

Molina's myhealthmylife[®]

a newsletter just for Washington members

2026 Issue

WHAT'S INSIDE

A new Molina
Healthcare website **2**

Stay connected with
the member portal **3**

Get the most out of
your health plan **3**

MyHealth
Mobile RV **4**

Telehealth – care
from anywhere **5**

Helping your child
with well-care visits **6**

Teen mental health –
you are not alone **7**

Palliative and
hospice care **8**

Breast cancer
early detection **9**

Prostate cancer
early detection **10**

Your voice matters:
member survey **11**

25+ years of keeping
Washington well!

Stay tuned for a new MolinaHealthcare.com

We know your time is important. Whether you're looking for a doctor, checking your benefits or trying to find the right place to get care, it should be easy. That's why we are updating MolinaHealthcare.com. We want to make sure you can find what you need fast and with less stress.

The new site has a simpler look and cleaner pages. It also works better on your phone, so it is easier to use at home or on the go.

You will be able to find a doctor, search for forms and learn about your coverage with fewer clicks. You may also see less clutter and clearer paths to what you need.

What's new

- Easier menus and better search
- Faster access to the tools you use most
- A more mobile-friendly design

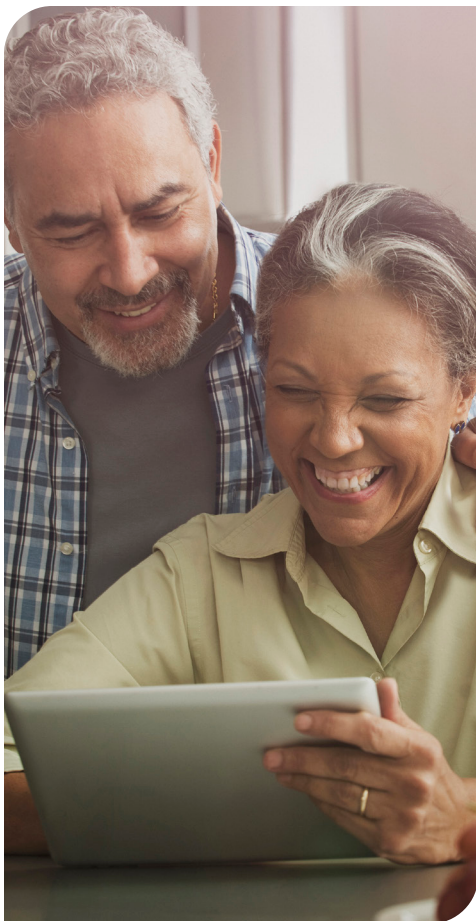
What's staying the same

- Your doctors, benefits and coverage are not changing.
- Your member portal login is the same.
You can sign in the way you always have.



If you're not sure where to start, try the search bar at the top of the page. The search tool is stronger and helps you find what you need.

Watch for updates at MolinaHealthcare.com. We hope it helps you get the care and information you need more easily.



Stay connected with Molina

If you have questions about your health plan benefits or services, call Member Services. The number is on the back of your member ID card.

Get text messages from us

Simply text JOIN to 94870 to sign up.



Sign in to your Molina member portal

You can register for portal access at [MyMolina.com](https://www.molinahc.com).

Molina's member portal makes it easy to manage your health plan information from your computer or phone. It lets you:

- **Find care:** Search for doctors, pharmacies and urgent care near you.
- **Get a digital ID card:** View your digital ID card anytime. You can even print or email your card.
- **Choose your doctor:** Find or update your primary care provider (PCP) in just a few steps.
- Check your benefits, see your medical records, and contact your care manager.

We are here to help you get the most out of your health plan



Get text messages from us

Don't miss important updates from Molina. You can sign up to get text messages with health reminders, plan information, and more.

Simply text **JOIN** to **94870** to sign up.

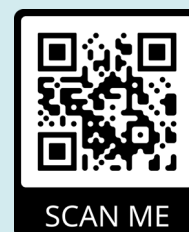


Your ID card, now digital

No more waiting for the mail! Your ID card is right on your phone the **My Molina® mobile app** or at [MyMolina.com](https://www.molinahc.com).

- **Always with you:** Access your ID card anytime you need it.
- **Safe and secure:** Your information is protected and private.
- **Better for the planet:** Going digital saves paper.

Scan the **QR code** below or visit [MyMolina.com](https://www.molinahc.com) to get your digital ID card today!



