

Winter 2021 Health and Wellness Newsletter

Getting the Care You Need

Molina Healthcare of Illinois wants to make sure you are getting the health screenings you need. It’s important to visit your primary care provider (PCP). Going to your provider regularly is an important part of maintaining your overall health.

Please call your provider today to schedule an appointment.



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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

Women's Health Awareness

Women's Heart Health

Did you know nearly the same number of men and women are affected by heart disease every year in the United States? Risk factors that may increase your chance of heart disease include:

- Diabetes
- Having a diet high in saturated fats and cholesterol
- Excessive alcohol use
- Having a family history of heart disease
- Having high blood pressure/cholesterol
- Obesity
- Not being physically active
- Tobacco use

It is important to do your part to lower your risk of getting heart disease. This means seeing your provider regularly, making time for healthy habits, like regular exercise, choosing the right foods, and managing stress.



Cervical Health Awareness

January is Cervical Cancer Awareness Month. Cervical cancer is preventable and treatable. A pap smear test is an important part of cervical health. When to have a pap smear test will vary for women depending upon their age and history. Talk with your primary care provider or women's health provider about the right time for you to be tested.



Sexually Transmitted Infection Screenings

Did you know 15 to 24 year-old-males and females account for half of all new Sexually Transmitted Infections (STIs)? You can, however, get an infection at any age.

STIs may be spread through unprotected vaginal, anal, or oral sex. You may have a STI and not have symptoms. Some STIs like chlamydia, may cause women to have chronic pelvic pain and infertility. Persons with a STI(s) have a greater chance of getting the Human Immunodeficiency Virus (HIV).

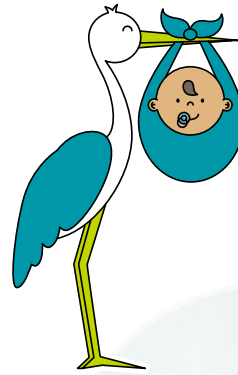
To reduce your risk of getting an infection, limit your number of sex partners, use condoms, and see your PCP or Women's Health Provider for recommended screenings.

Women's Health Awareness (cont'd)

Health During Pregnancy

It is important to schedule a doctor's appointment as soon as you think you may be pregnant.

- Beginning prenatal care visits early helps create an accurate due date. Knowing your due date is important to your pregnancy. Having a source of care during your pregnancy is also important. You can go to your provider to get your questions answered. Your prenatal visit may also help in detecting pregnancy related complications. Through Molina's Stork Bucks Pregnancy and Baby Rewards Program, you may **earn a \$25.00 gift card** for seeing your doctor for a prenatal visit in the first trimester of pregnancy, or within 42 days of enrollment with Molina.
- After your baby arrives, it's important to continue getting care. If you did not get prenatal care, it is important to get care after delivery. Please get your postpartum visit between 7-84 days after your baby is born. Through Molina's Stork Bucks Pregnancy and Baby Rewards Program, you may **earn a \$50.00 gift card** for seeing your doctor for a postpartum visit between 7-84 days after your baby is born.
- **Did you know?** Your teeth and gums can change during pregnancy. This can lead to harmful infection for you and your baby. It is important to go to the dentist during your pregnancy to reduce risk. You can find a Molina dentist by calling (855) 704-0439. You can also use the "Dental Providers" button on the online provider directory at www.MolinaHealthcare.com. You could also call Member Services at (855) 687-7861, TTY 711. Representatives can help you find a dentist from 8 a.m. to 5 p.m., Monday through Friday.



Schedule Your Women's Health Screening Today!

Contact your provider for help scheduling your Women's Health Screening. Molina can also help schedule your appointment. We offer transportation to your visit. Please call Member Services at (855) 687-7861; TTY:711, Monday through Friday, 8 a.m. to 5 p.m. To get a ride to your appointment please call (844) 644-6354.

Resources:

1. <https://www.cdc.gov/heartdisease/about.htm>

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
Email: Civil.Rights@MolinaHealthcare.com

You can file a grievance in person or by mail 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 ભાષ સહાય સેવાઓ તમારા માટે ઉપલબ્ 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 सहायता सेवाएं उपलब्ध हैं। 1-855-687-7891 (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.

Molina Healthcare of Illinois
1520 Kensington Road, Suite 212
Oak Brook, IL 60523

Questions about Your Health?

Call Our 24-Hour Nurse Advice Line!

Health issues can come up at night or on the weekend. As a Molina Healthcare member, you can talk to a nurse right away! The Nurse Advice Line is a covered service for Molina Healthcare members. The call is no cost to you.

When should you call Molina Healthcare's 24-Hour Nurse Advice Line?

- You may have a medical question during or after normal business hours.
- You may think of a question after you visit your provider.
- You may be sick and not sure what to do.
- You may be sick or hurt and not sure where to go for care.

Your health is our priority!

English and
other languages:
(888) 275-8750

Spanish:
(866) 648-3537

TTY users
should call 711.



MolinaHealthcare.com



Your Extended Family.