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Check out page 6 for details!



# Keep your benefits. Renew on time.

As part of your health care family, we want to make sure you're able to get the care you need, when you need it. Did you know you need to renew your Nevada State Medicaid and Check Up benefits every year?

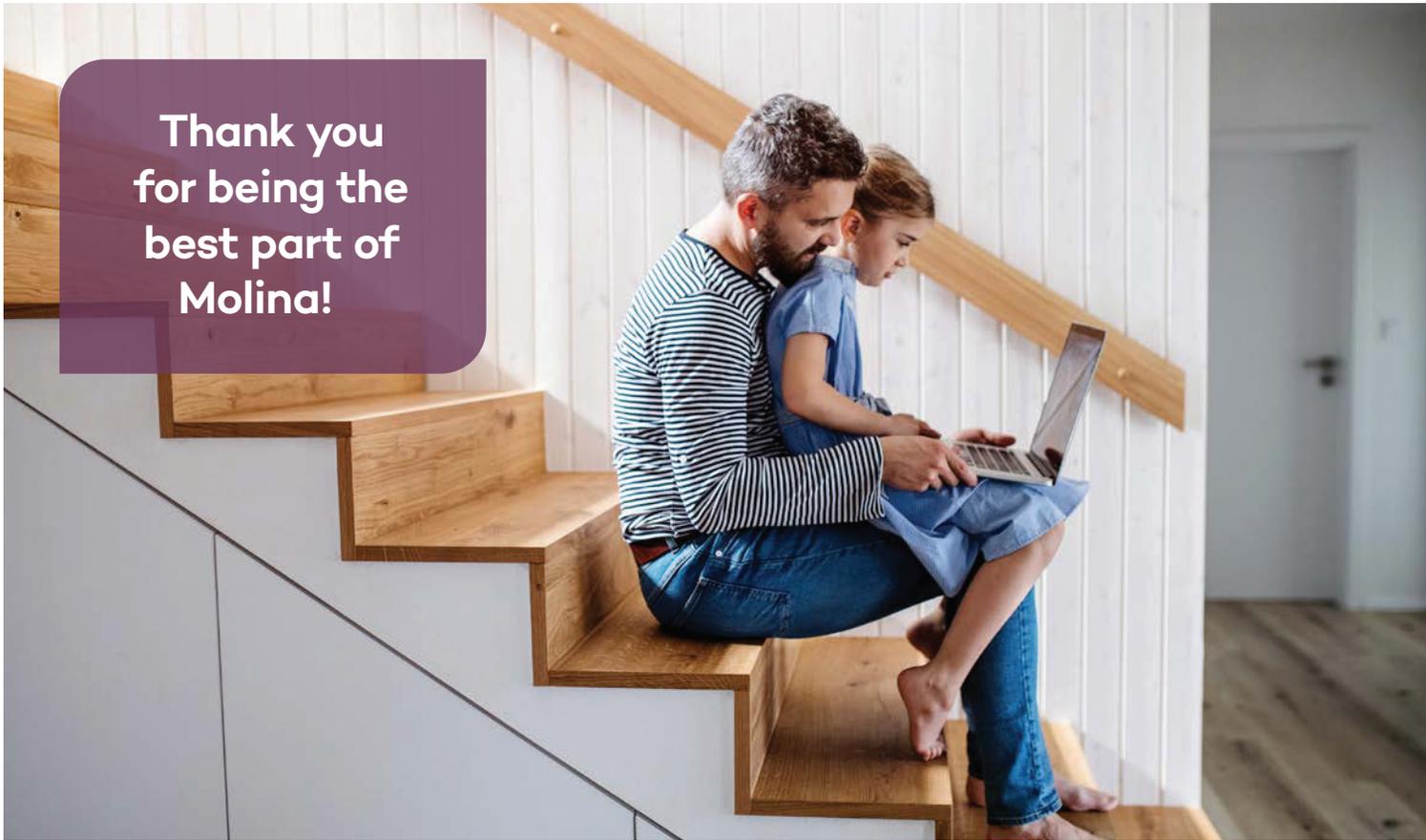
We'll send reminders so you don't forget to renew on time. We've also added everything you need to know on the renewal page [here](#).

You can talk to our Member Services staff to confirm your renewal date. We can help you keep your coverage. Just call us at (833) 685-2102 (TTY/TDD: 711).

Update: Nevada Medicaid covers routine patient costs associated with qualifying clinical trials.

