

Molina's **my**health**my**life

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



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Get \$60 Every 3 Months for Over the Counter (OTC) Items!

Did you know Molina Dual Options partners with **NationsBenefits** to give you **\$60 every three months** to buy eligible over the counter (OTC) items?

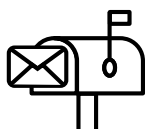
How to Use Your OTC Benefit

**Order Online:**

Visit Molina.NationsBenefits.com

**Call:**

1-877-208-9243 (TTY: 711) to place your order by phone 24 hours a day, 7 days a week, 365 days a year.

**Use the Catalog:**

Fill out the **mail order form** at the back of the booklet to place your order. Request a new catalog online at Molina.NationsBenefits.com or by calling.

**Shop in Stores:**

Buy approved items at **Walmart, CVS, Walgreens, Albertsons**, and other participating stores.

**Use the Benefits Pro App:**

Scan product barcodes to check if they're eligible product before you buy on the Benefits Pro App.

**Remember:**

You get **\$60 every 3 months**, and **unused funds do not roll over** — so be sure to use your benefit before it expires!

Adult Immunization Awareness

Did you know that vaccines are not just for babies and young kids? As you get older, it is still important to get shots to help you stay healthy and avoid getting sick from certain diseases. The American Academy of Family Physicians (AAFP) says that everyone should keep up to date on these routine vaccines:

1. Flu
2. COVID
3. Tdap or Td booster every 10 years (tetanus, diphtheria, and whooping cough)
4. Pneumococcal (ask your doctor if you need this one)

If you are age 50 and older, talk with your doctor or healthcare provider about the following vaccines too:

1. Pneumococcal
2. Shingles
3. RSV (Respiratory syncytial virus, recommended for 50 and older)

It is important to start getting vaccines early and keep getting them as you get older. This helps you stay safe and healthy. If you're a Molina Dual Options member, you can get your vaccines for free at your doctor's office or some pharmacies [Find an In-Network Provider](#).



For a complete list of recommended vaccines check out [Adult Immunization Schedule](#).

Important Facts:

1. **Vaccines are safe** – They are checked very carefully before people can use them and experts continually check them to make sure they are safe.
2. **Vaccines work** – The CDC says that because of vaccines, the number of people getting sick or dying from these diseases in the United States has dropped by almost 99–100%.
3. **Diseases that vaccines can prevent are still dangerous** – Not getting vaccinated because of wrong information can make you more likely to get these diseases.

Your doctor or healthcare provider can tell you what vaccines you need. It is always best to talk with your doctor or healthcare provider about any concerns that you have.

If you need help finding a doctor [or a healthcare provider](#) and making an appointment, please call us Monday – Friday, 8 a.m. to 8 p.m. local time at (877) 901-8181 or use the TTY/Illinois relay service by dialing 711.

Earn rewards for completing your healthy actions! Visit [Molina Dual Options Healthy Actions Rewards Program](#) to find out more details.

Molina Dual Options can help you get to and from the [doctor](#) or healthcare provider. To book a ride, call (844) 644-6353 or TTY/Illinois Relay Service at 711. For more help with rides, call Molina Dual Options Member Services using the number on your ID card.

Adult Preventative Care

Yearly check-ups are important for your health. Make sure to visit your doctor (PCP or healthcare provider) and dentist.

These visits help find problems early, manage issues, and suggest tests and shots you might need.

Before you go, write down your medicines, vitamins, questions, and any health data like

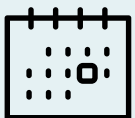
blood pressure or sugar levels.

Call your doctor (PCP or healthcare provider), and dentist to schedule your appointments.

If you need help finding a doctor or a healthcare provider and making an appointment, please call us at (855) 687-7861 or use the TTY/Illinois relay service by dialing 711.

