

Molina's myhealthmylife®

A newsletter just for Molina Healthcare of Nebraska members

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Everyone needs sunscreen

Everyone needs sunscreen, no matter their skin type or skin color. The sun's rays can harm any skin and raise the risk of skin cancer.

The Centers for Disease Control and Prevention (CDC) and the American Academy of Dermatology (AAD) say that UV rays can damage skin, even on cloudy days. Too much sun can cause painful sunburns and increase the risk of skin cancer, which is very common.

Sunscreen helps everyone by:

- Protecting skin from sunburn
- Lowering the risk of skin cancer
- Helping prevent wrinkles and dark spots

Children need sunscreen because:

- Their skin burns more easily
- Sun damage can happen early in life
- They spend a lot of time playing outside

Children and adults benefit from using sunscreen every day. It helps keep skin healthy as people get older. No matter your skin color, UV rays can still cause damage.

Making sunscreen a daily habit helps protect everyone and makes time outside safer and more fun.

What makes a good sunscreen?

- Broad spectrum protection against UVA and UVB rays
- SPF 30 or higher
- Water resistant for outdoor or active use
- Gentle and safe for all skin types, including sensitive skin and children





Protecting newborns

The first weeks with a new baby can feel busy. Along with feeding and sleep, many parents think about how to keep their baby healthy. Because some vaccines are given later, these early months are a time when everyday routines help protect your baby.

Until your baby is old enough for all their vaccines, you and other caregivers can take these steps to help protect them:

- Make sure all close caregivers are up to date on vaccines, including whooping cough, COVID and flu.
- Wash hands before holding or feeding the baby.
- Ask those who feel sick to wait until they feel better before visiting.
- Keep gatherings smaller during cold and flu season.

If someone in your home gets sick, you can take extra care by:

- Washing hands more often
- Covering coughs and sneezes
- Cleaning shared surfaces like door handles, remote controls, tables and countertops
- Keeping space between the sick person and the baby when possible

These steps help protect your baby while they grow and get ready for their vaccines.

Get ready for a healthy school year

Help your child start the school year strong! Before classes begin, make sure your child is up to date on important health visits and treatments. These services are **covered for Molina members**.



Well-child visit

A yearly well-child visit helps your child stay healthy and ready to learn.

During the visit, the doctor will:

- Check height, weight and vision
- Make sure your child is growing well
- Talk about sleep, nutrition and activity
- Answer your health questions



Immunizations (shots)

Shots protect your child from serious illnesses and are required by most schools.

Your child may need: • Kindergarten shot • 7th grade shots • A yearly flu shot

Molina covers all recommended childhood immunizations at no cost.



Fluoride for strong teeth

A fluoride varnish helps prevent cavities and keeps your child's smile healthy.

- Quick and painless
- Can be done at a dentist's or sometimes at a doctor's visit
- Helps reduce school absences caused by tooth pain

Molina covers fluoride treatments for children.



Easy tips for parents

- Call early to schedule visits.
- Ask for a copy of your child's vaccine record.
- Bring school forms with you.
- Make a dental appointment if your child hasn't had one in six months.

Need help? We're here for you.

To find a doctor, dentist, schedule visits or get support, call Member Services at (844) 782-2018 (TTY: 711), Monday through Friday, 8 a.m. to 6 p.m. CT.

Let's make this school year healthy and bright!

Mental health support

It's normal to feel stressed, worried or sad sometimes. But if those feelings last a long time, it's a good idea to talk to someone.

Signs you or your child may need help:

- Feeling sad, angry or withdrawn most days
- Not wanting to play or do fun things
- Big mood changes
- Trouble sleeping

If you just had a baby, tell your doctor if you feel:

- Very sad
- Hopeless
- Overwhelmed
- Like you can't bond with your baby

You do not have to handle hard feelings alone. Help is available, and Molina covers mental health visits. You can see a counselor in person or talk to one from home with Teladoc.

To find a counselor, call Member Services or visit TeladocHealth.com/Molina.

Asking for help does not mean you're weak. It means you're taking care of yourself and your family.

