



Women's health!

Your good health begins today.



Good health begins with your annual well visit

Make time for a yearly checkup with your doctor. Your doctor can help you stay healthy and answer questions about your health. Your primary care provider's (PCP) name and phone number are on your member ID card. Call Member Services at 800-642-4168 (TTY 711) Monday-Friday, 7 a.m. - 8 p.m. ET to find or change a doctor.



Get breast and cervical cancer checkups

Getting your breast cancer screening (mammogram) and cervical cancer screening (Pap smear) are important. Your doctor or nurse practitioner will tell you how often you need these tests.





Earn rewards for going to pregnancy & baby visits

Earn up to \$250 in gift card rewards for going to the doctor during pregnancy and after your baby is born! Visit MolinaHealthcare.com/OHMedicaidPregnancyRewards to learn more.



Take control of your family planning choices

Family planning lets you plan the spacing and timing of your pregnancies. If birth control is part of your plan, we can help. Visit MolinaProviderDirectory.com/OH for help finding a women's health services provider.



Transportation options that fit your life

Our transportation specialists are available **24/7 to schedule your ride**. Call (866) 642-9279 at any time to ask about:

- Unlimited rides to prenatal and postpartum visits with your OB/GYN¹
- Unlimited rides to well-child visits for babies younger than one year old
- 30 extra trips each year for rides to the doctor, pharmacy, WIC², CDJFS³, and food resources like food pantries or grocery stores

MolinaHealthcare.com



¹ OB/GYN: Obstetrician-gynecologist. A doctor who specializes in reproductive health.

² WIC: The Special Supplemental Nutrition Program for Women, Infants, and Children.

³ CDJFS: Your local County Department of Job and Family Services office. You can use your transportation benefit to attend your Medicaid benefits renewal appointment.

Take control of your heart health

Heart disease is the leading cause of death for women in the United States. Heart disease makes it hard for your heart to pump blood through your body, which causes health problems.

Your blood pressure is an important part of your heart health. Get your blood pressure checked by your doctor regularly. You can also lower your risk by exercising, eating healthy foods, and quitting smoking. Talk to your doctor about your risk and what you can do to keep your heart healthy.



Get tested for sexually transmitted infections (STIs)

STIs are infections that spread through sex. You might not know you have an STI because there are often no symptoms, so it is important to get tested. Some of the most common STIs include chlamydia, herpes, gonorrhea, and human papillomavirus (HPV).

Women age 24 years and younger who are sexually active should get tested for chlamydia and gonorrhea every year. Talk to your doctor about your risk and how often you should get tested for all STIs.

Mental health care with Teladoc

Adult Molina members can get 24/7 access to virtual care via phone or video chat with Teladoc. Teladoc therapists and psychiatrists can help you treat anxiety, depression, stress, and other mental health problems. To get care with Teladoc, you can download the Teladoc app, call 1-800-TELADOC, or visit TeladocHealth.com/Molina-OH.



For more information about the services Molina covers, check out the Covered Services List at MolinaHealthcare.com/OHMedicaidHandbook.



Do you have questions?

Call our 24-hour Nurse Advice Line for help with your health or where to go for care.

English: 888-275-8750 (TTY 711)

Español: 866-648-3537 (TTY 866-833-4703)



Want to learn more about Molina Healthcare?

Call us to learn about our benefits and services.

866-209-1126 (TTY 711) Monday-Friday, 7 a.m. to 7 p.m. ET



MeetMolinaOH.com



Current Molina Medicaid members can call Member Services.

800-642-4168 (TTY 711) Monday-Friday, 7 a.m. - 8 p.m. ET

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