

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/Duals.

MolinaHealthcare.com/Duals

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.



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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.



Molina Dual Options Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

You can get this information for free in other formats, such as large print, braille, or audio. Call (877) 901-8181, TTY/TDD: 711, Monday – Friday, 8 a.m. to 8 p.m., local time. The call is free.

You can get this document in Spanish, or speak with someone about this information in other languages for free. Call (877) 901-8181, TTY/TDD: 711, Monday – Friday, 8 a.m. to 8 p.m., local time. The call is free.

Puede obtener este documento en Español o hablar con una persona acerca de esta información en otros idiomas de manera gratuita. Llame al (877) 901-8181, TTY/TDD al 711, de lunes a viernes de 8 a.m. 8 p.m. hora local. La llamada es gratuita.

Limitations, copays, and restrictions may apply. For more information, call Molina Dual Options Member Services or read the Molina Dual Options Member Handbook Benefits, and/or copayments may change on January 1 of each year.

MolinaHealthcare.com/Duals



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**Health and wellness or
prevention information**



Questions about Your Health?

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

English: (888) 275-8750

OPEN 24 HOURS!

Your health is our priority!

TTY users should dial **711**.

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Your Extended Family.