

Spring 2021 Health and Wellness Newsletter



Schedule Your Yearly Checkup Today!

Guide to Accessing Quality Health Care

Learn about the programs and services we offer today!

Attention Molina Dual Options MI Health Link Medicare-Medicaid Plan Member! The Spring 2021 Guide to Accessing Quality Health Care is now available. You can find the **Guide** on our website. Go to MolinaHealthcare.com/MHMDualsPublications to view or print the **Guide**.

This **Guide** helps you learn about the programs and services offered to you. You can read about our:

- **Quality Improvement Program:** Molina Dual Options uses surveys and tools to review all of the services and care you receive each year from Molina Dual Options. Molina Dual Options wants to hear how we are doing.

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All newsletters are also available at 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.

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

MolinaHealthcare.com/Duals



Molina Dual Options collects information on services that include: shots, well-check exams, and diabetes care. Molina Dual Options also helps you take better care of yourself and your family. Some of the ways Molina Dual Options does this include: (1) mailing or calling you to make sure you and your child get needed well-check exams and shots, (2) telling you about special services, and (3) helping you learn about ongoing health problems. You can view Molina Dual Options latest survey and tool results at MolinaHealthcare.com/Duals

- **Population Health Management:** Molina Dual Options has services to keep you healthy and take care of any health condition. We have programs focused on Case Management, Transitions of Care, care before and after birth, and others. These programs include information on how you can receive extra help, tips to stay healthy, find and access eligible services, coordinate moving from one setting to another, and connect you to community resources if you have an ongoing health condition. You will also find out about how you can enroll and opt in or opt out of these programs.

This **Guide** gives you details about how we:

Protect you:

- Protect your privacy
- Work with Molina Dual Options in-network doctors to make sure you get safe health care
- Review new studies to make sure the new services are proven to be safe
- Provide you with the steps to file a grievance (complaint) if you have problems with your medical care or Molina Dual Options service

Make choices about your health care:

- Look at new services offered as part of the benefits we cover
- Tell you about your rights and responsibilities when you are enrolled in a Molina Dual Options health plan



Assist you with health care actions:

- Guide you in the process to help you get health care after hours or during an emergency
- Help you find answers to drug benefit questions
- Give you details about the services Molina Dual Options offers for mental health, behavioral health, and substance use
- Give you tips on how to get a second opinion about your health care from another doctor
- Show you how to get care out of the Molina Dual Options network
- Provide you with the steps to appeal a denied service for a claim when it is not paid
- Tell you how to find information about Molina Dual Options in-network doctors in the Provider Online Directory
- Help you learn how to fill out an Advance Directive to help you make health care decisions if you cannot speak for yourself

Meet your communication needs:

- Offer you TTY services if you need help with hearing or speech
- Offer language translation services if you need them
- Tell you how to access online tools, such as: Health Risk Assessment (Health Appraisal), Self-Management Tools, and Calculators

You can print out the **Guide** and any other information you need from the Molina Dual Options website. To get the **Guide** in your preferred language or accessible format, call Member Services. You may also ask to have a hard copy of the materials mailed to you. Call Member Services at (855) 735-5604 (TTY: 711), Monday - Friday, 8 a.m. - 8 p.m., EST.

Molina Dual Options Responds to COVID-19

Supporting YOU!

At Molina Dual Options, we are working hard to keep you and your family safe and healthy during the COVID-19 pandemic. Molina Dual Options is covering the cost of any out of pocket medical expenses related to COVID-19, including office visits, urgent care, and ER visits associated with testing and treatment of COVID-19.

As a member, you have these great resources to help you stay healthy!

- **Access to Prescriptions:** Molina Dual Options and our pharmacy partner CVS Pharmacy have increased access to prescriptions by providing free home delivery and early refills on medications.

- **Access to Telehealth:** Molina Dual Options expanded free access to Telehealth for all members. This makes it easier to connect with health care providers from the comfort and safety of home.
- **Access to Teladoc:** We expanded the Teladoc service to all Molina Dual Options members.
- **Access to Information:** We created a COVID-19 and COVID-19 Vaccine member resource page that can be viewed on our website. It houses important information such as testing sites, vaccination sites, and information on the COVID-19 virus and vaccinations. To learn more, visit <https://www.MolinaHealthcare.com/members/mi/en-US/mem/Coronavirus.aspx>
- **24-Hour Nurse Advice Line:** You have 24/7 access to our Nurse Advice Line if you have questions.
- **Molina Dual Options Mobile App:** Manage your health care 24/7 with the app. You can easily access your ID card or use the locate a doctor.

