

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

a newsletter just for Illinois members

Fall 2025



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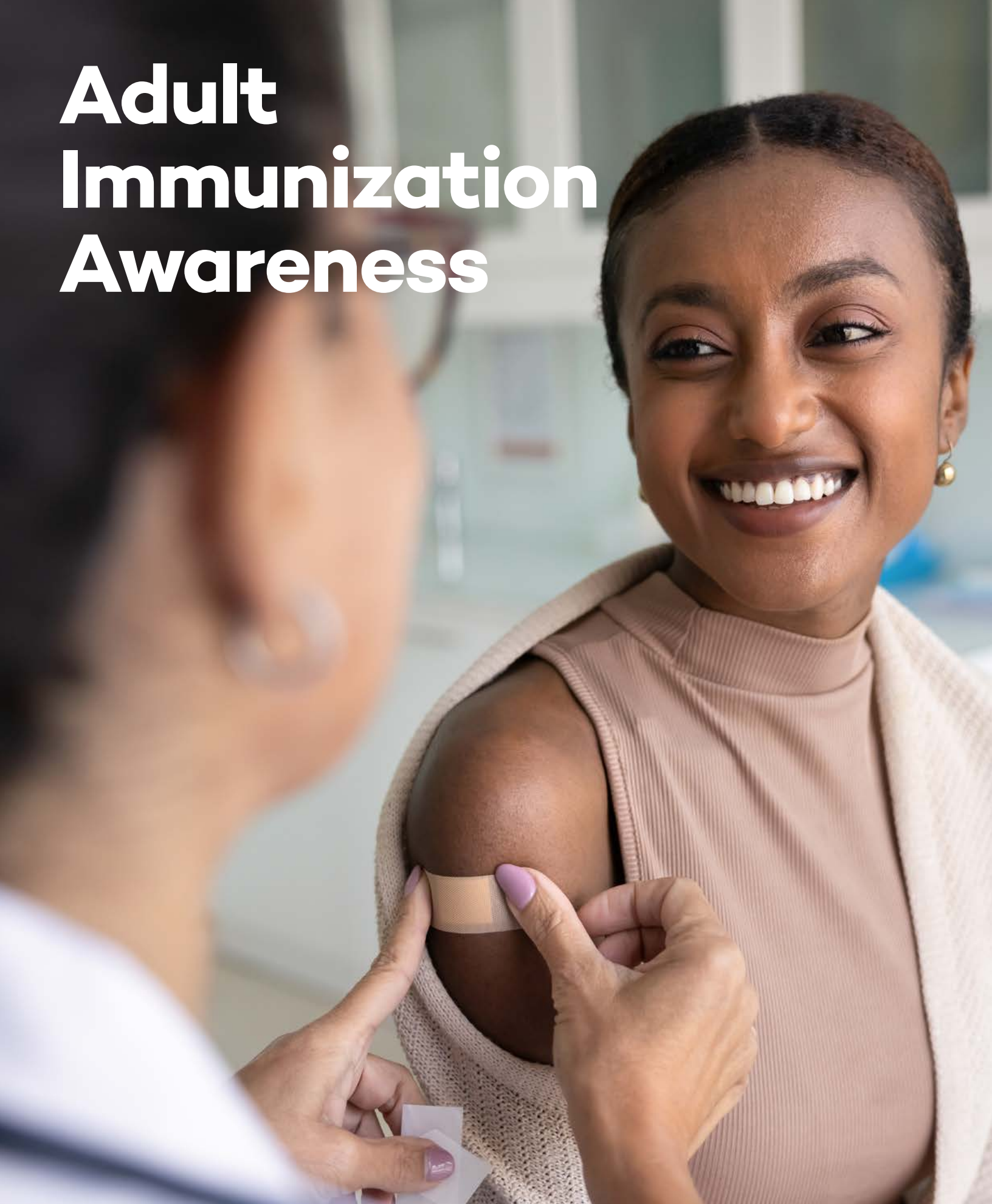
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Adult Immunization Awareness



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 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 and making an appointment, please call us at (855) 687-7861 or use the TTY/Illinois relay service by dialing 711.

Molina can help you get to and from the health care provider. To book a ride, call (844) 644-6354 or TTY/Illinois Relay Service at 711. For more help with rides, call Molina 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.

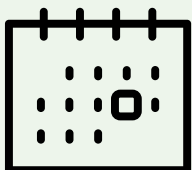
These visits help find problems early, manage issues, and suggest tests and shots you might need.