Get started today at [MyMolina.com](https://www.molinahc.com).

MyHealth Mobile – bringing care to you



Connecting our communities to care, right where you live

Molina's MyHealth Mobile is a health facility on wheels! Our mobile RV provides quality health care services to Molina members in Eastern Washington. It is equipped with two exam rooms, a lab and an inside waiting area. Our medical team can perform adult annual wellness visits, well-child checkups, sick visits, school sports physicals, preventive screenings, and referrals for care management and other health care needs.

25 stops across Washington

In 2025, Molina celebrated 25 years by visiting 25 communities across Washington State providing care, sharing health education and connecting people to local community services.

To learn more about the mobile unit and see upcoming stops, visit MolinaHealthcare.com/myhealthmobile.



Telehealth services

Care from home or anywhere

Did you know? When you are unable to get to your doctor's office, there are many ways to get care from a provider over the phone or by video. Getting care this way is often called telehealth care or virtual care.

- 24-hour Nurse Advice Line. Call to talk to a registered nurse 24/7.
 - o (888) 275-8750 (TTY: 711)
 - o You can talk to a nurse for health care advice in your language.
- Many providers in Molina's network offer telehealth care. Ask your provider if they offer this service.
- Molina partners with Teladoc to offer virtual urgent care. Molina Apple Health (Medicaid) and Marketplace members can use Teladoc Health to talk to board-certified doctors 24/7 for minor conditions.
 - o Call: 1-800-Teladoc or (800) 835-2362 (TTY: 711)
 - o Visit: Teladochealth.com/Molina-WA

If you have Medicare, use the Molina Provider Online Directory to find a provider who offers phone or video visits. MolinaProviderDirectory.com/WA.

Molina partners with Ouma Health to support a healthy pregnancy. Ouma offers virtual care to Molina's Apple Health members. If you cannot see your local maternity provider, Ouma offers care 24 hours a day, 7 days a week.

Ouma providers can help with:

- Pregnancy and postpartum care
- Mental health and emotional support
- Breastfeeding guidance and tips

Get ready

To get ready, you will need a phone, tablet, or computer with internet.

- **Check your device:** Make sure your device is charged and your internet is working.
- **Find a quiet place:** Choose a private spot for your visit.
- **Follow directions:** Check your email or text for links from your doctor.

Having trouble connecting?

Try restarting your device, closing other apps, or checking your internet.



Well-care visits

Helping your child grow strong and stay healthy at every age

A well-care visit is a checkup with a doctor for babies, children, teens and young adults. These visits are important, even when your child feels healthy. They help find concerns early and keep your child on a healthy track as they grow.

Why well-care visits matter	Regular visits with a provider can help: • Track growth: see how your child is growing and developing • Check skills: make sure learning and social skills are on track • Find problems early: catch health issues early • Build trust: help your child feel comfortable with a doctor
What happens at a visit?	Your child's doctor may: • Do a physical exam and check height and weight. • Test vision and hearing. • Talk about growth and development. • Recommend vaccinations (shots).
Support for teens and young adults	Well-care visits are also a safe space for teens to talk about: • Mental health: stress, depression and emotional well-being • Healthy habits: nutritious food and physical activity • Social life: school, relationships and making safe choices
Plan ahead for the school year	Summer is a great time to schedule a well-care visit before the busy school season.

Teen mental health

You are not alone

Being a teen can be overwhelming. School, friends, family and other social pressures can have a big impact on how you feel. If you are struggling, these simple steps can help you take care of yourself and get support.

Tips for managing social stress

Worried about making friends or relating to your friends? Try these small steps:

- **Start small:** A smile or a quick “hello” can help you connect with others.
- **Set boundaries:** It is okay to say “no” to activities or events you do not want to go to. Instead, choose something that you will enjoy more.
- **Speak up:** Real friends will make time to talk and to help if you ask. Parents and siblings can also be good sources of support.

Need someone else to talk to?

Support is available 24 hours a day, 7 days a week:

- Text **HOME** to **741741** for free, confidential support from Crisis Text Line.
- Call or text **988** to reach the Suicide & Crisis Lifeline.
- Not sure what to say? You can start with: *“I need help and want to talk to someone.”*

Taking care of your mind is just as important as taking care of your body. Reaching out to someone you trust is a strong first step.



Help for families and caregivers



What is palliative care and hospice care?

