

Summer 2019 Health and Wellness Newsletter



Well-Child Visits

Well-child visits are important to your child's health and allow your doctor to assess and guide you as your child develops. Your child's doctor can help through screenings, counseling, discussion and recommendations

Well-child visit may consist of:

- » A health history;
- » A physical developmental history;
- » A mental developmental history;
- » A physical exam;
- » Health education
- » Needed vaccinations.

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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.

MolinaHealthcare.com



Your baby should have six well-child exams by the time they turn 15 months old. The first well-child visit should happen a few days after birth. The following visits should take place at 2 months, 4 months, 6 months, 9 months, and 1 year of age. Molina offers a Well-Child Rewards Program where you may earn a \$50 Walmart gift card for taking your child to all six visits before they are 15 months old.

Well-child visits should take place every year as your child gets older. From ages 3 to 6 your child should continue to go to annual visits with their doctor. In addition to well-child visit components, your child's doctor may offer information, counseling and recommendations for nutrition and physical activity. These visits will help your child develop a healthy lifestyle both physically and mentally.



Prenatal and Postpartum Care

Molina wants its pregnant members to make time for healthy habits. These habits include regular exercise, eating healthy and managing stress. Be sure to schedule and keep your doctor appointments. Seeing your doctor may help you and you baby stay healthy.





What can you do to have a healthy pregnancy?

See your doctor for a prenatal care visit as soon as you know you are pregnant. Your prenatal appointment should be completed in the first trimester of your pregnancy. Your visit can help you:

- » **Receive care you need.** Prenatal care may help detect pregnancy related complications.
- » **Get your questions answered.** You can ask your provider anything. You may ask them about exercise, weight gain, food, or the effects of smoking and alcohol.
- » **Receive gift cards for completing health checks.** Through Molina's Pregnancy Rewards Program, pregnant members may earn a \$25.00 Walmart gift card. The member must complete their prenatal appointment in the first trimester. Some limits apply.

It is important to see your doctor for follow-up care after you give birth. Your postpartum visit should take place between 3 and 8 weeks after you give birth. A two-week C-Section incision check-up does not qualify as a postpartum visit.

Here are a few reasons to schedule and complete a postpartum visit:

- » It allows your doctor to check to see you are healing properly after giving birth.
- » You can ask your provider about “after pains”, changes in your body or postpartum depression.
- » You may receive a gift card for completing your postpartum visit. Molina members may be eligible to earn a \$50.00 Walmart gift card for seeing their doctor for a postpartum visit.





Molina Healthcare of Illinois (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Molina does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Molina provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need services, contact the Civil Rights Coordinator. If you believe that Molina has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Coordinator
200 Oceangate
Long Beach, CA 90802
Fax: (630) 203-3993
Email: Civil.Rights@MolinaHealthcare.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
(800) 368-1019, (800) 537-7697 (TDD)
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-687-7861 (TTY: 711).
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-687-7861 (TTY: 711).
Polish	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-687-7861 (TTY: 711).
Chinese	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-687-7861 (TTY: 711)。
Korean	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-687-7861 (TTY: 711) 번으로 전화해 주십시오.
Tagalog	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-687-7861 (TTY: 711).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-687-7861 (رقم هاتف الصم والبكم: 711).
Russian	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-687-7861 (телетайп: 711).
Gujarati	સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-855-687-7861 (TTY: 711).
Urdu	خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-855-687-7861 (TTY: 711).
Vietnamese	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-687-7861 (TTY: 711).
Italian	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-855-687-7861 (TTY: 711).
Hindi	ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा हायता ेवाएं पलब्ध हैं। 1-855-687-7861 (TTY: 711) पर कॉल करें।
French	ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-687-7861 (TTY: 711).
Greek	ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-855-687-7861 (TTY: 711).
German	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-687-7861 (TTY: 711).



Your Extended Family.

<Attention Line>

<Address 1>

<Address 2>



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



Your Extended Family.