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

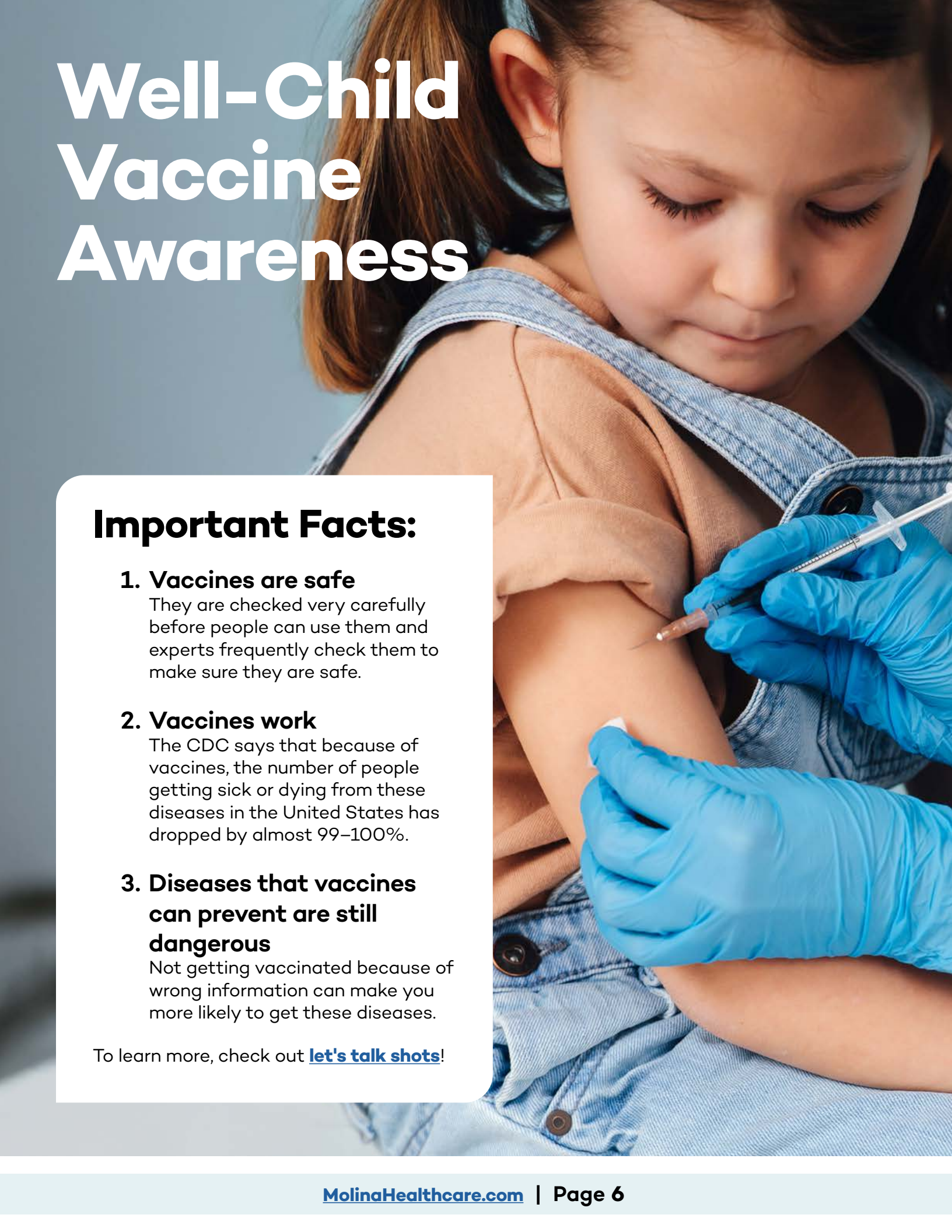
Molina can help you get to and from the doctor or health care provider. To book a ride, call (844) 644-6354 or TTY/Illinois Relay Service at 711. For more help with rides, call Molina Member Services using the number on your ID card.



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. 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.



Well-Child Vaccine Awareness



Important Facts:

1. Vaccines are safe

They are checked very carefully before people can use them and experts frequently 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.

To learn more, check out [let's talk shots!](#)



Regular shots, also known as vaccines, help keep children safe from serious diseases. In the U.S., they have helped to lower illnesses and complications in such infections like mumps and rubella. Staying up to date with vaccines is very important for children's health. A health care provider can tell you what shots your child needs.

Getting vaccinated with the flu shot every year helps lower flu illnesses and severe symptoms. The flu shot helps keep children out of the hospital. All children who are six months old or older should get a flu shot.

Children with Molina insurance can get a free flu shot at their doctor's office. For some children, a flu shot can be given at a local pharmacy. [Find an In-Network Provider.](#)

Some parents and caregivers might feel unsure or worried about getting their children vaccinated. These worries can come from things people hear online, from friends, or just not knowing who to trust. When kids do not get their recommended shots, they can get dangerous diseases that might make them very sick. If you have questions or concerns, doctors, healthcare providers, and nurses are the best people to talk to. They can give you clear answers and help you make good choices to keep your family healthy.

Recommended immunization schedule:

Here's a look at the standard shot schedule suggested by [the American Academy of Pediatrics](#).

Below is a key to help you understand the suggested immunization schedule for your child:

- WCV: Well-Child Visit
- HepB: Hepatitis B



Well-Child Check-Ups

Taking your child for regular check-ups and shots is important, even if they seem healthy. These visits help make sure your child is growing and developing like they should.