Need crisis support?

Call or text 988 to reach the Suicide & Crisis Lifeline. It's available 24 hours a day at no cost to you. If you're having an emergency that threatens your life, call 911.



Get help with your health

Molina's Care Management program can help you if you have:

- Asthma
- Diabetes
- High blood pressure
- Other ongoing health problems

Molina has care managers who can:

- Help you understand your condition
- Explain what your medicines do
- Help you make doctor visits
- Answer your health questions
- Help you set health goals

Care Management is available at no cost to you.

To see if Care Management is right for you, email

NE_CM@MolinaHealthcare.com



You can also call Member Services at
(844) 782 2018 (TTY: 711),

Monday through Friday, 8 a.m. to 6 p.m. CT.



Food allergies

When a person reacts to a food, it can raise questions fast. Knowing the signs of a food allergy can help you respond with confidence.

A food allergy happens when the body reacts strongly to certain foods. Some foods cause allergies more often than others. These include milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish.

Symptoms of an allergic reaction may include:

- Hives or a rash
- Stomach pain, vomiting or diarrhea
- Swelling of the face, lips or tongue
- Dizziness or fainting
- Trouble breathing

Trouble breathing or swelling in the throat is a severe reaction called anaphylaxis. If this happens, call 911 right away.

If you think you or your child has a food allergy, talk to a doctor. They can help with testing and next steps. If it turns out to be a food allergy, your doctor can help you understand what to avoid and what to do if a reaction happens.





Why chlamydia testing matters

Chlamydia is a common infection, and most people don't know they have it because it usually has no symptoms. The Centers for Disease Control and Prevention (CDC) says that the only way to know for sure is to get tested. Doctors at the Mayo Clinic also explain that chlamydia is easy to treat when it's found early.

Possible symptoms

Some people may notice:

- Pain when peeing
- Belly or pelvic pain
- Discharge from the vagina or penis
- Bleeding between periods

Even without symptoms, testing is still important.

Why you should get tested

If chlamydia is not treated, it can cause serious health problems, especially for women. The good news is the test is quick and simple. Your doctor may ask for a urine sample or use a soft swab. Treatment is easy and works well when started early.



Why chlamydia testing matters

Who should get tested?

Health experts recommend that anyone who is sexually active get tested every year, especially young women ages 16 to 25.

Need help or have questions?

Talk to your doctor or contact Teladoc anytime. Teladoc doctors can't do the test, but they can answer questions and help you take the next step. Visit **TeladocHealth.com/Molina** or call (800) 835-2362, 24/7.

Earn a \$25 Healthy Reward

Women ages 16 to 25 can earn a \$25 reward for completing a chlamydia test. To claim your reward, call Member Services at (844) 782-2018 (TTY: 711), Monday to Friday, 8 a.m. to 6 p.m. CT.

Learn more at MolinaHealthcare.com/NEBenefits.

Even if you feel healthy, getting tested for chlamydia protects your long-term health and helps prevent serious problems in the future.