If you or your loved one is living with a serious illness, hospice or palliative care services can help improve your quality of life. They focus on comfort, pain relief and emotional support.

What's the difference?

- **Palliative care** is for any stage of a serious illness. It works alongside your regular treatment to help manage pain, stress and other symptoms.
- **Hospice care** is for those near the end of life. It focuses on comfort and support, not curing illness.

To learn more about these care options and if one is right for you and your loved ones, talk to your doctor or call Molina Healthcare (see number on the back of your ID card).

Plan ahead with simple forms

Advance directives are legal forms that let you share your health care wishes if you cannot speak for yourself. Having these forms completed can give you and your loved one's peace of mind.

- **Living will:** explains the care you do or do not want
- **Durable power of attorney:** names someone you trust to make health decisions for you

You are in control

You can complete, update or change these forms at any time. Talk with your doctor or care team to get started. Planning ahead today can make things easier for you and the people who care about you. Visit dshs.wa.gov for an advance directive form.

Breast cancer early detection

Small steps today can make a big difference in your life

Breast cancer is one of the most common cancers for women in the United States. Finding it early is important as it may be easier to treat.

Know your risk

Many things can affect your risk, such as your age, family history, or how your body changes over time.

Early detection saves lives

Regular screenings can find breast cancer before you notice symptoms.

- If you are ages **40-74**, get a **mammogram every 2 years**, or as recommended by your provider.
- A mammogram is a safe, low-dose X-ray that can find changes early.
- Check your breasts each month and look for changes like lumps or skin changes.

Healthy habits can help

You can take steps to stay healthy:

- Move and eat well: Stay active, keep a healthy weight, and eat fruits, vegetables and whole grains.
- Limit alcohol and quit smoking.



Knowing your body and getting regular screenings are the best ways to protect your breast health. If something does not feel right, talk to your doctor. Even small changes matter.

Prostate cancer

Finding prostate cancer early can make a big difference in recovery.

Talk with your doctor and take steps to protect your health.



Early detection can help save lives

Prostate cancer is the most common cancer among men (after skin cancer). Prostate cancer often grows slowly. Knowing what symptoms to look for and talking with your doctor can help you stay healthy.

Know your risk	Your risk may be higher based on your age or family history. If you are 50 or older , it is a good time to talk to your doctor about your prostate health.
Simple habits can help	Small changes can help you stay strong and lower your risk: • Eat well: fill your plate with fruits, vegetables and whole grains. • Make healthy choices: limit alcohol and quit smoking.
Check your health	A simple blood test, called a prostate-specific antigen (PSA) test, can check for changes before you have symptoms. Ask your doctor if and when testing is right for you.
Listen to your body	Pay attention to how you feel. Tell your doctor if you notice: • Trouble or pain when urinating • A weak or slow urine flow • New pain in your back or hips that does not go away

Sources: American Cancer Society



Your voice matters

Help us improve your care. Take our member survey.

At Molina Healthcare of Washington, your experience matters. Each year, some members receive a Consumer Assessment of Healthcare Providers and Systems (CAHPS®) survey in the mail. This survey asks about your experience with your health plan and doctors. If you get one, please take a few minutes to fill it out and send it back. Your feedback helps us understand what is working well and what we can do better.

You spoke. We listened.

Based on member feedback, we made these changes:

- **More choices:** added more doctors and clinics to our network
- **Better support:** added more Member Services staff
- **Easier care:** made telehealth and mail-order prescriptions easy to use
- **Better tools:** improved our mobile app and website

Your input helps shape your care. Thank you for being a member and sharing your voice!

To learn more, visit MolinaHealthcare.com.

Molina Healthcare of Washington, Inc. (“Molina”) complies with applicable Federal and Washington State civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual identity. You have the right to get this information in a different format, such as audio, Braille, or large font due to special needs or in your language at no additional cost. Choice counseling is provided by HCA’s Medical Assistance Customer Service Center. For assistance, you may call 1-800-562-3022, TRS 711.

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call Apple Health (Medicaid) 1-800-869-7165, Marketplace 1-888-858-3492, Medicare 1-800-665-1029, TTY: 711.
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al Apple Health (Medicaid) 1-800-869-7165, Marketplace 1-888-858-3492, Medicare 1-800-665-1029, TTY: 711.
Chinese	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-869-7165, Marketplace 1-888-858-3492, Medicare 1-800-665-1029, TTY: 711。