These visits include:

- Check-ups
- Shots
- Seeing how kids grow and develop
- Advice for parents

Well-child visit schedule: Your child's doctor might suggest more visits if needed.

- All children should have 6 or more visits with their health care provider during their first 15 months of life.
- All children should have 2 or more visits with their health care provider between 15-30 months of life.
- All children should have 1 or more visit with their health care provider between 3 years and 21 years old.

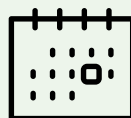
Get health check-ups and required shots to earn rewards. Look at our rewards information Member Rewards or call Member Services English (855) 687-7861 or TTY/TDD: 711.



Molina can help you get to and from the health care provider. To book a ride, call (844) 644-6354 or TTY/Illinois Relay Service at 711. For more help with rides, call Molina Member Services English (855) 687-7861 or TTY/TDD: 711 or visit Transportation Services.



Molina provides health programs and services to help members take care of their health. These programs and services are offered to members at no additional cost. For more information call Member Services English (855) 687-7861 or TTY/TDD: 711 or visit Health Management.



Molina would like to help you keep track of appointments and shots. Please call us at (855) 687-7861 to provide us with your email, cell number and your consent to send you text reminders for upcoming shots or appointments.

Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of age, color, disability, national origin (including limited English proficiency), race, or sex. Discrimination on the basis of sex includes sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes.

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 (including qualified sign language interpreters). (2) Written Information in other formats, such as large print, audio, accessible electronic formats, and 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 reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact Molina Member Services at 1-855-687-7861 or TTY/TDD: 711, Monday to Friday, 8:00 a.m. to 5:00 p.m., local time.

If you believe we have failed to provide these services or have discriminated in another way on the basis of age, color, disability, national origin, race, or sex, you can file a grievance with our Civil Rights Coordinator. You can file a grievance 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>

ENGLISH:	For free language assistance services, and auxiliary aids and services, call 1-855-687-7861 (TTY: 711).
SPANISH: ESPAÑOL	Para obtener servicios gratuitos de asistencia lingüística, así como ayudas y servicios auxiliares, llame al 1-855-687-7861 (TTY: 711).
POLISH: POLSKI	Aby uzyskać bezpłatną pomoc językową oraz dodatkowe wsparcie i usługi, należy zadzwonić pod numer 1-855-687-7861 (TTY: 711).
CHINESE: 中文（简体）	如需免费的语言协助服务以及辅助工具和服务，请致电 1-855-687-7861 (TTY 用户请拨打 711)。
KOREAN: 한국인	무료 언어 지원 서비스와 보조 지원 및 서비스를 원하시면 1-855-687-7861 (TTY: 711)로 연락 주시기 바랍니다.
TAGALOG:	Para sa libreng serbisyo sa tulong sa wika, at mga auxiliary aid at serbisyo, tumawag sa 1-855-687-7861 (TTY: 711).
ARABIC: العربية	اتصل على الرقم 1-855-687-7861 (الهاتف النصي: 711) لتلقي خدمات المساعدة اللغوية المجانية والخدمات والمساعدات الإضافية.
RUSSIAN: Русский	Для получения бесплатных услуг языковой помощи, а также вспомогательных средств и услуг, позвоните: 1-855-687-7861 (телетайп: 711).
GUJARATI: ગુજરાતી	મફત ભાષા સહયોગ સેવાઓ અને સહાયક સાધનો તથા સેવાઓ માટે 1-855-687-7861 (TTY: 711) પર કોલ કરો.

URDU: اردو	زبان کی مفت معاونتی سروسز، معاونتی امداد اور سروسز کے لیے، 1-855-687-7861 (TTY: 711) پر کال کریں۔
VIETNAMESE: Tiếng Việt	Để sử dụng dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các dịch vụ và tính năng hỗ trợ thêm, hãy gọi 1-855-687-7861 (TTY: 711).
ITALIAN: Italiano	Per i servizi di assistenza gratuiti in italiano nonché per supporti e servizi ausiliari, chiamare 1-855-687-7861 (TTY: 711).
HINDI: हिंदी	नःशुल्क भाषा सहायता सेवाओं और सहायक ऐड एवं सेवाओं के लिए 1-855-687-7861 (TTY: 711) पर कॉल करें।
FRENCH: Français	Pour bénéficier de services d'assistance lin- guistique gratuits, ainsi que de services et aides complémentaires, appelez le 1-855-687- 7861 (ATS: 711).
GREEK: Ελληνικά	Για δωρεάν υπηρεσίες γλωσσικής υποστήριξης, καθώς και βοηθητικά μέσα και υπηρεσίες, καλέστε στο 1-855-687-7861 (TTY: 711).
GERMAN: Deutsch	Kostenlose Sprachassistenzen, Hilfsmittel und Dienstleistungen erhalten Sie unter 1-855- 687-7861 (TTY: 711).



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

Mobile Unit

Molina's 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 Healthcare member, you can talk to a nurse right away! The Nurse Advice Line is a covered service for Molina Healthcare members. The call is no cost to you.

When should you call Molina Healthcare's 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.

