeg uas muaj kev xiam oob qhab, xws li cov ntaub ntauv ua ntauv xuas thiab luam ua tus ntauv loj. Hu rau 1-855-665-4627 (TTY:711).Cov kev pab cuam no yog muab yam tsis xam nqi.

ចំណាំ: ប្រសិនបើអ្នកត្រូវការជំនួយជាភាសារបស់អ្នក សូមទូរសព្ទទៅលេខ 1-855-665-4627 (TTY: 711)។ ជំនួយ និងសេវាកម្មសម្រាប់ជនដែលមានពិការភាព ដូចជាឯកសារជាអក្សរស្នាប និងជាពុម្ពអក្សរធំ ក៏មានផងដែរ។ សូមទូរសព្ទទៅលេខ 1-855-665-4627 (TTY: 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃនោះទេ។

توجه: اگر می خواهید راهنمایی ها را به زبان خودتان دریافت کنید، با شماره 1-855-665-4627 (شماره 711 TTY) تماس بگیرید. وسائل و خدمات کمکی مخصوص افراد مبتلا به معلولیت، مانند اسناد به خط بریل و چاپ با حروف درشت نیز در دسترس هستند. برای دریافت این خدمات با شماره 1-855-665-4627 (شماره 711 TTY) تماس بگیرید. این خدمات به صورت رایگان ارائه می شوند.

ВНИМАНИЕ! Если вам необходима информация на вашем языке, позвоните 1-855-665-4627 (TTY: 711). Для людей с инвалидностью также предоставляются услуги и информация в доступном формате — например, документы шрифтом Брайля или крупным шрифтом. Звоните 1-855-665-4627 (TTY: 711). Эти услуги предоставляются бесплатно.

ATENCIÓN: Si necesita ayuda en su idioma, llame al 1-855-665-4627 (TTY: 711). También están disponibles ayudas y servicios para personas con discapacidad, como documentos en braille y letra grande. Llame al 1-855-665-4627 (TTY: 711). Estos servicios son gratuitos.

PAUNAWA: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-855-665-4627 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malalaking print. Tumawag sa 1-855-665-4627 (TTY: 711). Ang mga serbisyong ito ay libre.

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ โทร 1-855-665-4627 (TTY: 711) รวมถึงยังมีความช่วยเหลือและบริการสำหรับผู้พิการ เช่น เอกสารอักษรภาษาเบรลล์และตัวพิมพ์ใหญ่อีกด้วย โทร 1-855-665-4627 (TTY: 711) บริการเหล่านี้ไม่มีค่าใช้จ่าย

УВАГА! Якщо вам потрібна допомога вашою мовою, телефонуйте за номером 1-855-665-4627 (телетайп: 711). Крім того, ви можете отримати допоміжні засоби й послуги для осіб з особливими потребами, як-от документи, надруковані шрифтом Брайля або великим шрифтом. Телефонуйте за номером 1-855-665-4627 (телетайп: 711). Ці послуги безкоштовні.

CHÚ Ý: Nếu cần trợ giúp bằng ngôn ngữ của quý vị, hãy gọi 1-855-665-4627 (TTY: 711). Hiện chúng tôi cũng có sẵn các phương tiện hỗ trợ và dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi và chữ in có lớn. Hãy gọi 1-855-665-4627 (TTY: 711). Những dịch vụ này đều miễn phí.

