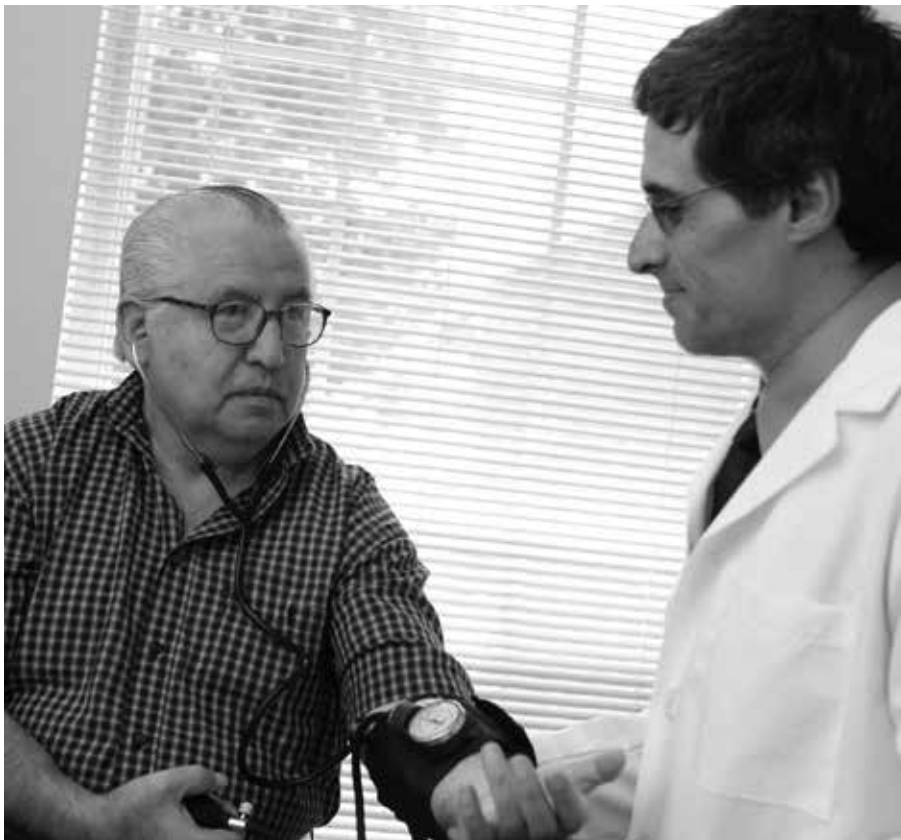


# Spring 2016 Health & Wellness Newsletter



## Annual Checkup

**See your provider for an annual checkup.** It is important to discuss what screenings you need and when you need them. Visit your provider even if you feel healthy.

### Why are screenings important?

Screenings can help prevent certain diseases. They also help find health problems early, when they are easier to treat. If you do have a health problem, your provider can help you manage it.

Your age, health, family history, and other factors affect how often you need to visit your provider. Regular preventive visits to your provider can help keep you healthy.

### In This Issue

- Annual Checkup..... 1
- Fall Prevention: Six tips to prevent falls .....2
- Are You Taking Any Medicine? .....3
- Health Education Services .....3
- Interpreter Services .....4

All newsletters are also available at [www.MolinaHealthcare.com/Duals](http://www.MolinaHealthcare.com/Duals).

**MolinaHealthcare.com/Duals**

# Fall Prevention: Six tips to prevent falls

Falls are the leading cause of injury in older adults. As you get older, you increase your risk of falling. Follow these six tips to help prevent falls.

## 1. Make an appointment with your provider.

Your provider can help you with a fall-prevention plan. Be prepared to answer questions, like:

- What medications are you taking?
- Have you fallen before?
- Could your health conditions cause a fall?

## 2. Stay active.

Try to walk every day. Exercise can help keep your muscles and joints strong and help prevent falls.

## 3. Wear shoes with nonskid soles.

High heels, floppy slippers, and shoes with slick soles can make you slip, stumble and fall.

## 4. Remove home hazards.

Take a look around your home. You can make your home safer.

- Move coffee tables, electrical cords and phone cords away from walkways.
- Remove loose rugs.
- Clean-up spilled liquids, grease or food as soon as possible.
- Use nonslip mats in your bathtub or shower.

## 5. Light up your living space.

Keep your home brightly lit to avoid tripping on objects that are hard to see.

## 6. Use assistive devices.

Your provider might want you to use a cane or walker to keep you steady.



[MolinaHealthcare.com/Duals](https://MolinaHealthcare.com/Duals)

# Are You Taking Any Medicine?

Make sure to keep a list of all your prescription and over-the-counter medicines. Review your list with your provider at least once a year. Bring your current medicine with you to all provider appointments. This helps make sure that you:

- Take all the medicines you need.
- Stop taking the ones you no longer need.
- Take medicines that are safe to take together.



