

WINTER 2023

Health and Wellness Newsletter



Cervical Cancer

The cervix is the lower part of the womb (uterus). Cancer in this area is called Cervical Cancer. Cervical Cancer affects 13,000 people who have a cervix each year in the US.

Hispanic people with a cervix have the highest rates of developing cervical cancer and Black people with a cervix have the highest rates of dying from cervical cancer.

Did you know that there is a vaccine that can prevent cervical cancer?

Yes, you read that correctly! The HPV vaccine prevents infections caused by the Human Papilloma Virus (also known as HPV). This is a virus that has been shown to cause cervical cancer. This vaccine is available to everyone between the ages of 9 to 26 years old. It is given to all people before they are exposed to the HPV virus.

Did you know that there are tests that can help you lower your risk for developing cervical cancer?

There are currently 2 tests that can detect cervical cancer before it starts. These 2 tests are:

1. Pap Test (or Pap smear) – This is a test that looks for early changes on the cells of the cervix that may become cancer.
2. HPV test – This is a test that looks for the virus that can cause certain types of cervical cancer.

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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.

If you are 21 years old, you should start getting a Pap test to look for early changes in your cervix. This test is done every 3 years as long as it normal.

If you are 30-65 years old, you can either have a Pap test every 3 years, an HPV test every 5 years, or a Pap test and HPV test every 5 years.

If you are older than 65 years old, you may not need these tests anymore if they are normal.

Molina covers the HPV vaccine and these tests. Talk to your doctor or health provider to see which tests are right for you and how often they should be done based on your age and previous test results.



MHIL Presents Healthy Tips from Avēsis

Do you know the leading cause of vision loss in people ages 18 to 64? If you answered diabetes, you are correct.¹ Fortunately, annual routine eye exams can prevent 95% of diabetes-related vision loss.¹

Vision health, along with our other senses, should be a priority for all of us, not just those who are diabetic.

Experience Life Completely

Everyone can take easy steps to protect their vision health. According to the National Eye Institute (NEI), a bit of extra care will help keep your eyes healthy:²

- **Take care of your overall health**

- Eat well and stay active to help lower your risk of developing eye conditions or diseases that can damage your vision
- If you smoke, quit; if you don't smoke, don't start

- **Protect your eyes**

- Wear sunglasses, even if the sun isn't shining! Choose a pair that block 99 to 100% of UVA and UVB radiation
- Wear protective eyewear during certain activities, like playing sports or doing home repairs
- Rest your eyes from computer screens for at least 20 seconds, every 20 minutes

Avēsis Sees You

Avēsis makes it easy to access a list of providers, find accurate information, and control your vision care through our innovative digital tools like our member portal.

Visit avesis.com to find a credentialed Avēsis vision provider, check your eligibility, view your benefits, and print ID cards.

We are creating a brighter future for those we serve. Better grab those sunglasses!



- **Know your risks**

- Getting older, being overweight, and having a family history of eye disease are risk factors to consider
- Having certain health conditions—high blood pressure or diabetes—can increase the risk of certain eye diseases
- Certain populations—Black Americans, Hispanics, and Native Americans might be more vulnerable to developing an eye disease

- **Get a dilated eye examination³**

- Many eye diseases have no symptoms or warning signs
- Even if you think your eyes are healthy, having a dilated eye exam is the only way to be sure



Avēsis

10400 N 25th Ave.,
Suite 200
Phoenix, AZ 85021

www.avesis.com

Sources

1. <https://www.diabetes.org/diabetes/eye-health>, accessed January 2023.
2. <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>, accessed January 2023.
3. <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-dilated-eye-exam>, accessed January 2023.

Material presented is meant for general informational purposes only and is not intended to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning vision health care.

(2/2023)

Your voice matters! We want to hear from you!

Did you know that Molina relies on feedback from members like you to help us improve our services?

You can help us do this by taking the Consumer Assessment of Healthcare Provider and Systems (also known as CAHPS®) survey!

If you, or your child(ren), has/have been a Molina Healthcare Plan member for at least 6 months, you may be asked to take the survey. The survey will be mailed to you by a vendor called SPH Analytics. Your answers are private. If you are chosen to take the survey but do not complete it, you may also get reminders in the mail or phone calls from the vendor to help you remember to take the survey.

Taking this survey is optional. Whether you do or do not take this survey does not affect your benefits.



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

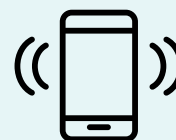
Questions About Your Health?

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.