

Molina's myhealthmylife

Molina Dual Options Medicare-Medicaid Plan newsletter just for Illinois members



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Maintaining Great Oral Health: Tips and Reminders

At DentaQuest, we are committed to making sure that you have great oral health. Here are some important tips and reminders to help you keep a healthy, beautiful smile:

1. Schedule regular checkups. Regular dental visits are crucial for maintaining good oral health. We recommend:

- Scheduling dental visits every six months for cleanings and exams
- Taking advantage of early detection to prevent more serious problems

By keeping up with routine checkups, your dentist can catch and address potential issues before they become major concerns.

2. Don't ignore dental problems. It's important to address dental issues as soon as possible.

- Dental problems never improve on their own and can worsen if left untreated
- Delaying treatment may lead to more complicated and costly procedures
- If you need to see a specialist, ask your primary dentist for:
 - A referral
 - A written summary of concerns to be reviewed by the specialist

3. Practice good oral hygiene. Having a consistent oral hygiene routine is important.

- Brush your teeth twice daily
- Floss at least once a day

These simple habits can greatly reduce the risk of tooth decay and gum disease.

4. Watch your diet. Your diet plays a crucial role in your oral health.

- Limit sugary and acidic foods/drinks, as they can erode tooth enamel
- Drink plenty of water to help rinse away bacteria and food particles

A balanced diet not only benefits your overall health but also contributes to stronger teeth and healthier gums.

DentaQuest is here to support you on your oral health journey.

Visit DentaQuest.com to view your dental benefits or find a dentist.

Together, we can keep your smile healthy and bright for years to come!

Get the Care You Need



See your doctor for a yearly checkup.

The best way to stay on top of your health is to get a yearly check-up, even if you feel healthy. During your exam, talk to your doctor about what preventive health screenings and services you need.

Why are health screenings important?

Health screenings may help with catching certain diseases early. Regular health

screenings may also help find health problems, including cancer early. If you have a health problem, your provider can help you manage it.

Your age, health, family history, and other factors affect how often you need to visit your provider. Regular preventive visits can help keep you healthy.

Service	Who should get it	How often?
Pap Smear/HPV Tests (Cervical Cancer Screening)	Female members aged 21-64	1 screening every 3 years*
Mammogram (Breast Cancer Screening)	Female members aged 50-74	1 mammogram every 2 years*
Prenatal Visit	Pregnant members in their first trimester or within 42 days of becoming a Molina Dual Options member	1 prenatal visit in the first trimester of pregnancy
Postpartum Visit	Members who have recently delivered a baby	7-84 days after delivery
Well-Baby Visit(s)	<ul style="list-style-type: none">• Babies 0-15 months old• Babies 15-30 months old	<ul style="list-style-type: none">• 6 visits in the first 15 months of life• 2 visits between 15-30 months



Transportation

Need help getting to a medical appointment, the pharmacy, or an appointment at the Women, Infants and Children (WIC) office?

Call Molina Dual Options transportation support 24 hours a day, 7 days a week, at (844) 644-6354 for reservations, TTY/Illinois Relay Service: 711.

You can also call Molina Dual Options Member Services at the number on your Molina Dual Options ID card for assistance with transportation.

Protect Yourself from Pneumonia by Getting Vaccinated!

Pneumonia is a serious lung infection. It can make you very sick and even cause death, especially in older people, young kids, and those with certain health problems. But don't worry, there are vaccines that can help protect you from pneumonia.



How does the Pneumonia Vaccine work?

The pneumonia vaccine helps your body make special proteins called antibodies. These antibodies stay in your body and stop you from getting sick from the bacteria in the vaccine. The vaccine is given as a shot in your upper arm.

What are the side effects of the Pneumonia Vaccine?

Most side effects are mild and last 1 or 2 days. They may include redness or soreness where the shot was given, fever, and muscle aches. Serious side effects are rare.

What types of Pneumonia Vaccines are available?

There are two types of pneumonia vaccines:

- Pneumococcal Polysaccharide Vaccine (PPSV23)
- Pneumococcal Conjugate Vaccine (PCV15, PCV20, and PCV21)

Who Should Get Vaccinated?

- All children under the age of 5: PCV vaccines are given in a series of four shots starting at 2 months old. If your child starts late or misses a shot, their doctor can help them catch up.



- All adults aged 50 years and older.
- People with certain health conditions: This includes those with heart disease, lung disease, diabetes, alcoholism, liver disease, and those with weak immune systems.

Getting vaccinated is an important step in protecting yourself or your loved ones from pneumonia. Talk to your doctor about which vaccine is best for you and make sure to stay up to date with your vaccinations.



Opt-in to Receive Electronic Communications

Would you like an easy way to get updates on your health plan and reminders for your preventive services that keep you healthy? **Opt-in to receive text messages and/or emails from Molina Dual Options! To opt-in contact Member Services. You can also opt-in through the Molina Dual Options Member Portal.**

Molina Duals Options Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits to enrollees.

You can get this document for free in other formats, such as large print, braille, or audio.

Call (877) 901-8181, TTY: 711, Monday - Friday, 8 a.m. to 8 p.m., local time, The call is free.

Other pharmacies/physicians/providers are available in our network.



Molina Healthcare of Illinois
2001 Butterfield Road, Ste. 750
Downers Grove, IL 60515

Mobile Unit

Molina Dual Options Mobile Health Unit is bringing care to you. We are now traveling across the state to serve communities. The unit can perform health and wellness screenings. Visit our website to learn more about the Mobile Health Unit and upcoming clinic days and locations.



Questions about your health?

Call our 24-Hour Nurse Advice Line!

Health issues can come up at night or on the weekend. As a Molina Dual Options member, you can talk to a nurse right away! The Nurse Advice Line is a covered service for Molina Dual Options members. The call is no cost to you.

When should you call Molina Dual Options 24-Hour Nurse Advice Line?

- You may have a medical question during or after normal business hours.
- You may think of a question after you visit your provider.
- You may be sick and not sure what to do.
- You may be sick or hurt and not sure where to go for care.



Your health is our priority!

English and other languages:
(888) 275-8750, Spanish: **(866) 648-3537**
TTY users should call 711.

