



**June is  
National Safety  
Month!**

## How Safe is Your Family?

**Safety is very important!** People need to be aware of the hazards around them. Stay safe by making small changes in your daily life. You can prevent many common injuries and deaths.

Here are some ways to stay safe:

- Don't use your cell phone while driving. Remind those around you to do the same.
- Check the batteries on your smoke and carbon monoxide detectors. You may need to change them.
- Throw away unused and expired medicine.
- Prepare for natural and man-made disasters.
- Learn about the safety issues in your home and in your community.
- Keep your home clean and well lit. This will help prevent slips, trips and falls. This is key for adults 65 and older.

**Know your risks. Share what you learn with those around you.**

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This newsletter and future health education newsletters may be viewed on our website at

[www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare).

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

Todos los boletines informativos también están disponibles en [www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare).

Molina Medicare Options HMO is a Health Plan with a Medicare Contract. Molina Medicare Options Plus HMO SNP is a Health Plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in Molina Medicare Options or Molina Medicare Options Plus depends on contract renewal.

The information is available for free in other languages. Please call our customer service number at (800) 665-3086, TTY/TTD: 711, 7 days a week, 8 a.m. – 8 p.m. local time. Esta información está disponible gratuitamente en otros idiomas. Por favor, comuníquese a nuestro número de teléfono para servicio al cliente al (800) 665-3086, TTY/TDD: 711, los 7 días de la semana, de 8:00 a.m. a 8:00 p.m., hora local.



## Healthy Eating on a Budget

There are many benefits from eating healthy foods. Fruits and vegetables can reduce your risk for cancer and other diseases. They are rich in vitamins, minerals and fiber. They are also low in fat and calories.

You can eat healthy and save money! Use these tips to help stretch your food dollars:

1. Plan your meals for a week. Make a list of what you have and what you need to buy.
2. Check for sales and coupons in your local paper or online.
3. Compare brands. Look at the unit price and size of the same food.
4. Buy in bulk. Packs of chicken and larger bags of frozen veggies will be cheaper. Make sure you have enough freezer space.
5. Try a vegetarian meal one day a week. Beans are a low cost option and high in protein.
6. Drink water when eating out. Other drinks can cost more and be less healthy.

## 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



## Alcohol & Health

For some people, it takes quite a few drinks to feel relaxed. Heavy drinking can harm your brain, heart, liver and pancreas. It can also slow your immune system. This makes it harder to fight infection. Excess drinking can lead to cancers of the mouth, throat or liver.

Do you know what counts as a single drink? The amount of liquid in your drink does not relate to how much alcohol you take in. The National Institute of Health says a single drink has about 14 grams of pure alcohol. This translates to:

- 12 oz. of regular beer
- 8-9 oz. of malt liquor
- 5 oz. of wine
- 1.5 oz. of spirits





**May is Skin  
Cancer Detection  
& Prevention  
Month!**

## Cancer Awareness

**Cervical cancer** is the most common female cancer that you can prevent. It is most often caused by the human papillomavirus (HPV). HPV is a sexually transmitted disease.

Here are some key steps to prevent cervical cancer:

- Be sure to have regular Pap tests.
- Schedule a well-woman exam and cervical cancer screening.

**Breast cancer** is the most common cancer in women, except for skin cancer. It can be treated when found early. Women over 40 years old should get a mammogram every one to two years.

**Colorectal cancer** is the second most common fatal cancer. It affects all gender, racial and ethnic groups. It is most often found in people 50 years of age or older.

Here are your screening options to detect colorectal cancer early:

- Fecal occult blood test – every year
- Sigmoidoscopy – every 5 years
- Colonoscopy – every 10 years

Talk to your provider and see what option is best for you.

**Skin cancer** is the most common form of cancer. It is caused by damage to the skin from Ultraviolet (UV) rays. Ask your PCP about getting an exam to look for skin cancer. You can prevent skin cancer.

Here are some key steps to protect your skin:

- Wear sunscreen with at least SPF 15. Reapply throughout the day.
- Limit your time in the sun. UV rays are the strongest from 10 a.m. to 4 p.m.
- Wear a hat and sunglasses when in the sun.

## Tell Us If You Move

Moving can be a welcome and exciting change. If you are going to move, it's important to let everyone know right away.

One of the first calls you need to make when you move should be to our Member Services Department. Their phone number can be found on your Plan Membership Card.

- **If you move within our service area**, we need to know so that we can keep your membership record up-to-date and know how to contact you.
- **If you move outside our service area**, we can let you know if this will impact your membership.

Also be sure to call your providers to let them know if your phone number or address changes.

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## How to Avoid Paying More for Care

As an HMO member, you must receive care from a network provider. A network provider (doctors, specialists, medical groups, hospitals and other health care professionals/facilities) has an agreement with us to accept our payment and your cost-sharing amount as payment in full for the service(s) you receive.

To avoid paying more for your care, make an appointment with your Primary Care Physician (PCP). Your PCP is responsible for providing and overseeing your care and will arrange for any specialty referrals and authorizations that you may need.

In most cases, you will have to pay out-of-pocket for any care you receive from an out-of-network provider. There are exceptions such as emergency or urgently needed care or kidney dialysis when you are temporarily away from home.

You can find a list of our network providers in the Provider/Pharmacy Directory or by visiting our website at [www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare). If you need help or have questions, call Member Services. The phone number can be found on your Plan Membership Card.





## Important ID Card Reminders

If you were already a member in 2013, we want to remind you that we will not be mailing you a new Plan Membership Card or a new Dental ID Card in 2014 unless you call and report yours lost or stolen. You will still be able to get care from your existing network providers using the ID cards that you currently have.

Remember, when you receive care, don't forget to give your provider:

- Your Plan Membership Card
- Your Medicaid ID Card (if you are enrolled in Medicaid)

These cards provide contact information for eligibility, claims and prior authorization for you and your health care providers. Your cards identify who the provider should bill. Your cards also prevent you from being billed for a service that is covered by either Medicare or Medicaid.

Molina Medicare Options Plus HMO SNP		
Member:		
Member #:		
Issue ID:		
PCP:		
PCP Tel:		
		RxBIN: RxPCN: RxGrp: RxID:
		
Issued Date:		H7678-001



## Smoking Cessation

If you stop smoking, you can prevent some types of illness and early death. Those who quit will have a lower risk of lung cancer, heart disease, stroke and lung diseases. It does not matter how old you are or how long you have smoked. It is best to quit. The health benefits start as soon as you stop smoking!

- **After 20 minutes**, your blood pressure starts to decrease.
- **After 24 hours**, your chance of having a heart attack is less.
- **After 1 year**, your risk of heart disease is decreased.
- **After 5 to 15 years**, your risk of stroke is reduced.

There are many ways to quit smoking. You may have to try different ways before you succeed. Don't give up! Keep in mind that it's never too late – especially if you're living with a chronic disease.

Molina has a program that can help you quit. Call Member Services and ask about the Free and Clear® Smoking Cessation Program. The number is on the back of your ID card.



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

## Health and wellness or prevention information

37905DM0114



# Questions about your Health?

*Call Our Nurse Advice Line!*

English: (888) 275-8750

Spanish: (866) 648-3537

**OPEN 24 HOURS!**

Your health is our priority!

For the hearing impaired, please call  
TTY (English and Spanish): 711