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Summer Safety

Summer is a fun time for kids but comes with many dangers. Be sure to keep your kids safe this summer by following these tips.

Water Safety

Watch your child at all times when they are in or near the water. Avoid reading, texting, socializing, or drinking alcohol. Use a US Coast Guard approved flotation device for all kids who do not know how to swim. Always wear a life jacket when on a boat.

Heatstroke

Heatstroke can be deadly for young children. Signs of heatstroke are feeling dizzy or weak, headaches, clammy skin, muscle cramps, nausea, and vomiting. To prevent heatstroke, take many water breaks, wear lightweight clothing, and provide a shaded area for rest breaks.

Car Safety

Always check that car seats are secure, and the seat belts or car seat buckles are not too hot. Kids should be buckled in at all times, even on a long car ride. Never leave your child in a car alone, not even for a few minutes.

Sunscreen and Bug Spray

Apply sunscreen with SPF 30 or higher when your child is outdoors and reapply every three hours. Avoid outdoor play during peak sunny hours or at times with a high UV rate. Bugs can carry many diseases, use bug spray before going outdoors. Avoid scented soaps or lotions and cover arms and legs when hiking in the woods.

Bike Safety

Many injuries in kids are related to riding bikes. Always have your child wear a helmet which can reduce injuries by 85%. Make sure your child's bike is the proper size, use crosswalks, wear bright-colored clothes or reflective materials, and look both ways when crossing the street.


Back to School Health Checklist

- ☐ Schedule your child's annual well-child visit for vaccinations and medication refills.
- ☐ Complete sports physicals
- ☐ Schedule an annual vision and dental exam
- ☐ Begin good sleep and eating habits
- ☐ Have a talk about safety by teaching stranger danger, carpool and bus safety, walking and crossing the street with no distractions (no texting or headphones)



Vaccines Required for School Entry in Michigan

Whenever children are in group settings, there is a chance for disease to spread. Parents must follow state vaccine laws in order for their children to attend school. These laws are the minimum standard for preventing disease outbreaks in group settings. The best way to protect children from serious diseases is to follow the recommended vaccination schedule at [CDC.gov/Vaccines](https://www.cdc.gov/Vaccines). When following the recommended schedule, children are fully protected, and any school vaccination requirements are met.

	All kindergarteners and 4-6 year-old transfer students	All 7th graders and 7-18-year-old transfer students
Diphtheria, Tetanus, Pertussis (DTP, DTaP, Tdap)¹	4 doses of DTP or DTaP 1 dose must be at or after 4 years of age	4 doses diphtheria and tetanus or 3 doses if 1st dose given on or after 1 year of age 1 dose Tdap at 11 years of age or older upon entry into 7th grade or higher
Polio¹	4 doses or 3 doses if dose 3 was given on or after 4 years of age	
Measles, Mumps, Rubella (MMP)^{1, 2}	2 doses at or after 12 months of age	
Hepatitis B^{1, 2}	3 doses	
Meningococcal Conjugate (MenACWY)¹	None	1 dose at 11 years of age or older upon entry into 7th grade or higher
Varicella (Chickenpox)^{1, 2}	2 doses at or after 12 months of age or current lab immunity or history of varicella disease	

¹ Vaccines should be given at certain ages and at certain times (follow **CDC Immunization Schedule** for the recommended number of doses, correct spacing, and ages); this chart is based on Michigan school immunization requirements. We strongly encourage parents and providers to follow the CDC recommended schedule because school requirements are the minimum for protection. Follow this chart when assessing immunization status for school immunization requirements.

² If the child has not received these vaccines, documented immunity/waiver is required. During disease outbreaks, incompletely vaccinated children may be excluded from school. Parents and guardians choosing to decline vaccines must obtain a certified non-medical waiver from a local health department. Read more about waivers at www.michigan.gov/immunize. The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.

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Don't forget to schedule a dental visit for your child!

- Summer is a great time to get your child to the dentist for a check-up.
- The state of Michigan requires a dental check-up before enrollment in kindergarten or first grade.
- Dental care should begin when your child is 6-9 months old.



Do you need help with a Prior Authorization?

Some services and medications will need to be approved before your child can get them, this is called a Prior Authorization (PA). Your child's doctor will need to send Molina a request and we will notify you and your doctor with a decision.



If you or your child's doctor need help with a Prior Authorization please contact Member Services at (888) 898-7969, Monday-Friday, 8 a.m.-5 p.m. (TTY:711).

