

Molina's **my**health**my**life[®]

a newsletter just for Kentucky members

Spring 2026

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Time to Quit? You've Got Support!

Nicotine is a drug found in cigarettes, vapes, chewing tobacco, and nicotine pouches. You've probably been told before that these products can hurt your health. But because nicotine is addictive, quitting can be really hard — especially when life feels stressful. You are not alone in feeling that way!



Passport cares about you and wants to help you succeed. If you are ready to cut back or quit using nicotine, here are 5 ways to get support on your quit journey:



1. Talk to your doctor or therapist

They are there to help you! Your doctor can help you to make your perfect quit plan and help you as you follow it.



2. Ask your doctor about nicotine replacement therapy (NRT)

Nicotine patches or gum can make quitting easier — and they work even better when you mix them with counseling.

Good news: NRT is free with a prescription! Ask your doctor if this might be a good fit for you.



3. Reach out to the Kentucky Quitline

Kentucky offers **free** phone and online support. Trained quit coaches will help you make a plan, learn about helpful meds, and stay motivated.

- **Adults:** Call **1-800-QUIT NOW (1-800-784-8669)** or quitnowkentucky.org/en-us
- **Teens:** Text **“Start My Quit” to 36072** or call **(855) 891-9989** for support from a coach who knows what teens go through.



4. Find a cheerleader

Pick a friend or family member you trust and share your goal with them. Choose a quit date together, ask them to help keep you on track, and make sure to celebrate the wins — big or small!



5. Need more help? Call (800) 578-0603 and ask for the Care Management team.

Leave a message, and we will call you back the same day or the next business day. Our team includes caring staff trained to help people quit smoking, vaping, or using nicotine pouches.

Colon Cancer

Today, colon cancer is one of the most preventable and treatable cancers if found early through routine screening. Screening can prevent cancer by finding and taking out precancerous polyps before they turn into cancer.



Screening Guidelines for 2026

- **Starting Age:** Most health organizations, along with the **CDC** and **American Cancer Society**, suggest that adults at normal risk start screening at **age 45**.
- **Upper Age Limit:** Routine screening is often suggested through age **75**. For adults aged 76 to 85, talk to your doctor about continuing colon cancer screenings.
- **Earlier Screening:** You may need to start before age 45 if you have a family history of colorectal cancer, inflammatory bowel disease (like Crohn's or ulcerative colitis), or certain genetic syndromes such as Lynch syndrome.

Types of Screening Tests

Screening methods are often categorized into visual exams and stool-based tests:

- **Colonoscopy (Gold Standard):** A doctor uses a flexible tube with a camera to view the whole colon. It is the only test that can both spot and remove polyps during the same test. Recommended every **10 years** for those at normal risk.
- **Stool-Based Tests:**
 - **FIT (Fecal Immunochemical Test):** Checks for hidden blood in the stool. Done **annually** at home.
 - **FIT-DNA (e.g., Cologuard):** Checks for blood and changed DNA. Done every **3 years**.

Important to Know

- **Young-Onset Rise:** Colorectal cancer is now the leading cause of cancer death for men and the second for women under age 50 in the U.S.

- **Survival Rates:** The 5-year survival rate is about **91%** when found at an early stage, but drops to roughly **13%** if the cancer has spread to distant organs.
- **Symptomless Nature:** **Early-stage colon cancer and polyps often do not cause any symptoms, making proactive screening the only sure way to catch them.**
- **Screening Gap:** Approximately **1 in 3 adults** aged 45 and older are not up to date with their recommended screenings

Modifiable Risk Factors

Many colon cancer risks can be reduced through healthy lifestyle choices like:

- Avoiding tobacco, maintaining a healthy weight, limiting alcohol, eating a balanced diet and staying physically active

Well-Child Visits: A Healthy Start for Your Child



Now is a great time to plan your child's well-child visit. These yearly health exams are a big part of keeping children healthy and supporting their growth and total well-being.

During a well-child visit, your child's doctor will check height, weight, overall physical health, development, mental health and talk about health habits like eating, physical activity, sleep, and home and school behavior. These visits help catch concerns early—before they become bigger issues.

Staying Current on Immunizations

Well-child visits are also a key time to make sure your child is current on recommended immunizations. Vaccines are a safe and helpful way to protect children from diseases that could be stopped such as measles, mumps, rubella, and whooping cough. Check with your child's school district for immunization requirements, scheduling early can help skip last-minute stress. Eat fruits, vegetables and whole grains

Earn Rewards for Preventive Care

Completing a well-child visit may earn Healthy Rewards. Simply take your child to their preventive care visit and call **(800) 578-0603** to claim your reward for prioritizing your child's health.

Plan Early

Well-child exams take a little longer than a normal sick visit and dates tend to fill up quickly, so don't wait—plan your child's well-child visit today to make sure they are healthy, developmentally on target, and ready to learn.

Well-child visits are a big step towards a healthy and successful year for your child.



