

Fall 2016 Health & Wellness Newsletter



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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.

Such services are funded in part with the State of New Mexico. Los servicios están financiados en parte por el estado de Nuevo México.

Member Update

Molina Healthcare Members can now access the following information on our website at www.MolinaHealthcare.com. You can also log in to your MyMolina portal to find:

- Member Handbook
- Provider Directory
- Health Education Programs and Classes
- Nurse Advice Line
- How to request a Molina Identification Card (ID)

MolinaHealthcare.com

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 (7) 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>.

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/MHNMQualityGuide>

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 www.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.



MolinaHealthcare.com



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.

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



QI Department

400 Tijeras Avenue NW
Albuquerque, NM 87102



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.

MolinaHealthcare.com



Your Extended Family.