

Molina's myhealthmylife

a newsletter just for Illinois members

Summer 2026



WHAT'S INSIDE

Fall Back into a Dental Routine

2

Stay Tuned For a New MolinaHealthcare.com

3

Cancer Prevention Screenings

4

Controlling High Blood Pressure

5

Yearly check-ups are important for your health

6



Fall Back into a Dental Routine

Regular dental visits can help stop cavities, gum disease, and bigger tooth problems. As kids go back to school, remember these healthy smile tips:

- Make your child's dental checkup early in the school year
- Brush teeth two times a day and floss every day
- Choose healthy foods to help keep a healthy smile

Fall Sports

As children go back to school, many will play sports. Help protect their teeth and jaws with a mouth guard. A mouth guard is important for contact sports like football, soccer, and basketball.

Healthy Fall Treats

Healthy eating is important for healthy teeth. Keep these tips in mind when choosing fall snacks.

Friendly snacks:

- Fresh fruits and vegetables help clean plaque from teeth and help protect gums from germs.
- Dairy foods like cheese, milk, and yogurt help protect tooth enamel.
- Sugar-free candy or gum helps make saliva. Saliva helps wash away sugar and germs from teeth.

Scary snacks:

- Sticky treats and hard candies, like taffy, caramels, candy corn, lollipops, and suckers, have a lot of sugar. They can stick to teeth and be hard to clean off.

Stay Tuned For a New MolinaHealthcare.com

We know your time is important. Whether you're looking for a doctor, checking your benefits, or trying to find the right place to get care, it should be easy. That's why we are updating **MolinaHealthcare.com**. We want to make sure you can find what you need fast and with less stress.

The new site has a simpler look and cleaner pages. It also works better on your phone, so it is easier to use at home or on the go.

You will be able to find a doctor, search for forms and learn about your coverage with fewer clicks. You may also see less clutter and clearer paths to what you need.

What's new

- Easier menus and better search
- Faster access to the tools you use most
- A more mobile-friendly design

What's staying the same

- Your doctors, benefits and coverage are not changing.
- Your member portal login is the same. You can sign in the way you always have.

If you're not sure where to start, try the search bar at the top of the page. The search tool is stronger and helps you find what you need.

Look out for future updates at **MolinaHealthcare.com**. We hope it helps you get the care and information you need more easily.



Cancer Prevention Screenings

Breast Health

October is Breast Cancer Awareness Month, a time dedicated to raising awareness about breast cancer and promoting the importance of early detection. Molina Healthcare wants our members to know the risks, get regular check-ups, and show support for anyone affected by breast cancer.

Making healthy choices, like not drinking alcohol or drinking less, and exercising regularly, can help lower risks.

Besides healthy habits, women ages 42 to 74 should get a breast cancer screening, called a mammogram, every two years. If you have a family history of breast cancer, you might need to get checked sooner. Mammograms help doctors find breast cancer early, and finding it early gives you the best chance to stay healthy.

Cervical Health

Cervical cancer is preventable and treatable. Two tests—Pap smear (CCS) and HPV test—can find issues before cancer develops. Women ages 21-64 should get a Pap smear every 3-5 years, depending on health history.

The Federal Drug Administration (FDA) has approved self-collected HPV tests. This means you may be able to collect your own HPV sample at a clinic or at home. A health care provider must order the test and provide you with the testing kit.

The kit will show you how to get ready, how to use the swab, and how to mail your sample to the lab.

Ask your health care provider if this test is available to you.



**Call your doctor
(PCP or healthcare
provider) to
schedule screening
appointments.**

Colon Health

Colon cancer can start as small growths called polyps inside the colon. Screening tests help doctors find and remove these polyps before they turn into cancer. Eating a lot of red or processed meats, smoking, and drinking too much alcohol can raise your risk. People should start getting screened at age 45. Talk to your doctor about which test is best for you.



Need help finding a provider, making an appointment, or getting health education? Call **(855) 687-7861** or dial **711 (TTY/Illinois Relay)**.



Molina can help with rides to and from your healthcare provider. To book a ride, call **(844) 644-6354** or dial **711 (TTY/Illinois Relay)**. For additional ride support, call Molina Member Services using the number on your ID card.



Want preventive reminders (clinic days or local events)? Call Member Services at **(855) 687-7861 (TTY 711)**, Monday-Friday 8 a.m.- 5 p.m., with your cell number and email, and confirm it's okay to contact you.



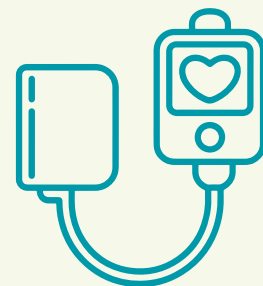
Controlling High Blood Pressure

It's important to see a healthcare provider regularly and check your blood pressure. Normal blood pressure is 120/80 mm/Hg or lower. High blood pressure is above 120 mm/Hg when you are resting.

How to Manage High Blood Pressure

Take medication and adjust your habits to keep blood pressure in check.

- Monitor your blood pressure at home and during healthcare provider visits.
- Quit smoking.
- Eat more fruits, vegetables, potassium-rich foods, and whole grains; reduce salt, unhealthy fats, and cholesterol.
- Limit alcohol.
- Exercise often and maintain a healthy weight.



If you have high blood pressure, you may qualify for a free blood pressure monitor to use at home through Molina Healthcare.

Yearly check-ups are important for your health

Make sure to visit your doctor (Primary Care Provider or healthcare provider) every year for a check-up. These visits help to find problems early, manage issues, and suggest tests and shots you might need. Before you go, write down your medications, vitamins, questions, and any health data like blood pressure or blood sugar levels.

If you smoke or vape, ask about programs to help you quit. Molina Healthcare of Illinois offers free Care Management and Health Education Programs. Call **(866) 891-2320, TTY 711** for more information.

For help with making an appointment, please call us at **(855) 687-7861, TTY/Illinois relay service 711**.

School is almost out for summer! This is the perfect time to set up health check-ups for your family before school starts again.

Annual Well-Child Check-Ups help track growth, development, and keep everyone healthy.

These visits include:

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



Dental exams help prevent cavities and keep teeth and gums strong. At the dentist, they look for tooth decay, teach your child how to brush well, and answer questions about taking care of their mouth.

Eye exams are good for finding vision problems early and help your child do their best at school. The eye doctor checks eyesight, looks for common eye issues, and helps your child pick glasses if you need them.

Now is a good time to get your family's flu shot. Getting the flu shot each year helps stop the flu and makes symptoms less serious. The flu shot helps keep kids out of the hospital. All kids who are six months old or older should get a flu shot.

To make the most of summer, schedule these exams now—before school starts back up. Contact your healthcare provider or visit their website to book appointments. Early action means less stress and more time to enjoy summer break! [Find an In-Network Provider.](#)

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.





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.