

Asthma Awareness

Molina Dual Options MI Health Link Medicare-Medicaid Plan *Breathe with Ease®*

Health Management Programs

Molina Dual Options MI Health Link Medicare-Medicaid Plan offers Health Management Programs to Members with a chronic health condition. You are enrolled in –Molina Dual Options' Breathe with Ease® program. This program is for Members who have asthma.

This program offers learning materials, advice and care tips. A nurse care manager may contact you. The nurse will work with you and your provider to help you stay well. It is your choice to be in this program. If you do not want to be a part of a program, please let us know. Call us toll-free at (866) 891-2320 TTY/TDD: 711, 4 a.m. to 8 p.m. PST, Monday through Friday.

Manage Your Asthma



Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack, your airways swell. This makes it hard to breathe.

Most people with asthma should take a controller medicine. It helps prevent asthma symptoms. You need to take it each day.

A rescue medicine is for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

Medicine Refills

Talk to your provider to learn what options you have to refill your medicine. Your medicine is important to help you manage your asthma.

Health Education

As a Molina Dual Options' Member, you have access to health education on our website. Visit: <http://tinyurl.com/MolinaHealthEd>

All newsletters are also available at www.MolinaHealthcare.com/Duals.

Molina Dual Options MI Health Link Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Michigan 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 (855) 735-5604, TTY/TDD: 711, Monday - Friday, 8 a.m. to 8 p.m., EST. The call is free.

Limitations, restrictions, and patient pay amounts may apply. This means that you may have to pay for some services and that you need to follow certain rules to have Molina Dual Options pay for your services. For more information, call Molina Dual Options Member Services or read the Molina Dual Options Member Handbook. Benefits may change on January 1 of each year. The List of Covered Drugs and/or pharmacy and provider networks may change throughout the year. We will send you a notice before we make a change that affects you.

MolinaHealthcare.com/Duals





MHI Medicare Operations
200 Oceangate, Suite 100
Long Beach, CA 90802

Health and wellness or prevention information



Questions about Your Health?

*Call Our 24-Hour
Nurse Advice Line!*

English, Spanish and Arabic:
(844) 489-2541

Your health is our priority!

TTY/TDD users should call **711**.

MolinaHealthcare.com/Duals