Download Molina Dual Options Mobile App today on your smartphone using the QR code here!



Supporting your Community!

Molina Dual Options has donated more than \$168,000 to Michigan nonprofit organizations to help ease pandemic shortages. These funds go to organizations that directly support our members. In addition, Molina Dual Options has donated more than \$76k to the provider offices that care for our members. These funds are being used to support COVID-19 testing, care, and treatment.

Molina Dual Options has been hard at work making sure our community has the supplies needed during COVID-19 through donations including:

- 5,000 healthy hygiene kits.
- Over 7,650 meals.
- 2,900 diapers and pull ups to new parents.
- 4,600 winter warmth items including: winter coats, boots, socks, and blankets.
- Over 13,000 backpacks and totes filled with fun activities for children and seniors dealing with isolation.

Molina Dual Options also supported our local health care heroes, by donating over 6,500 masks, hand sanitizers, gloves, and other supplies to more than 20 FQHCs, hospitals, and providers. We do this, so they can keep doing their critical work safely, keeping you and your family healthy!

COVID-19 Vaccine

Did you know, beginning April 5th, all Molina Dual Options members 16 and older can receive the COVID-19 Vaccine?

Getting vaccinated is important. The COVID-19 vaccine works with your immune system so it will be ready to fight the virus if you are exposed. Getting vaccinated may also protect people around you, particularly people at increased risk for severe illness from COVID-19. Wearing masks and social

distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Stopping the pandemic requires using all the tools we have available.

Remember, the COVID-19 Vaccine is NO COST to you!

To Make an Appointment:

Visit www.michigan.gov/covidvaccine for information on where to make an appointment at available health care providers and local health agencies. If you need help scheduling your vaccine appointment, please call 2-1-1 or the COVID Hotline at (888) 535-6136 (TTY: 711). Vaccine availability may vary by county.

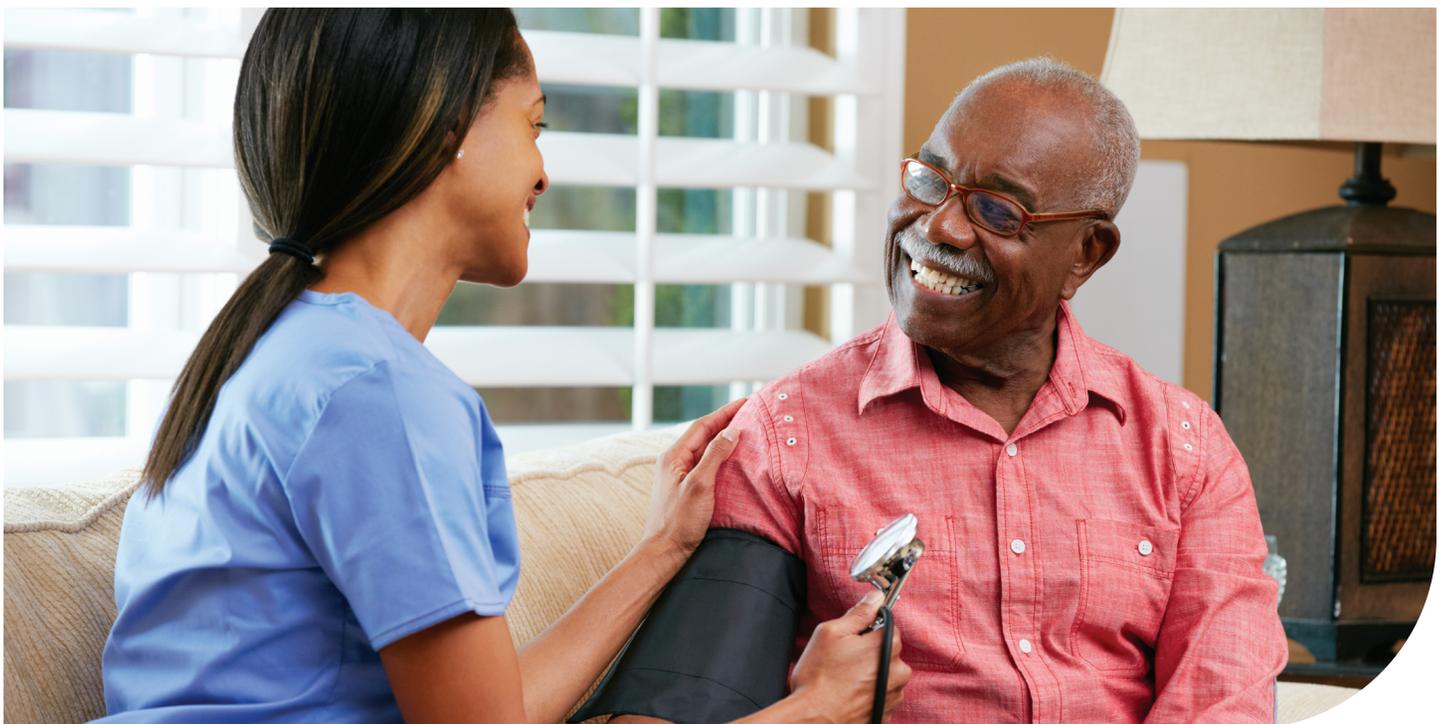
For Members in Wayne, Oakland, and Macomb Counties:

