

WINTER 2022

Health and Wellness Newsletter



The Dental Chair

When COVID-19 started in 2020, dental offices were closed for nearly three months. Since then, offices have re-opened with added safety measures to help keep you and your family safe.



- Social distancing in waiting rooms
- Masks are required
- Pure HEPA filters are used to clean the air
- Repeated cleaning and sanitizing of the waiting room area
- COVID-19 screening before appointment
- Some offices also do a temperature health check

(continued on page two)

In This Issue

The Dental Chair.....	1-2
Women's Health Awareness.....	3-5
Non-Discrimination and 1557.....	6-7

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.

The Dental Chair (continued from page one)



The school dental program has also returned!

Many children can get a check-up and fluoride treatment right in their school.

Remember, don't neglect your teeth!

Infections in your mouth affect the rest of your health. Call to schedule your appointment. If you need help, our dental team can help you find a provider.

Medicaid: (855) 687-7861

MMP: (855) 704-0433





Women's Health Awareness



Molina Healthcare of Illinois wants to make sure you get the screenings you need. Having a Primary Care Provider (PCP) is an important part of your overall health.

Women's Cardiac Health

Every year many men and women are affected by heart disease. Some risk factors that increase your chance of heart disease include:

- Diabetes
- Eating too many fats and cholesterol
- Drinking too much alcohol
- Having a family history of heart disease, or high blood pressure
- High blood pressure/cholesterol
- Obesity
- Physical inactivity
- Tobacco use

It is important to lower your risk of getting heart disease. See your provider regularly. Make time for healthy habits, like regular exercise, eating health and managing stress.

Women's Health Awareness

Cervical Health Awareness

January is Cervical Cancer Awareness Month. Cervical cancer is preventable and treatable. A Pap test is an important part of cervical health. Pap tests depend on your age and history. Please talk with your provider about when you should be tested.



Sexually Transmitted Infections

You can get a sexually transmitted infection at any age. They may be spread through unprotected vaginal, anal, or oral sex. You can 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 have a greater chance of getting HIV.

To lower your risk of getting an infection you should:

- Limit your number of sex partners
- Use condoms
- See your doctor for regular screenings.

Staying Healthy During Pregnancy & After Delivery

Creating healthy habits is an important part of your pregnancy. Please schedule a doctor's appointment as soon as you think you may be pregnant.

- Starting prenatal visits as soon as possible. By visiting your doctor regularly during your pregnancy, you can ask any questions you may have. **You may also qualify for a \$50 gift card by completing qualifying visits.**
- Follow-up care for you and your baby is important after your delivery. Make sure you follow up within 7-84 days after delivery. **You may qualify for a \$50 gift card for completing your postpartum visit.**



Schedule Your Women's Health Screening Today!

Please reach out to your provider to schedule your appointment. Molina can also help schedule your appointment and get you transportation.

You may call Member Services at **(855) 687-7861**; TTY:711, Monday through Friday, 8 a.m. to 5 p.m. You may also call MTM Transportation at **(844) 644-6354**.

Resources:

<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 1855-687-7861 (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.