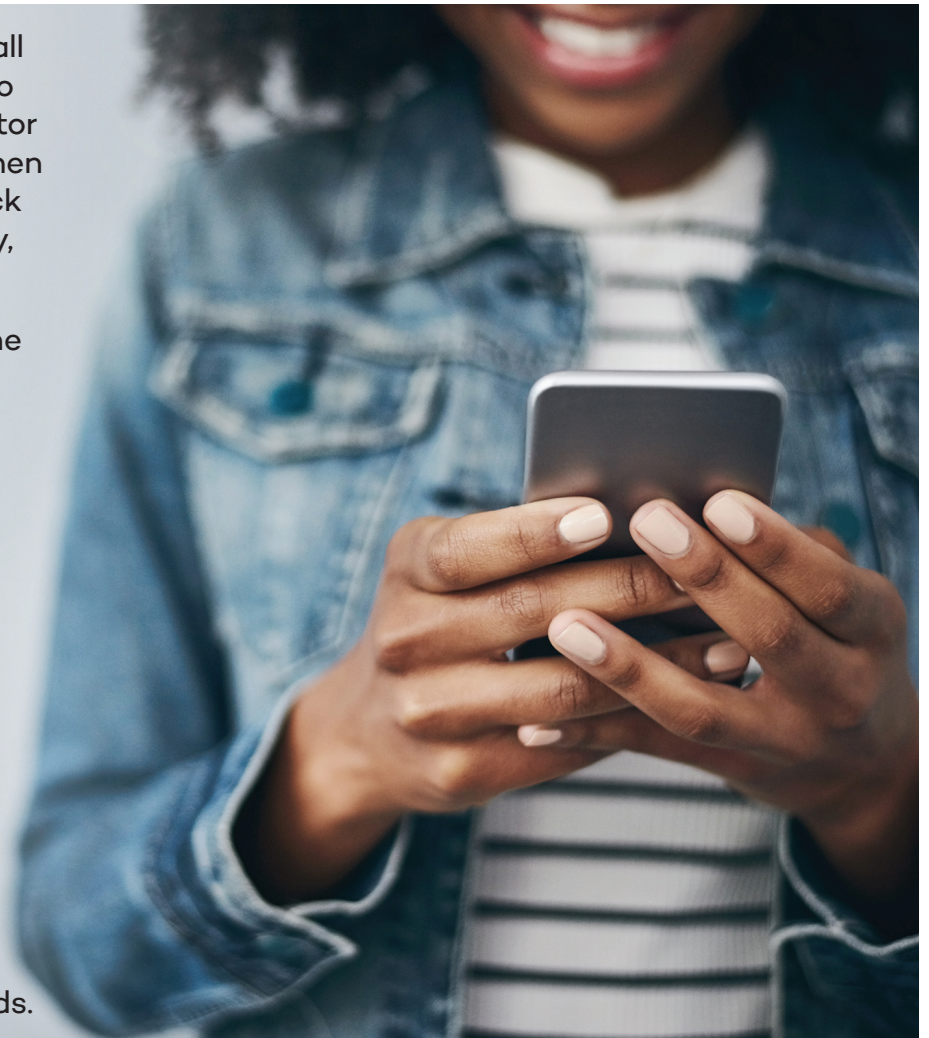
Where To Go for Care

When you are sick, you should first call your primary care provider or “PCP” to plan a visit. Your PCP is the main doctor or nurse practitioner who sees you when you feel sick or need your yearly check up. Unless you have a true emergency, always call your PCP first.

You can call your PCP’s office anytime of the day or night — 24 hours a day, 7 days a week. If you call after hours, the doctor on call will tell you if your issue can wait until you can see your PCP or if you need to get care more quickly.

You can also call the Nurse Help Line when you are not sure what type of care you need. Call **(800) 606-9880** and a registered nurse will answer your questions and help you decide what to do next.

You have different care options available. The table below explains each choice to help you find the right level of care for your health needs.



Care Options	Care Options	Care Options
Your PCP’s Office	Office hours differ and may have some evening and weekend hours.	Your PCP is usually where you go when you need non-emergency care like your annual physical exam or short-term illnesses.
In-Network Retail Health Clinic	Most often normal, week-day business hours plus weekend hours.	Walk-in clinics are inside stores or pharmacies and can treat minor medical problems
Urgent Care Center	Most often evenings, week-ends and holidays	Urgent care centers are used when you need immediate care, and your doctor cannot see you. Call your PCP first to see if your medical need requires urgent care.
Emergency Room (ER)	24 hours/day, 7 days/week	For medical emergencies that will threaten your life or long-term health if you do not get care right away.

Passport's Mobile Help Center is bringing care directly to you!

We're traveling across the state to serve the communities we know and support. By partnering with trusted local health providers, we're hitting the road to deliver convenient preventive health and wellness services—right in your neighborhood. Our mobile health unit is equipped to provide:

- Blood pressure screenings
- Wellness exams (babies, children and adults)
- Immunizations
- Cervical Cancer Screenings
- And more!

Want to know when we'll be in your hometown?

Visit PassportHealthPlan.com/events to see our upcoming stops.

Planned Events:

6/23/2026	Crossroads - Norton Mammography and adult wellness on RV
6/24/2026	Louisville OSHC - Back to School
7/9/2026	Owensboro - Back to School
7/22/2026	Beechmont Townhomes Event
7/29/2026	Bowling Green OSHC - Back to School
8/2/2026	New Birth Church - Back to School
8/3/2026	Lexington - Back to School
8/5/2026	Covington - Back to School
8/20-8/30	KY State Fair





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