

# Winter 2018 Health and Wellness Newsletter



## Tackling the Flu

The flu season is here and the best way to prevent the flu is to get a flu shot. You may reduce the risk of getting the flu by receiving the flu shot. A flu shot is recommended for everyone six months of age and older.

As a Molina member you can receive a flu shot for free. Pharmacies such as CVS and Walgreens offer flu shots. You may also visit your doctor to receive your flu shot.

Good habits may help stop the spread of germs and prevent illness, like the flu. Here are some tips to help you stay healthy this season.

- Cover your mouth and nose when you sneeze.
- Wash your hands often with soap and water for at least 15-20 seconds.
- Don't touch your face. If you touch a germ then touch your face, you can catch the flu.

### In This Issue

Tackling the Flu .....	1
High Blood Pressure .....	2

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](http://MolinaHealthcare.com)

- Avoid people that are sick.
- Talk to your children. Teach them how to prevent the spread of germs. Children may often spread the flu (or colds) to each other at school or while playing.

People with a chronic condition are at higher risk for flu complications. Be prepared this flu season. Talk to your provider today to learn more about getting your flu shot.

## High Blood Pressure

It is important to keep your heart healthy. Keeping your blood pressure within normal range is a good start.

### **What is high blood pressure?**

A normal blood pressure is 120/80 mm/Hg and below. High blood pressure is when the body has a range higher than 120/80 mm/Hg, while at rest.

### **Can high blood pressure affect my body?**

Yes, high blood pressure that is not under control can lead to a heart attack or stroke. Having high blood pressure for a long time can cause your kidneys to fail and could even cause memory problems or dementia.



**MolinaHealthcare.com**

## How can you control high blood pressure?

High blood pressure can be controlled with medication management and life-style changes. These changes may include:

- Checking your blood pressure on a regular basis, at your doctor visits and at home. You can get an electronic blood pressure monitoring device free of charge through Molina if your provider is in network and writes an order for the device. The order is given to a Molina network medical equipment supplier.
- Quit smoking.
- Eat a healthy diet with more fruits, vegetables and whole grains. Limit the amount of salt, saturated fats, trans fats, and cholesterol you eat.
- Drink less alcohol.
- Read food labels to help cut back on the amount of salt in your diet.
- Increase activity and maintain a healthy weight.

Molina can help you get find a provider or set up an appointment. Call Member Services at (855) 687-7861; TTY 711. Representatives can help you Monday through Friday, 8 a.m. to 5 p.m.



**MolinaHealthcare.com**

This page intentionally left blank

**MolinaHealthcare.com**

This page intentionally left blank

**MolinaHealthcare.com**



**QI Department**  
300 11th Ave E  
Sartell, MN 56377



## 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**.

**MolinaHealthcare.com**



Your Extended Family.