

# Fall 2018 Health and Wellness Newsletter

## Medication Adherence

Making sure you take your medications is an important part of staying healthy. If you are not taking your medications, your condition may get worse and your overall health may decline. Here are some tips to help with taking your medication(s):

- Take your medication(s) at the same time of day.
- Use a pill tray. Some pill trays separate medication doses by time of day.
- Refill your pill tray at the same time each week. Choose a day to refill your medications.
- Write on your calendar the date of your next medication refill. You can also set a reminder on your phone.
- Try taking your medication as part of your daily routine, like when you brush your teeth, before or after a meal, or when getting ready for bed.



If you have questions about your medications contact your provider or pharmacist.

## National Recovery Month

Molina Healthcare of Illinois (Molina) knows that having good mental health is an important part of having good physical health. Molina wants its members with mental health or substance use concerns to get help.

National Recovery Month, takes place during September and is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), which is part of the Department of Health and Human Services. National Recovery Month is a time to focus on the importance of recovery from mental health illness and substance use.

If you have a mental health or substance use concern, call Member Services at (855) 687-7861; TTY 711, Monday through Friday, from 8 a.m. to 5 p.m. We can help you set up an appointment with a mental health professional. We can help you get a ride to and from your appointment.

If you have mental health or substance use questions, please call the Molina 24-hour Nurse Advice line toll free at (888) 275-8750.

For more information on National Recovery Month please visit <https://www.recoverymonth.gov/>.

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

**MolinaHealthcare.com**



**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 call 711.

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



Your Extended Family.