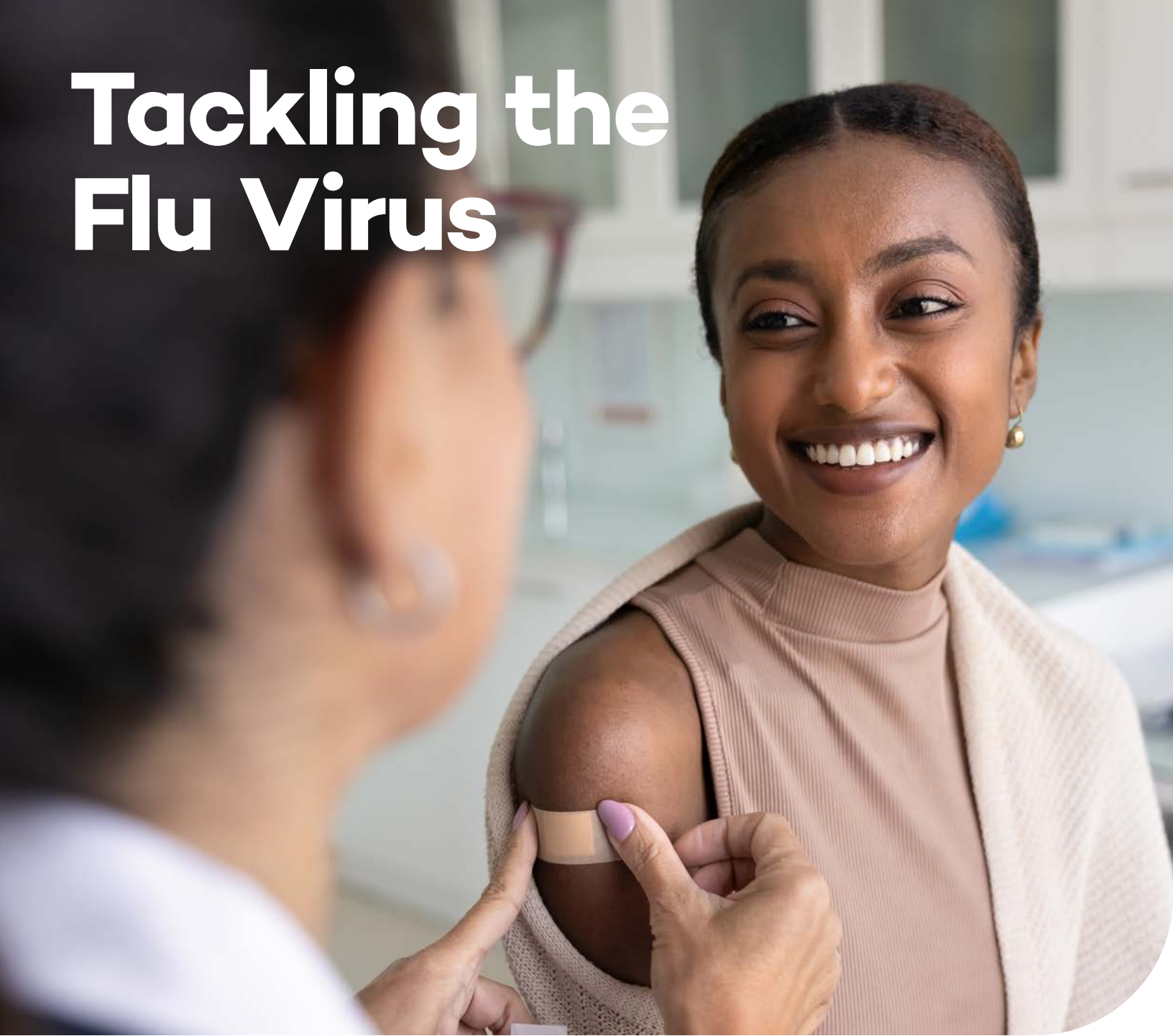


Molina Dual Options can help you get to and from the doctor or healthcare provider. To book a ride, call (844) 644-6353 or TTY/Illinois Relay Service at 711. For more help with rides, call Molina Dual Options Member Services using the number on your ID card.



Do you want to get preventative help reminders and notifications about upcoming clinic days or other events in your area? If so, contact our Member Services team (855) 687-7861, (TTY 7-1-1) Monday to Friday 8 a.m.-5 p.m. local time to give us your cell number, email address and let us know it is okay to contact you. Feel free to tell your family and friends so they can get this information too.

Tackling the Flu Virus



The flu season is here. The easiest way to lower your chances of getting the flu is to get a flu shot every year.

Getting a flu shot can reduce your risk of getting sick, hospitalization, and death.

A flu shot is recommended for everyone six months older, even if you are healthy. As a Molina Dual Options member, you can receive a flu shot for free, by visiting your doctor, healthcare provider, or a pharmacy. You cannot catch the flu from the flu shot. The flu shot is

made from an inactive virus. The vaccine may cause mild symptoms like achy muscles or a low-grade fever due to an immune response from your body. It takes up to two weeks for you to be protected after you receive the flu shot.

Another way to help stop the flu is by keeping good hygiene. Always cover your mouth and nose with a tissue when you cough or sneeze. Wash your hands often, and try to clean things you touch a lot, like doorknobs and tables.

Cancer Prevention

The importance of early detection and recommended preventative cancer screenings.

Health screenings can identify some diseases in their early stages. Regular health screenings can also identify health issues, such as cancer, at an early stage.

Cervical Health is preventable and treatable.

Did you know that there are currently two tests that can spot cervical cancer before it starts? Please talk with your healthcare provider about when you should be tested.

1. Cervical Cancer Screening (CCS), also called a pap smear can help find changes that could lead to precancer or cervical cancer. A CCS is recommended for women starting at age 21-64 and should be repeated every 3-5 years depending upon your age and your health history.
2. HPV Test — This is a test that looks for viruses that can cause certain types of cervical cancer.

Breast Health is one of the most important parts of women's health.

There are certain lifestyle changes such as limiting or avoiding alcohol and being physically active that may help lower a woman's risk of having health issues.

In addition to lifestyle changes, women 50-



74 should receive a preventative Breast Cancer Screening (BCS), also called mammograms, every two years. Depending on your family history, you may need one sooner. Mammograms are the best way for healthcare providers to find breast cancer early. Early detection is the best defense against breast cancer.

Colon Cancer starts from small growths inside your colon called polyps.

Screening tests can find these polyps before they become cancer.

Certain lifestyle choices may increase the risk of colon cancer, including a diet high in red and processed meats, smoking, and drinking too much alcohol.

In addition to lifestyle changes, it is recommended that you be screened for colon cancer starting at age 45. Please talk with your healthcare provider about which test is right for you.

1. A cancer screening test — checks for cancer before symptoms appear. If anything abnormal is detected, further testing may be needed.
2. A colonoscopy — is an examination of the inside of your colon.



Molina Healthcare of Illinois
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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.

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