

Spring 2015 Health and Wellness Newsletter



Skin Cancer Awareness

Skin cancer is the most common form of cancer. Ultraviolet (UV) rays damage your skin. Ask your provider to check your skin for signs of 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.

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.

In This Issue

Skin Cancer Awareness.....	1
Are You Taking Any Medicine?	1
Molina Healthcare of California (MHC) Senior Resource Center.....	2
Now Available for Molina Members.....	3
Important ID Card Reminders.....	3

This newsletter and future health education newsletters may be viewed on our website at www.MolinaHealthcare.com/Medicare.

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

This information is available in other formats, such as Braille, large print, and audio.

MolinaHealthcare.com/Medicare



Molina Healthcare of California (MHC) Senior Resource Center

If you are an MHC member and over 50 years old, visit our MHC Senior Resource Center. Membership is FREE. You can meet with friends, learn about healthy living, exercise, and get treatment for many health issues.

Our MHC Senior Resource Center offers:

- Medical Services
- FREE health screenings
- FREE lifestyle education from doctors and other health experts
- FREE social events like art classes, chess, gardening and coffee with friends
- \$3 exercise classes like Zumba, yoga, stretching and balance

Our doctors and staff are trained in geriatric care. They can assist with your health care needs, including:

- Arthritis
- Asthma and COPD
- Diabetes
- Fall prevention
- High cholesterol
- Heart disease
- High blood pressure
- Memory loss
- Podiatry services
- Pulmonary medicine
- Sleep disorders

(562) 997-2257

**9:00 a.m. – 4:30 p.m.
Monday – Friday**

**2776 Pacific Avenue
Long Beach, CA 90806**

Free parking available

[MolinaHealthcare.com/Medicare](https://www.molinahealthcare.com/Medicare)

Now Available for Molina Members!



Tips to make the most of YOUR provider visit!

A provider visit is a chance for you and your provider to work together for your health!

- Learn tips to prepare for your appointment.
- Discover ideas to help you discuss your healthcare needs with your provider.
- Regular visits can help you maintain and improve your health.



Please visit the Member Portal for more information at www.MyMolina.com!

Important ID Card Reminders

If you were already a member in 2014, we want to remind you that we will not be mailing you a new Plan Membership Card or a new Dental ID Card in 2015 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)

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

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 is a Health Plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in 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.

MolinaHealthcare.com/Medicare



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
Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the deaf or hard of hearing, please
call TTY (English and Spanish): 711

MolinaHealthcare.com/Medicare

