

Molina's myhealthmylife[®]

A newsletter just for Molina Healthcare of Texas members

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Protect your lungs from smoke and heat

Wildfire smoke can travel far and lower air quality, even miles away. Air quality alerts tell you when the air may be unhealthy. The air quality index, or AQI, uses colors to show risk.

AQI colors:

-  **Green** - Air is good
-  **Yellow** - Some risk
-  **Orange, red or purple** - Air can harm your health

Smoke has tiny particles that go deep into the lungs. It can cause coughing, chest tightness and shortness of breath. Smoke can also strain the heart and raise the risk of heart problems. Children, seniors and people with COPD are at higher risk. Their lungs and airways are more sensitive to smoke.

Stay safer on smoke days:

- Stay indoors when air quality is poor
- Keep windows and doors closed
- Use air conditioning if you have it
- Change air filters often
- Avoid indoor smoke from candles or frying foods

Asthma, COPD and breathing tips

Heat, ozone and smoke can make breathing harder.

- ✓ Check the AQI each day and plan activities when air is cleaner.
- ✓ Drink water and rest in cool places.
- ✓ Take medicines as prescribed.
- ✓ Use daily controller medicines every day.
- ✓ Keep rescue inhalers with you and know how to use them.
- ✓ Check expiration dates.

When to get help

Get help right away if your breathing is fast or hard, rescue medicine does not help or your lips or fingers look blue. Call your provider with early symptoms to prevent a flare up.



Enjoy your summer and be safe

Summer is a great time to be outside. Warm days can also bring health risks. A few simple steps can help you and your family stay safe all season.

Heat-related illness and warning signs

Too much heat can make your body sick. Watch for signs like headache, dizziness, nausea, muscle cramps and fast breathing. Heat exhaustion can happen fast. Heat stroke is a medical emergency. If someone feels confused, faints or has very hot skin, get help right away. Move to the shade, cool the body and sip water.

Staying hydrated

- Drink water regularly throughout the day, even if you don't feel thirsty.
- Carry a water bottle when you're outdoors or traveling.
- Choose water or healthy drinks over sugary ones.
- Eat water-rich foods like fruits and vegetables.
- Take extra care to hydrate during hot weather or physical activity.

Sun safety and skin care

The sun can damage skin at any age. Use sunscreen with SPF 30 or higher. Put it on 15 minutes before going outside and reapply every two hours. Wear a hat, sunglasses and light clothing. Seek shade during the hottest hours.

Simple tips you can use every day

- Check the weather before outdoor plans.
- Take breaks in cool places.
- Wear light colors and loose clothes.
- Never leave kids or pets in cars.
- Look out for neighbors and coworkers.

Enjoy your summer—stay cool, stay hydrated and stay safe.

Mental health and summer stress

Summer can bring joy and extra stress. Extreme heat can affect your body and your mood. Long hot days can cause poor sleep, headaches and worry. Stress can build up fast.

Summer also changes routines. Kids may be home from school. Work hours may shift. Your family may need more care. When plans change often it can feel overwhelming. It's important to care for your mental and emotional health during this time.

Ways to cope with heat stress

- Stay cool and hydrated.
- Create a calm space at home with a fan or quiet music.
- Take slow deep breaths when you feel tense.

Mental health resources

- Reach out to your health plan or provider for counseling.
- Talk with a trusted friend or coworker.
- If you feel unsafe or in crisis, call or text 988 for support any time.

Check on family members

- Check on older adults children and people with health issues.
- Help them stay cool and informed.
- Ask how they feel and listen.

Caring for yourself while caring for others

- Set small daily goals.
- Take short breaks without guilt.
- Remember that asking for help is a sign of strength.

Your well-being matters all year long.





Caregiver help with Trualta

Caring for a loved one can be hard. You may feel tired, stressed or unsure what to do next. Trualta is here to help.

What is Trualta?

- An online learning and support program for caregivers.
- It is made for people who help a family member or friend at home.
- This can include caring for an older adult or someone with a health condition or disability.

With Trualta, you can learn at your own pace. Lessons are short and easy to read. Topics include daily care, safety at home, managing stress and planning for the future. You can watch videos, read tips and try simple tools you can use right away.

Trualta also offers support just for you. Caregiving can feel lonely. Trualta connects you to a caregiver community where you can see questions from others and learn what has helped them. Some programs also offer live help from trained coaches.

You can use Trualta anytime on your phone, tablet or computer. There is no cost to you if it is part of your health plan benefits.

You do not have to do this alone. Trualta gives you clear steps, trusted information and support to help you care for your loved one and yourself.

If you're a caregiver, this benefit is for you.

Benefits basics



Benefit #1: Know your rights about medical bills

Getting a medical bill you did not expect can feel stressful. The good news is that the law protects you from many surprise bills.

What is balance billing

Balance billing is when a doctor or hospital bills you for costs your health plan should pay. This can happen when care comes from a provider not in your plan's network.

When am I protected?