There is still time to register for the **FEMA/State of Michigan Ford Field COVID-19 Vaccine Clinic!**

There are three options to register for a vaccine:

- Go to <https://clinic.meijer.com/register/CL2021>
- Text “EndCOVID” to 75049
- Residents who do not have access to internet or need assistance, please call the MDHHS COVID-19 Hotline at (888) 535-6136 (TTY: 711) (press 1). The hotline is available Monday-Friday from 8 a.m. - 5 p.m., EST. and Saturday-Sunday, 8 a.m. - 1 p.m., EST.

After completing the registration process you will receive an invitation by “voice” or “text” when it is your turn to schedule the appointment. Vaccine appointments will be scheduled a few days before the actual appointment. Please note, you will be called in the order of vaccine eligibility. The call center WILL have long wait times, so please only call if you do not have text or web access.



What Can Adults Do to Maintain Good Oral Health?

Tips from Centers for Disease Control and Prevention

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- See your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.



Colon Cancer – Reduce Your Risk

Colon cancer is the third most common cancer in both men and women.

Tests can detect:

- Colon polyps before they become cancerous
- Cancers in their early-stage

Who Should be Tested?

The American Cancer Society (ACS) suggest testing for:

- All adults 50 years of age and older
- People with a family history of colon cancer
- People with a personal history of colon polyps, chronic inflammatory bowel disease or colon cancer

What are the Tests?

The ACS suggests the following tests:

- Fecal immunochemical test (FIT – preferred) or fecal occult blood test (FOBT)*, detects blood in the stool – Yearly
- FIT-DNA Test – combines the FIT test with a test that detects altered DNA in the stool.- Every 3 Years
- Flexible sigmoidoscopy** checks to polyps or cancer inside the rectum and lower third of the colon – Every 5 Years
- Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon – Every 5 Years
- Colonoscopy – checks for polyps or cancer inside the rectum and the entire colon. The doctor can find and remove most polyps and some cancers during the test. – Every 10 Years
 - If there is anything unusual in any of the other tests the doctor will schedule a colonoscopy as a follow-up test.

Being tested is the best action you can take to prevent colon cancer. Call your health care provider and make an appointment today.

How can you reduce your risk?

- Get tested.
- Stay active. The ACS suggests at least 30 minutes of exercise five or more days a week.
- Keep a healthy body weight. Ask your provider what your weight should be.

- Eat healthy foods.
- Limit you intake of high-fat foods and alcohol.

*For FOBT, use the take-home multiple sample method.

**Using either FIT or FOBT yearly, plus flexible sigmoidoscopy every five years is better (but not required) over either of these options alone.

The Facts About High Blood Pressure - Tips from the American Heart Association



What is High Blood Pressure?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

If you have high blood pressure, you are not alone

- Nearly half of American adults have high blood pressure. (Many don't even know they have it.)
- The best way to know if you have high blood pressure it is to have your blood pressure checked by your doctor.

Know your Numbers

Blood Pressure Category	Systolic mm Hg (Upper Number)		Diastolic mm Hg (Lower Number)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

High Blood Pressure is a “Silent Killer”

- Most of the time there are no obvious symptoms.
- Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure.
 - Risk factors related to who you are: age, race, gender and family history. Lifestyle choices: diet, weight, exercise, alcohol consumption, and smoking
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

Preventing and Managing High Blood Pressure

- Create healthy lifestyle choices such as having a proper diet, exercising, and not smoking
- With proper treatment and management, you can control your blood pressure to help you live a long and healthy life. Make sure to talk to your doctor about medication options.

