

# Molina's myhealthmylife

for Molina Healthcare members

Fall 2023



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# Keep your benefits. Renew on time.

Now more than ever, it's important to keep your Molina Medicaid. You must complete the renewal process to keep your Medicaid benefits and stay enrolled with Molina Healthcare. When it's time for you to renew, you'll get a letter from the Texas Health and Human Services Commission (HHSC) with a form that you must complete and sign to renew your health care coverage.

You can also complete the renewal process online by visiting [YourTexasBenefits.com](https://YourTexasBenefits.com). You're important to us! We want to make sure you and your family keep your health care benefits! If you need help completing your renewal paperwork, call HHSC at 2-1-1 or (877) 541-7905.

Download the My Molina App to get reminders about renewing your benefits, to view and download your Molina ID card and more! If you have questions or need help, call the Health Plan Renewal Team at (877) 373-8977, Monday – Friday, 9 a.m. to 7 p.m., Central Time.

## Keep your contact information up-to-date!

- It is important to keep your information up to date with Molina and HHSC.
- HHSC sends your renewal information by mail when it's time to renew. If your information is not correct, you may miss an important message about your renewal.
- Update your contact information with HHSC by visiting [YourTexasBenefits.com](https://YourTexasBenefits.com) or by calling 2-1-1 and selecting option 2.
- Please remember to tell Molina if your contact information changes. That way we can send reminders and other important information to you. You can update your information with Molina on the Molina Mobile App, on the member portal.



Thank you  
for being the  
best part of  
Molina!

# Questions about your health?

## Call our 24-hour Nurse Advice Line!

Health issues can happen at any time, even on nights and weekends. As a Molina member, you can talk to a nurse right away. Our 24-hour Nurse Advice Line is a service that is available 24 hours a day, 7 days a week.

### Speak to a nurse when you:

- Have a medical question any time of the day or night
- Think of a question after you visit your doctor
- Feel sick and aren't sure what to do
- Feel sick or hurt and don't know where to go for care

### Keep these phone numbers handy!

(888) 275-8750 (English and other languages)

(866) 648-3537 (Spanish)

TDD/TTY: 711



# Get well, stay healthy

Did you know that one of the best ways to stay well is by getting annual checkups and regular screenings? This helps your doctor catch problems early when they may be easier to treat. Here's a guide for how often you should get screenings and services, and how soon your doctor should be able to schedule your appointments.



Visits needed	When they are needed
Adult preventive visits	Age 20 and older (yearly)
Well-baby visits	6 or more visits before 15 months
Well-child visits	Ages 3 to 20 years
Prenatal visits	Series of visits before delivery
Post-delivery visit	7 to 84 days after delivery
Mammogram (checks for breast cancer)	Women 50 to 74 years (yearly)
Pap Test (checks for cervical cancer)	Women 21 to 64 years as recommended by your doctor
Colonoscopy (checks for colon cancer)	Ages 50 to 75 years as recommended by your doctor
Diabetic testing (A1c test, kidney test, eye exam)	Ask your doctor how often you need these tests
Behavioral health visit after hospitalization	1 to 7 days after discharge
Flu shot	Yearly
Dental visit	Once every six months
Vision visit	Yearly

Type of visit	How long will it take to get an appointment?
Urgent care visit	Within 24 hours
Routine primary care visit	Within 14 calendar days
Preventive visit for new child members	No later than 90 days after enrollment
Preventive health visit for adults	Within 90 calendar days
Initial outpatient behavioral health visit	Within 14 calendar days
High-risk prenatal care	Within 5 calendar days
Prenatal care for new members in third trimester	Within 5 calendar days

# How to prepare for your appointment and what to expect

Having a plan and knowing what to expect can help you make the most of your doctor's visit.

## These tips can help!

1. Write down your questions or concerns
2. Bring a list of your medicines, even vitamins and herbal supplements
3. Bring a friend or family member if you can
4. Be open and honest with your doctor and office staff
5. Let your doctor's office know if you have language needs
6. Know your and your family's medical history
7. Arrive on time and bring your ID card

If your appointment is virtual, be sure you have it in a quiet place with good lighting. Ask for the log in instructions and log in to your appointment early to make sure your device, audio and video are working properly.



# Earn rewards, stay healthy

Want to earn gift cards and other rewards?  
You can as a Molina member!



To earn rewards, just do things that are good for your health, like getting routine checkups and exams. You can also get rewards like extra money for eyewear and access to our 24-hour Nurse Advice Line.

At Molina, we care about your health. That's why we give you value-added services, and the quality care and support you need to stay healthy.

Each year, your value-added services may change. These changes happen on September 1st. You can find a list of any value-added services that are changing on our website at [MolinaHealthcare.com](https://MolinaHealthcare.com).

You can find a full list of the value-added services available to you on our website. You can also call the Member Services phone number on the back of your ID card and ask that a list of value-added services be mailed to you.

Benefits may have limits and restrictions. Members must be enrolled with Molina at the time of the services to be eligible.

# Our Preferred Drug List (PDL)

The Preferred Drug List (PDL) is a list of all the medicines we cover and limits that apply. We also cover some over-the-counter (OTC) medicines when your doctor gives you a prescription.

The PDL changes from time to time. To find the most up-to-date list, please visit [MolinaHealthcare.com](http://MolinaHealthcare.com). If you do not use a computer and would like some help, just call the Member Services phone number on the back of your ID card.

There are no copays for Medicaid member prescriptions. The copay amounts for CHIP member prescriptions can be found in your Member Handbook and on your member ID card. If you have questions about prescription copays, call Member Services and someone will answer your questions..



