

Summer 2015 Health and Family Newsletter

Please call your Care Coordinator for a Health Risk Assessment

Molina Healthcare offers Care Coordination services to all members. Care Coordinators will conduct Health Risk Assessments (HRA) over the phone for all members. We may also ask you to complete an in-home Comprehensive Needs Assessment (CNA), if your health warrants it. Your Care Coordinator will review your medical, behavioral and long-term care needs and help you get services.

Please call your Care Coordinator if you have not done an HRA. If you do not know the name of your Care Coordinator, call Member Services. The number is on the back of your ID card. We will connect you to your Care Coordinator.

Take Control of Your Health Care

You can help keep yourself healthy and safe. It is important to be involved in your own health care decisions. You can help prevent mistakes in your care. Try to:

- Tell your provider your health goals.
- Speak up if you have questions or concerns.
- Learn about your treatment plan.
- Read all medical forms. Make sure you understand what you are signing.
- Ask a family member or trusted friend to be your advocate, if needed.
- Know what medicine you take. Write it down and bring your medicine with you to all provider appointments.

Take part in all decisions about your health care. You are the center of your health care team.

Source: The Joint Commission "Speak-Up" Brochure Series

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Such services are funded in part
with the State of New Mexico.

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Taking Depression Medication

Molina is here to help you.

You are not alone. Research shows that almost one in ten people suffer from depression. That is 15.8 million adults. Medicine and “talk therapy” can help you get better.

Take your medicine as prescribed by your provider. Talk to your provider before you stop taking your medicine. This will lower your risk of having depression come back.

Take Your Depression Medicine Every Day

Your medicine can take 4-6 weeks before it makes you feel better.

Most medicine therapy for depression lasts 6 to 9 months. If you stop taking your medicine before that time, you are at risk of having the depression return. Talk with your provider about issues you may have with taking your medicine.

Side Effects

All medicines can have side effects. Side effects are unwanted symptoms from a medicine. Ask your provider if there might be side effects from taking your medicine. This will help you know the symptoms of side effects, if you have them.

What should you do if you have side effects?

Call your provider to talk about the side effects. Your provider might do one or more things to manage the side effects. Your provider may:

- Ask you to take the medicine longer to see if the side effects go away
- Ask you to take a lower dose of medicine
- Give you different medicine to try
- Suggest ways to lessen the side effects
- Suggest ways to help you cope with the side effects



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Health Education Classes

Centennial Care Members have health education classes available to them.

Helmet Safety Class – for children 4 to young adults 18 years old

- Learn how to be safe as you ride your bicycle, scooter, skateboard and skates. Using a helmet can save your life!

1-2-3 Parent Magic – parenting class for parents of children and adolescents

- Learn some tools to help you be an effective parent. This class is also open to caregivers.

Motherhood Matters® - for pregnant mothers

- Enroll before your 35th week of pregnancy for prenatal and car seat safety education. You can qualify for an infant and toddler car seat!

Weight Watchers® - for adults 18 years and older with a BMI of 30 or higher

- Learn healthy tips to help you control your weight. Attend local meetings for extra support.

Quit For Life® - for adults 18 years or older who want to quit smoking, chewing or dipping

- Get help quitting with education and support from a Quit Coach and medications (if needed).

Manage Your Chronic Disease (MyCD) program – for adults 18 years old and older and their families/caregivers

- This six (6) week community class will help you manage your chronic health condition to be healthy.

National Diabetes Prevention Program (NDPP) – for adults 18 years and older with a BMI over 24, high blood glucose levels, history of gestational diabetes and/or family history of diabetes

- This 16-week lifestyle change program will help reduce your risk of getting type two (2) diabetes. Learn how to be more active, eat healthy foods and improve your health.

Centennial Rewards – get rewarded for getting important health check-ups and filling prescriptions. Go to www.CentennialRewards.com for more information.

Health Management Programs – learn tools to help you manage asthma, diabetes, heart disease and chronic obstructive pulmonary disease (COPD).

For more information or to register for your health education program, call toll free at **(800) 377-9594** extension **182618**.

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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.

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