Tobacco and your Health- Tips from the American Cancer Society

There is no safe way to use tobacco. All types of tobacco products contain chemicals that can be harmful to your health. Tobacco smoke is made up of thousands of chemicals that are known to cause heart disease, lung disease and cancer. Breathing even a small amount of tobacco smoke can be harmful. E-cigarettes and vaping do not contain tobacco, but they contain nicotine and harmful chemicals. The longer someone uses a tobacco product, the more risk they have of being harmed.

Cancer Risk

People who smoke cigarettes, cigars, and pipes have a higher risk of certain cancers. Using smokeless tobacco, such as chew, spit, or dip, can also cause cancer. Some cancers caused by using tobacco include:

- Lung
- Mouth, Larynx, Throat, and Esophagus
- Cervix
- Kidney, Liver, Bladder, Pancreas, Stomach, Colon, and Rectum
- Leukemia



Second-hand smoke can also increase the risk for lung cancer and lung and heart disease.

Are you ready to quit smoking?

We are ready to help! Molina Dual Options has a Stop Smoking Program. This program is at no cost to members.

The program includes:

- One-on-one counseling.
- Health education materials.
- Nicotine replacement therapy, if you are eligible and your provider decides it is right for you.

How can you enroll in our Stop Smoking Program?

Please call the Michigan QuitLine at 800-QUIT-NOW (800) 784-8669 (TTY: 711) to get more information.

What are other resources to help you quit smoking?

- Smokefree.gov - www.smokefree.gov
- American Cancer Society - www.cancer.org
- National Cancer Institute Quitline - (877) 448-7848 (TTY: 711)

When you quit smoking, you greatly reduce your risk of suffering from smoking related diseases. If you are pregnant, smoking can harm you and your baby. Call our Health Education Department today to learn about our Stop Smoking Program.

Managing Chronic Conditions

Molina Dual Options wants you to know all you can to help you stay healthy. We have programs that can help you manage chronic conditions such as asthma, diabetes and heart disease. These programs provide you with self-management tools to help you:

- Feel more in control of your health.
- Manage difficult symptoms (e.g., fatigue, pain, shortness of breath).
- Carry out daily activities (e.g., going to work, spending time with loved ones).
- Reduce stress.
- Improve your mood.
- Communicate better with your health care provider(s) about your care.

For more details about our Health Management Programs, please call (866) 891-2320 (TTY: 711), Monday - Friday, from 9 a.m. - 9 p.m., EST.

Health Care Fraud, Waste and Abuse

Molina Dual Options is focused on ensuring that fraud, waste and abuse does not occur. If you believe fraud, waste and abuse has taken place, you can report it without giving your name.

You can contact Molina Dual Options anonymously by:

Online: www.MolinaHealthcare.alertline.com

Email: MHMCompliance@MolinaHealthCare.com

Phone: (866) 606-3889

Fax: (248) 925-1797

Mail:

Molina Dual Options

Attention: Compliance Director

880 West Long Lake Road, Suite 600

Troy, MI 48098-4504

Or you can contact:

Online: www.michigan.gov/fraud

Phone: 1-855-MI-FRAUD (1-855-643-7283)

Mail:

Michigan Department of Health and Human Services (MDHHS)

Office of Inspector General

P.O. Box 30062

Lansing, MI 48909

For more information, please visit:

<http://www.MolinaHealthcare.com/members/mi/en-US/mem/medicaid/overvw/quality/Pages/fraud.aspx>

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 document for free in other formats, such as large print, braille, or audio.

Call (855) 735-5604 (TTY: 711), Monday - Friday, 8 a.m. - 8 p.m., EST. The call is free.

Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, ethnicity, national origin, religion, gender, sex, age, mental or physical disability, health status, receipt of healthcare, claims experience, medical history, genetic information, evidence of insurability, geographic location.



**Molina Dual Options MI Health Link
Medicare-Medicaid Plan**

PO Box 298
Monroe, WI 53566-0298

Health and Wellness Information



Questions about
Your Health?

**Do Not Forget to Get Your
Yearly Check-Up!**

Call Our 24-Hour
Nurse Advice Line!

(844) 489-2541

Your health is our priority!

TTY users should dial **711**.

[MolinaHealthcare.com/Duals](https://www.molinahealthcare.com/Duals)

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