## Follow us on social media!

If you haven't already, be sure to follow us on our social media pages. It's a great way to find health tips and helpful information.

Facebook @MolinaHealthTX

YouTube @MolinaHealthcare

# Why are immunizations so important?

Immunizations are shots that help the body fight disease. Each shot fights different diseases, like chickenpox, measles or mumps.

It's important to have your child vaccinated because some diseases are still a threat. Kids need shots to keep them safe from these diseases and to get ready for school.

Talk to your doctor about which shots your kids need. Your child's doctor or nurse should give you a reminder for when your child is due for his or her next immunization. If you are not sure, call your child's doctor to find out when your child should get their next set of immunizations.

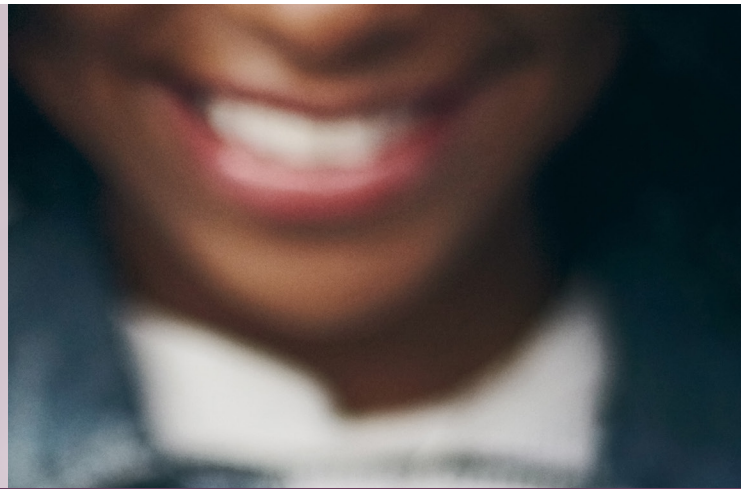
## Here's a look at the child and adolescent shot schedule recommended by the Centers for Disease Control and Prevention (CDC):

Shots your kids need	When they need them	
Hepatitis B (HepB)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: Birth</li> <li>2<sup>nd</sup> dose: 1 to 2 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 to 18 months</li> </ul>
Rotavirus (RV): RV1 (2 doses)    RV5 (3 doses)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> </ul>
Diphtheria, Tetanus, Acellular Pertussis (Dtap)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> <li>3<sup>rd</sup> dose: 6 months</li> </ul>	<ul style="list-style-type: none"> <li>4<sup>th</sup> dose: 15 to 18 months</li> <li>5<sup>th</sup> dose: 4 to 6 years</li> </ul>
Haemophilus Influenza Type B (Hib) (3 or 4 doses)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> <li>4<sup>th</sup> dose: 12 to 15 months</li> </ul>
Pneumococcal Conjugate (PCV13)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> <li>4<sup>th</sup> dose: 12 to 15 months</li> </ul>
Inactivated Poliovirus (IPV)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 to 18 months</li> <li>4<sup>th</sup> dose: 4 to 6 years</li> </ul>
Influenza (IIV) or Influenza (LAIV)	Yearly shot (1 or 2 doses): 6 months to 18 years	
Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 4 to 6 years</li> </ul>
Varicella (VAR)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 4 to 6 years</li> </ul>
Hepatitis A (HepA)	2 doses: 12 to 23 months	
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	11 to 12 years	
Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>2 doses: 9 to 14 years</li> </ul>	<ul style="list-style-type: none"> <li>3 doses: 15 years and older</li> </ul>
Meningococcal	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 11 to 12 years</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 16 years</li> </ul>



Get health plan access with your smartphone. With the My Molina mobile app, you can easily see, print or send your ID card. You can search for new doctors, change your primary care provider (PCP) and much more. Anytime, anywhere.

Download the My Molina mobile app today from the Apple App Store or Google Play store.



# Download the My Molina mobile app

## Search for Providers

Use our advanced search options to find providers that meet your needs.

## Digital ID card

View both sides of your ID card. You can print it from the app or email a copy to your provider.

## Change your PCP

Search for and change your PCP using the doctor finder. All within the app.

## Other features

- View benefits at a glance
- Check your eligibility
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Speak to a nurse through our 24-hour Nurse Advice Line
- Receive important notifications

Want to view our How-To Video for the My Molina mobile app? Just go to [www.youtube.com/@MolinaHealthcare](https://www.youtube.com/@MolinaHealthcare)



# Why should you quit?

## Smoking Cessation



### Why should you quit smoking?

- Smoking can cause cancer of the lungs, mouth and throat
- Smoking can cause heart disease
- Smoking causes emphysema or chronic obstructive pulmonary disease (COPD)
- Smoking increases the risk of stroke
- Smoking causes poor circulation
- Smoking causes diabetes complications

### How can you stop smoking?

- Set a date to quit and stick to it
- Throw away ashtrays, cigarettes and lighters
- Clean your house and car to remove the smoke smell
- Stay in non-smoking areas
- Tell your family and friends so they can support you
- Find ways to reduce stress
- Ask your provider about medicine to help you quit smoking

### What are other resources to help you quit smoking?

- [Smokefree.gov](http://Smokefree.gov)
- American Cancer Society - [Cancer.org](http://Cancer.org)
- National Cancer Institute Quitline – (877) 448-7848

When you quit smoking, you greatly reduce your risk of suffering from smoking-related diseases.

# Nondiscrimination Notice

**Molina Healthcare of Texas (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.**

English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-866-449-6849 (TTY: 711).

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-449-6849 (TTY: 711).

Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-449-6849 (TTY: 711).



[Company address]

