

Fall 2016 Health & Wellness Newsletter



Health Care Fraud, Waste and Abuse

Fraud, waste and abuse can increase health care costs and affect your quality of care. You can report fraud, waste, and abuse to Molina's AlertLine. You may call 24 hours a day, seven days a week. Call toll-free at (866) 606-3889 TTY 711. You may also report your concerns on the AlertLine website at <https://MolinaHealthcare.AlertLine.com>.

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All newsletters are also available at MolinaHealthcare.com.

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.

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

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About Our Members: Protecting Your Privacy

Your privacy is important to us. We respect and protect your privacy. Molina wants you to know how we use or share your protected health information (PHI). Please visit the following link for a summary of how Molina protects your privacy: <http://tinyurl.com/MHILQualityGuide>

Our Notice of Privacy Practices gives more information about how we use and share our members' PHI. You may find our full Notice of Privacy Practices on our website at MolinaHealthcare.com. You also may ask for a copy of our Notice of Privacy Practices by calling Member Services. The number is on the back of your Member ID card.

Prevent the Flu

The single best way to prevent seasonal flu is to get a **flu shot** each year. As a Molina Healthcare Member, you can receive your seasonal flu shot at no cost to you. Many pharmacies offer the flu shot for adult Members. You can also ask your provider.



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Stay Healthy

Keep Your Child Healthy

Schedule well-child visits for your child (15 months to 6 years of age). A well-child visit can include:

- Physical exam
- Counseling for exercise and nutrition
- Height, weight, and body mass index (BMI) measurements
- Review of health history (mental and physical)
- Immunizations (shots) - Shots help protect your child from getting sick. Keep a record of your child's shots. You will need this record to register your child for school, child care, sports, and summer camps.
- Advice on child safety and development, such as appropriate car seats, walking and talking milestones, and preparing for school.

Well Woman Care

Women may see any Molina OB/GYN or women's health specialist for well-woman care. You do not need a referral from your PCP. Screenings include mammograms, pelvic exams and pap smears. Ask your provider how often you should get screenings.

Diabetes

If you have Diabetes, you can manage it. Take your medicine as directed by your provider. Monitor your blood glucose levels at home. Track your results. See your provider often to manage your diabetes. Ask for routine diabetes screening and exams including blood tests, eye, foot and dental exams, and ask for an annual flu shot.

Colon Cancer

Colon cancer is the third most common cancer in both men and women. Get regular testing if you are age 50 or older.

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QI Department

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Questions about Your Health?

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

English and other languages: (888) 275-8750
Spanish: (866) 648-3537

Your health is our priority!

TTY users should dial 711.

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Your Extended Family.

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