Appeals & Grievances

If you are having a problem or complaint to report to Molina, please contact our Appeals & Grievances department for help.

Written complaints can be mailed, emailed or faxed to:



Molina Healthcare of Michigan
Attention: Member Inquiry Research and Resolution (MIRR)
PO Box 182273
Chattanooga, TN 37422



Fax number – (248) 925-1799



mhmpmirrmembergrievances@MolinaHealthcare.com



You can also report a complaint by calling Member Services at (888) 898-7969, Monday-Friday, 8 a.m.-5 p.m. (TTY:711).



Health Care Transition to Adulthood

Is your Child 12 to 18 years old?

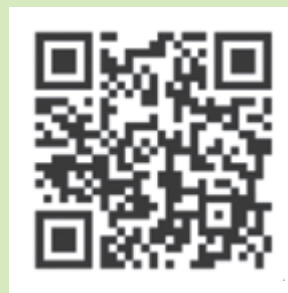
The healthcare transition program can help your child get ready for health care as an adult. Contact your Molina Case Manager to discuss your child's transition to adulthood. **Go to michigan.gov/mdhhs/assistance-programs/cshcs/transition-to-adulthood for more information, or contact Member Services at (888) 898-7969 Monday-Friday 8 a.m.-5 p.m. (TTY: 711).**

Get started now. Talk to a doctor in minutes.

Teladoc gives you access to medical care on your phone in just a few quick steps.

Scan and download the app

1. Scan the code with your camera
 - a. Use your phone's camera to scan the QR code or visit the App Store (iPhone) or Google Play (Android)
2. Download the app
 - a. Install the app, set up your account, then choose Molina Healthcare from the list. You're almost there.
3. Fill out your medical history
 - a. Answer a couple of questions about your medical history for the doctor to review.
4. Talk to a doctor
 - a. Speak to a doctor on your phone. Or, make an appointment whenever it suits you. It's your choice.



How would you like to talk to a doctor?



Phone



Video

1-800-TELADOC (835-2362) (TTY:711)

Teladoc.com/Molina



Molina CSHCS Advisory Council

You're invited to join the Molina CSHCS Advisory Council. The council meets to discuss your experience with the CSHCS program and provide feedback to improve the program.

Our goal is to better understand your needs. Your feedback helps us improve the level of care and customer service we provide. We want our members and their families to tell us about their experience with our employees, providers and community partners.

Council members will enjoy:

- The ability to share feedback to help Molina solve issues and improve the health plan experience
- A free meal during the meeting (in person attendees only)
- A \$50 gift card per meeting attended

Membership requirements:

- Current Parent/Guardian of a CSHCS Molina member

Meetings are held in person at our office in Detroit, Michigan. Transportation and mileage reimbursement can be provided. A virtual option to attend the meeting can also be arranged.

Ready to Join?

Please send an email to MIMemberEngagement@MolinaHealthcare.com and provide the following:

Name: _____

Address: _____

City: _____

State: _____

ZIP: _____

Phone number: _____

Email: _____

My Molina Mobile App

Remember! You can always
manage your healthcare 24/7
with the My Molina Mobile App.

Download the app using the
QR code today.

Available on Google Play and
in the App Store.





Do you need a ride?



Schedule a free ride to medical appointments. Please call Transportation

Member Services 24 hours a day, 7 days a week at (888) 898-7969, Monday through Friday, 8 a.m. to 5 p.m., for more information and to schedule a ride or request mileage reimbursement. It's important to call 3 days in advance to schedule transportation.

Earn gift card rewards for staying on top of your child's health!

Check the **Healthy Rewards** tab on your online portal to learn about available member incentives. Log onto the member portal at [MyMolina.com](https://www.mylina.com) or scan the QR code.





24-hour Nurse Advice Line

Nurses are ready to answer your medical questions 24 hours a day, 7 days a week.



(888) 275-8750 (English)

(866) 648-3537 (Spanish)

TTY/TDD 711

Contact your Local CSHCS Department Office 1-800-359-3722

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 1-888-898-7969 or TTY/TDD: 711, Monday to Friday, 8:00 a.m. to 5:00 p.m., local time.

If you believe we have discriminated 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>



1557 - Notice of Availability



PO Box 298
Monroe, WI 53566-0298

If any materials are needed in another language, oral interpretation, or auxiliary aids and services, please contact Member Services at (888) 898-7969, TTY: 711, Monday through Friday, 8 a.m. to 5 p.m. ET.

