

Spring 2016 Health & Wellness Newsletter



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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.

All newsletters are also available at www.MolinaHealthcare.com/Medicare.

MolinaHealthcare.com/Medicare

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

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.



Important ID Card Reminders

If you were already a member in 2015, we want to remind you that we will not be mailing you a new Plan Membership Card or a new Dental ID Card in 2016 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 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. Molina Medicare Choice HMO SNP is a Health Plan with a Medicare Contract and a contract with the state Medicaid program. Enrollment in Molina Medicare Choice depends on contract renewal. Molina Medicare Options HMO is a Health Plan with a Medicare Contract. Enrollment in Molina Medicare Options depends on contract renewal.

This information is available for free in other languages. Please call our customer service number at (800) 665-3086, TTY: 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: 711, los 7 días de la semana, de 8:00 a.m. a 8:00 p.m., hora local.

This information is available in other formats, such as Braille, large print, and audio. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

MolinaHealthcare.com/Medicare



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**Health and wellness or
prevention information**



Questions about Your Health?

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

English and Spanish: **(888) 275-8750**

OPEN 24 HOURS!

Your health is our priority!

TTY users should dial **711**.

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Your Extended Family.