

Spring 2015 Health & Wellness Newsletter



Skin Cancer Awareness

Skin cancer is the most common form of cancer. Ultraviolet (UV) rays damage your skin. Ask your provider to check your skin for signs of skin cancer. You can prevent skin cancer. Here are some key steps to protect your skin:

- Wear sunscreen with at least SPF 15. Reapply throughout the day.
- Limit your time in the sun. UV rays are the strongest from 10 a.m. to 4 p.m.
- Wear a hat and sunglasses when in the sun.

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This newsletter and future health education newsletters may be viewed on our website at www.MolinaHealthcare.com/Duals.

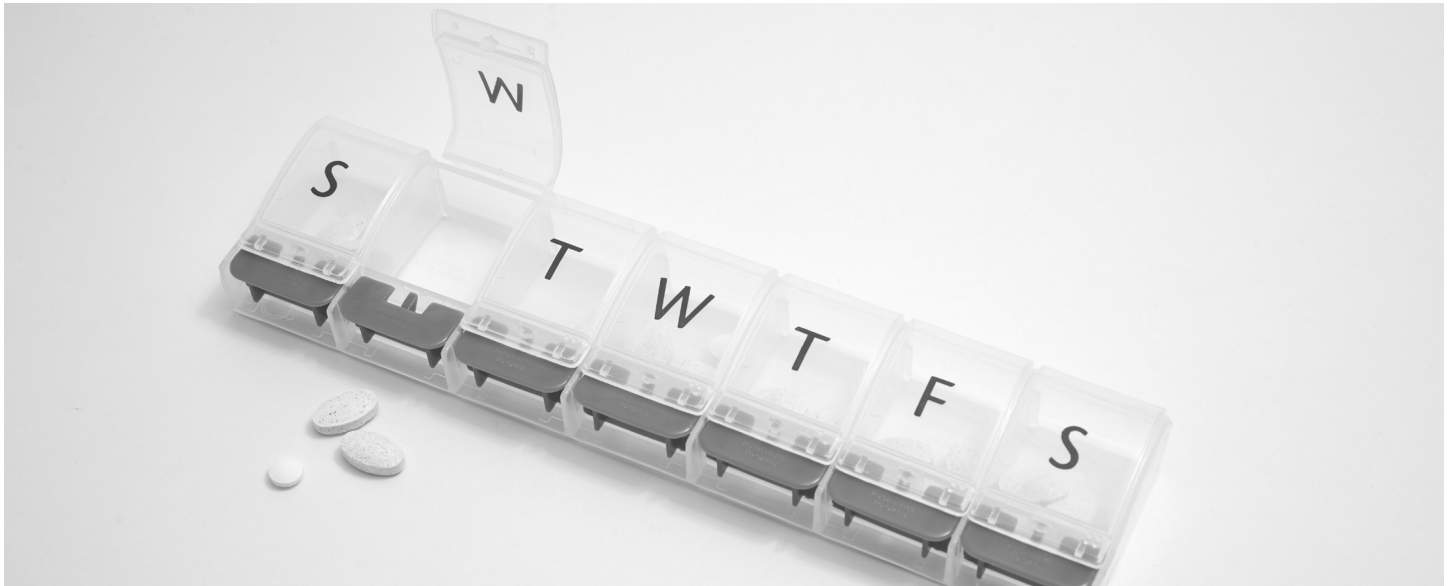
To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

MolinaHealthcare.com/Duals

Are You Taking Any Medicine?

Make sure to keep a list of all your prescription and over the counter medicines. Review your list with your provider at least once a year. Bring your current medicine with you to all provider appointments. This helps make sure that you:

- Take all the medicines you need.
- Stop taking the ones you no longer need.
- Take medicines that are safe to take together.



Now Available for Molina Members!

Tips to make the most of YOUR provider visit!

A provider visit is a chance for you and your provider to work together for your health!

- Learn tips to prepare for your appointment.
- Discover ideas to help you discuss your healthcare needs with your provider.
- Regular visits can help you maintain and improve your health.

Please visit the Member Portal for more information at www.MyMolina.com/Duals!



MolinaHealthcare.com/Duals



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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: (888) 275-8750

Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the deaf and hard of hearing, please call TTY (English and Spanish): 711

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Your Extended Family.