## Health Education Services

Molina Dual Options' Health Education Department is committed to helping you stay well. We offer programs that can help you manage health conditions such as smoking cessation, weight management, asthma and diabetes management. Please call (866) 472-9483 to enroll or get more information.

**[MolinaHealthcare.com/Duals](https://MolinaHealthcare.com/Duals)**

# Interpreter Services

- Do you speak a language other than English (including sign language)?
- Do you have trouble speaking to your doctor in English?
- Do you need an interpreter?

Communication between you and your doctor is very important. If your doctor knows your health problems, he or she can help you. We want to make sure you get quality care.

**Molina Dual Options offers interpreter services at no cost to you! If you need:**

<b>Telephone Interpreters</b>	Call Member Services at (855) 665-4627 Monday – Friday, 8 a.m. to 8 p.m., local time
<b>Face to Face Interpreters</b> <i>(they can meet you at your doctor’s office)</i>	Call Member Services at (855) 665-4627
<b>TTY Services</b> <i>(if you are deaf or hard of hearing)</i>	Dial 711 for the California Relay Service
<b>Sign Language Interpreters</b>	Call Member Services at (855) 665-4627

When you call to ask for an interpreter, please remember to:

- Call Member Services 3 to 5 working days before your doctor’s visit to ask for an interpreter.
- For sign language interpretation, it is best to call at least 5 days before your visit to ask for an interpreter.
- If you reschedule or cancel your doctor’s visit please call Member Services to let them know. Member Services will reschedule or cancel your interpreter for you.

**All members have access to interpreter services. Please do not use a family member, minor or friend to interpret for you.**



**MolinaHealthcare.com/Duals**

Molina Dual Options Cal MediConnect Plan Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

You can get this information for free in other formats, such as large print, braille, or audio. Call (855) 665-4627, TTY/TDD: 711, Monday – Friday, 8 a.m. to 8 p.m., local time. The call is free.

You can get this information for free in other languages. Call (855) 665-4627. The call is free.

Usted puede recibir esta información en otros idiomas gratuitamente. Llame al (855) 665-4627. Esta es una llamada gratuita.

Makukuha mo ang impormasyong ito nang libre sa iba pang mga wika. Tumawag sa (855) 665-4627. Libre lang ang tawag.

Bạn có thể nhận thông tin này miễn phí bằng các ngôn ngữ khác. Hãy gọi đến số (855) 665-4627. Cuộc gọi miễn phí.

يمكنك الحصول على هذه المعلومات مجاًاً بلغات أخرى. اتصل على رقم (855) 665-4627 هذه المكالمه مجانية.

您可以獲得本資訊的其他語言版本。請撥打免費電話(855) 665-4627 索取。

Вы можете получить эту информацию на других языках совершенно бесплатно. Для этого позвоните по номеру (855) 665-4627. Звонок является бесплатным.

이 정보는 다른 언어로 무료로 받아보실 수 있습니다. 무료 전화 (855) 665-4627번으로 연락해 주십시오.

شما می توانید این اطلاعات را به طور رایگان به زبان های دیگر نیز دریافت کنید. با شماره (855) 4627-665 تماس بگیرید. هزینه ای برای این تماس در نظر گرفته نمی شود.

អ្នកអាចទទួលបានព័ត៌មាននេះដោយឥតគិតថ្លៃជាភាសាផ្សេងទៀត ។ ហៅទៅលេខ (855) 665-4627 ។  
ការហៅទូរស័ព្ទគឺឥតគិតថ្លៃ ។

Այս տեղեկությունը կարող էք անվճար ստանալ այլ լեզուներով: Ձանգահարեք (855) 665-4627: Ձանգն անվճար է:

Limitations and restrictions may apply. For more information, call Molina Dual Options Cal MediConnect Plan Medicare-Medicaid Plan Member Services or read the Molina Dual Options Member Handbook. Benefits and/or copayments may change on January 1 of each year.

[MolinaHealthcare.com/Duals](https://MolinaHealthcare.com/Duals)



**MHI Medicare Operations**  
200 Oceangate, Suite 100  
Long Beach, CA 90802

**Health and wellness or  
prevention information**



## Questions about Your Health?

**Call Our 24-Hour Nurse  
Advice Line!**

English: (888) 275-8750

**OPEN 24 HOURS!**

Your health is our priority!

TTY users should dial **711**.

**[MolinaHealthcare.com/Duals](http://MolinaHealthcare.com/Duals)**



**Your Extended Family.**