Creamy cucumber tomato summer salad

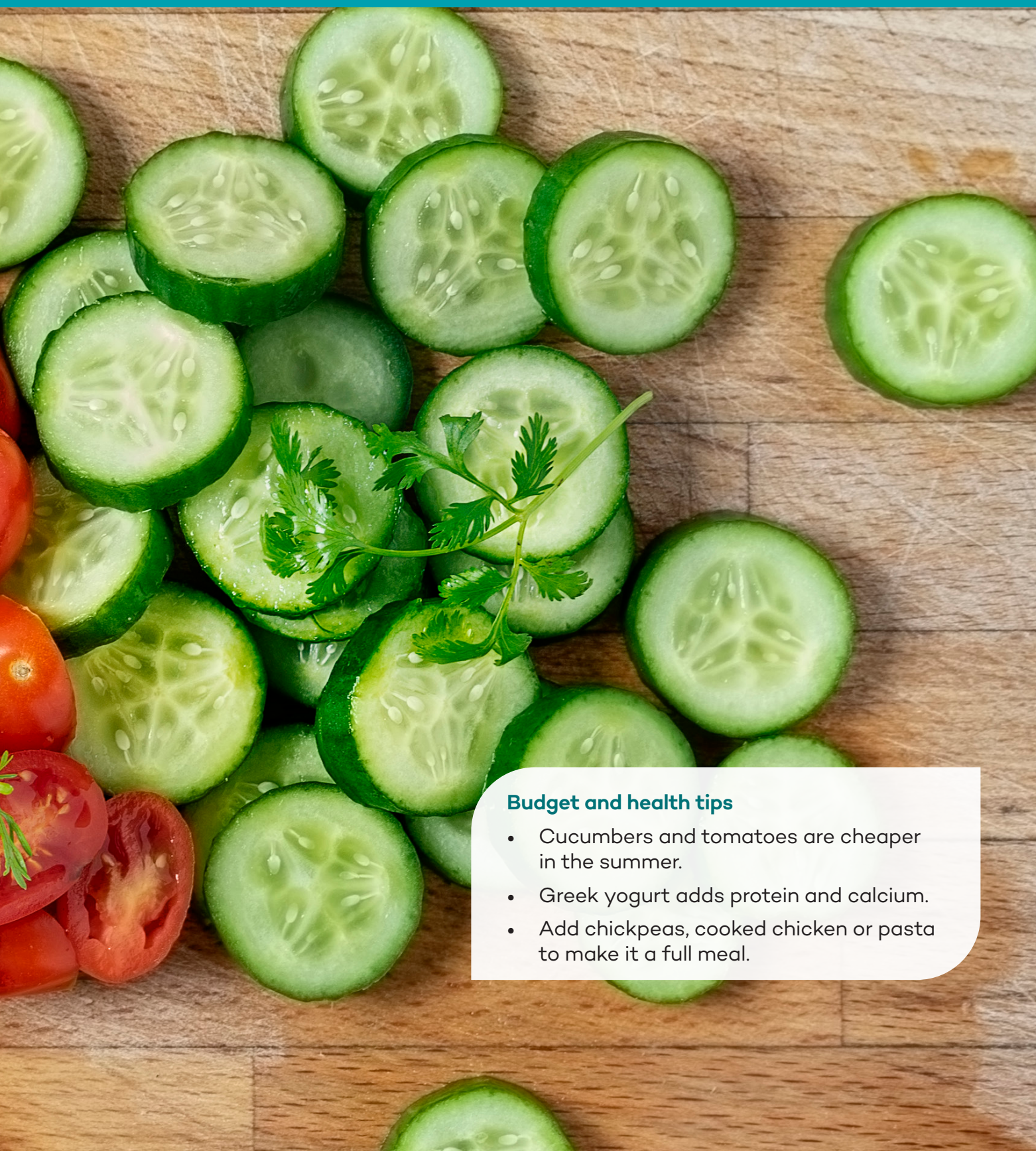
This healthy creamy cucumber tomato summer salad is easy to make and great for the whole family.

Ingredients:

- 3 medium cucumbers, sliced
- 1 cup cherry or grape tomatoes, cut in half
- 1/4 small red onion, sliced very thin
- 1/2 cup plain Greek yogurt or sour cream
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice or apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- If you like it sweet, add a small pinch of sugar or honey

Directions:

1. Put the cucumbers, tomatoes and onion in a large bowl.
2. In a small bowl, add the yogurt, mayo, lemon juice, salt, pepper and sweetener if using.
3. Mix well until smooth.
4. Pour the dressing over the vegetables. Stir until everything is coated.
5. Place in the fridge for about 20 minutes before serving.



Budget and health tips

- Cucumbers and tomatoes are cheaper in the summer.
- Greek yogurt adds protein and calcium.
- Add chickpeas, cooked chicken or pasta to make it a full meal.



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call {1-844-782-2018} (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al {1-844-782-2018} (TTY: 711).

HÃY CHÚ Ý: Nếu quý vị nói tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí luôn có sẵn cho quý vị. Hãy gọi 1-855-687-7861 (TTY: 711).

