

Fall 2016 Health & Wellness Newsletter



Health Care Fraud, Waste and Abuse

Fraud, waste and abuse can increase health care costs and affect your quality of care. You can report fraud, waste, and abuse to Molina's AlertLine. You may call 24 hours a day, seven days a week. Call toll-free at (866) 606-3889 TTY 711. You may also report your concerns on the AlertLine website at <https://MolinaHealthcare.AlertLine.com>.

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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.

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About Our Members: Protecting Your Privacy

Your privacy is important to us. We respect and protect your privacy. Molina wants you to know how we use or share your protected health information (PHI). Please visit the following link for a summary of how Molina protects your privacy: <http://tinyurl.com/MHMQualityGuide>

Our Notice of Privacy Practices gives more information about how we use and share our members' PHI. You may find our full Notice of Privacy Practices on our website at MolinaHealthcare.com. You also may ask for a copy of our Notice of Privacy Practices by calling Member Services. The number is on the back of your Member ID card.

Health Risk Assessment (HRA)

Molina wants you to stay healthy. We recommend that you see your primary care physician (PCP) and complete your Health Risk Assessment (HRA). Return your HRA to Molina Healthcare of Michigan. An HRA is a health questionnaire that evaluates health risks and quality of life. Your PCP must complete the HRA form with you. See your PCP at least 2 times per year to discuss any current illness or chronic condition. Contact Member Services if you have any questions or need a new HRA form. Call (888) 898-7969, Monday through Friday, 8 a.m. - 5 p.m.

Prevent the Flu

The single best way to prevent seasonal flu is to get a **flu shot** each year. As a Molina Healthcare Member, you can receive your seasonal flu shot at no cost to you. Many pharmacies offer the flu shot for adult Members. You can also ask your provider.



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Mom says, “Wash your hands with soap and water!”

This is great advice we all have heard. And, Shigella is a perfect reason to listen to mom’s advice.

Worldwide, there are more than 165 million cases of Shigella a year and one million deaths related. In the United States, there are over 450,000 cases each year reported and many more cases not reported.

Shigella is a germ, which is very easily spread person to person, and also spread by dirty food and water. It can cause a form of diarrhea called Shigellosis. Shigellosis is a disease which often causes diarrhea, abdominal pain, fever, bloody diarrhea and vomiting.

There have been concerns and cautions related to water conditions recently in Michigan, which caused a more careful use of tap water.

Be clear, hand washing with soap and water is safe! Hand washing with soap and water can be more effective than hand sanitizers. And, the best way to prevent risk of Shigella is proper hand washing with soap and water:

- before eating
- before preparing food
- after using the bathroom
- after changing diapers
- after assisting cleaning up
- after bowel moment



You should avoid swallowing pool/lake/pond water and sexual contact with people who have or have had diarrhea recently.

If you think you have Shigella, you should visit your primary care doctor for discussion and treatment.

So, please remember your mom’s advice: “Wash your hands with soap and water!”



QI Department

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Questions about Your Health?

Call Our 24-Hour
Nurse Advice Line!

English and other languages: (888) 275-8750
Spanish: (866) 648-3537

Your health is our priority!

TTY users should dial 711.

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Your Extended Family.