You are protected from balance billing in these cases:

- Emergency care, even if the provider is out of network
- Care at an in-network hospital when an out of network provider helps, like anesthesia or x-rays
- Air ambulance services in most cases

Medicaid members should never receive a bill for a covered Medicaid service. If you are a Medicaid member and receive a bill from a provider, call Member Services for help.

When do I have to pay?

When balance billing is not allowed, you only pay your normal in network costs. This may include a copay or coinsurance. Your health plan pays for the rest.

What to do if you get a bill

Do not pay right away. Call Member Services as soon as you get the bill. Some papers look like bills but are only notices. We can help you tell the difference.



Benefit #2: Get a ride to your appointments

Non-emergency medical transportation helps you get to covered health care visits when you do not have a ride.

What's covered

You may get a free ride to doctor visits, tests or treatments. Coverage can vary by plan.

We're here to help

Call Member Services at (866) 449-6849/(877) 319-6826 – CHIP RSA (TTY: 711) if you have questions about bills or rides.

Questions about your health?

Call our 24-hour Nurse Advice Line!

Health issues can happen 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 covered service that is available 24/7.

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!

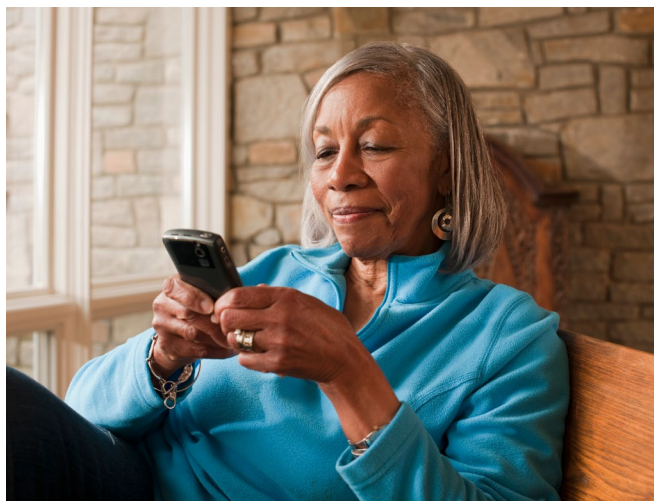
English and other languages:

(888) 275-8750

Spanish:

(866) 648-3537

(TTY: 711)



Update your contact information and renew every year

Keeping your contact information up to date helps us take better care of you. When we have the right phone number, address and email, we can send you important updates. This includes letters about your benefits appointments and health tips.

It is also important to renew your coverage every year. Even if nothing has changed you still need to renew. If you do not renew on time, you could lose your coverage.

Please tell us right away if any of these change:

- Your phone number
- Your home or mailing address
- Your email address
- Your name

You can update your information by:

- Logging in to your My Molina® member portal or mobile app
- Calling Member Services for help

When you update your information with Molina, be sure to call HHSC at 2-1-1 to make the same updates. You can also make these updates in your YourTexasBenefits.com account. This will help ensure your contact information is correct before renewal time. This helps you get renewal forms and reminders. It also helps avoid delays in your coverage.

Staying up-to-date and renewing on time helps you keep the care and services you need.

Need help?

Call Member Services using the number on the back of your member ID card.

Men's Health Month

June is Men's Health Month. This month is a time to help men take care of their bodies and minds. Often men wait too long to see a doctor. Small steps can help men feel better and stay strong.

Men's health is about more than doctor visits. It includes eating healthy foods, moving the body and managing stress. Walking, stretching or playing with kids can help the heart. Choosing water, fruits and vegetables can help with energy and weight.

Regular checkups are important. A doctor can check blood pressure, blood sugar and cholesterol. These checks can find problems early. Early care can prevent bigger health issues later. Men should also talk to their doctor about mental health. Feeling sad, stressed or tired all the time is not a weakness. Help is available.

Here are simple health tips for men:

- ✓ Schedule a yearly checkup.
- ✓ Move your body for at least 30 minutes most days.
- ✓ Eat balanced meals and limit sugary drinks.
- ✓ Get enough sleep each night.
- ✓ Talk to someone you trust when you feel stressed.



Men's Health Month is a good time to start healthy habits. Small changes today can lead to a healthier tomorrow. Encourage the men in your life to take one step toward better health this month.

Friendly reminders

Here are two easy reminders to help you stay on track and make the most of your benefits.



ID card is now digital

Good news—you can now use a digital ID card on your phone. You may not need to call us or wait for the mail.

Get your digital ID card with the My Molina® app or by visiting MyMolina.com. It is fast, safe and easy to use.

With a digital ID card, you can:

- Get your card right away
- Keep it on your phone at all times
- Save it to your digital wallet
- Help the planet by using less plastic

You will still get a paper ID card by mail. The digital card is just another option.



Take your Health Risk Assessment (HRA)

Taking an HRA each year helps you stay one step ahead of your health.

It is a quick way to share updates about your health, lifestyle and needs. Your care team can use this information to connect you with the right programs, benefits and support.

Completing your assessment can also help find health risks early, so you can take action sooner and stay healthier longer.

