

# Fall 2017 Health and Wellness Newsletter



## 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.

## Make Sure Your Mailing Address is Correct

Do you get cash assistance or SNAP (food stamps), or medical benefits, like Medicaid or All Kids, from the state of Illinois? Make sure your mailing address is correct.

**How can you update your mailing address?** Update your mailing address online with U.S. Postal Service or in-person at your U.S. Post Office. Your change of address will be reported automatically to Illinois Healthcare and Family Services (HFS) and the Department of Human Services (DHS). Members may also fill out a Change of Address Form on the Illinois Department of Human Services website:

<http://www.dhs.state.il.us/OneNetLibrary/27894/documents/HCD/ChangeAddress/DHSAddressChange012ext.pdf>

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

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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 call **711**.

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



Your Extended Family.