## Keep your contact information up to date

- It's important to keep your contact information up to date with Molina and [Access Nevada \(nv.gov\)](https://www.nv.gov).
- The Division of Welfare and Supportive Services (DWSS) may send your renewal information by mail when it's time for you to renew. If your information's not correct, you may miss an important message about your renewal.
- Please remember to tell us if your phone number or address has changed. That way, we can send reminders and other important information to you.



Thank you  
for being the  
best part of  
Molina!

# Questions about your health?

## Call our 24-hour Nurse Advice Line!

Health issues can happen any time, even on nights and weekends. As a Molina member, you can talk to a nurse right away! Our 24-hour Nurse Advice Line is a covered service that is available 24/7.

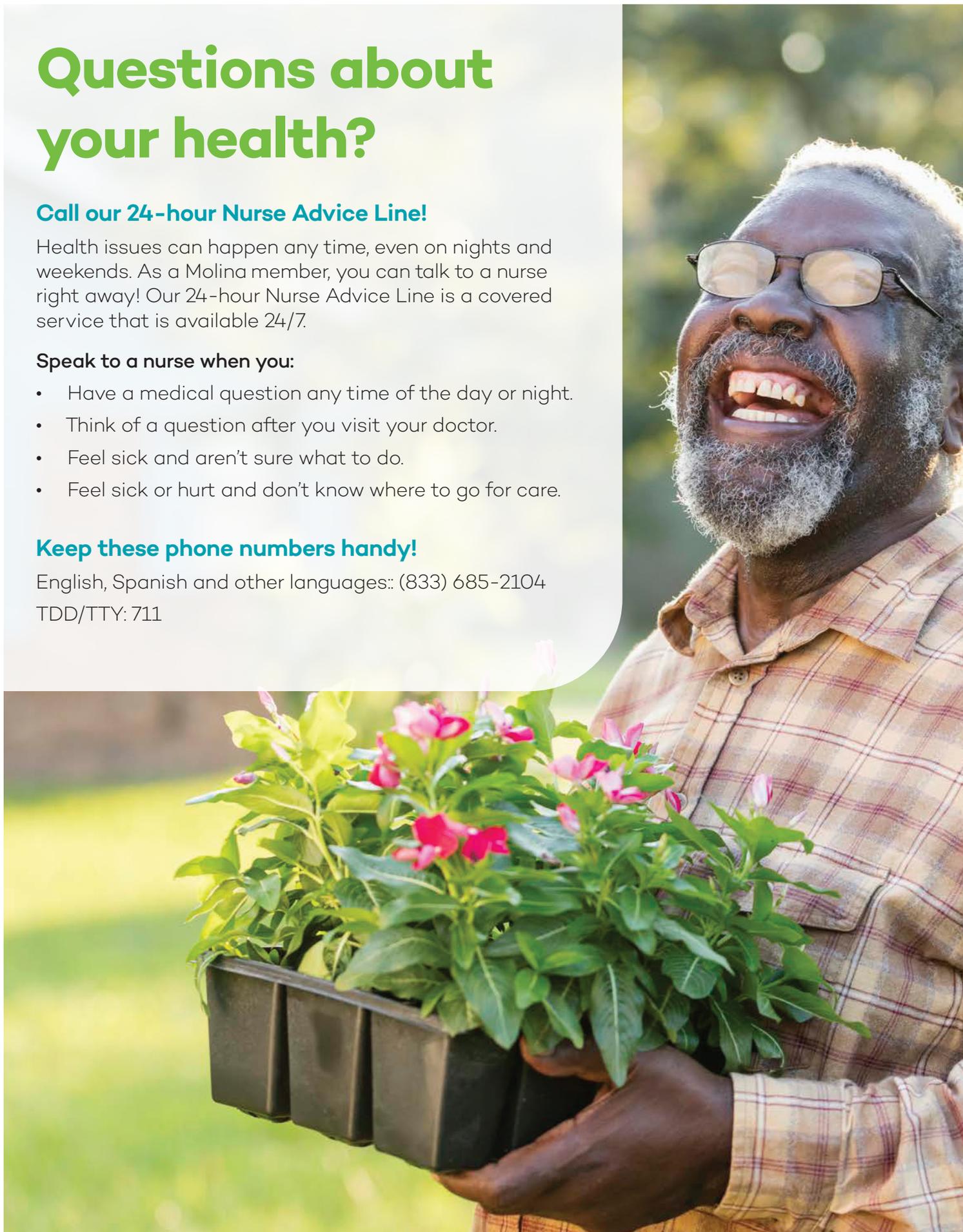
### Speak to a nurse when you:

- Have a medical question any time of the day or night.
- Think of a question after you visit your doctor.
- Feel sick and aren't sure what to do.
- Feel sick or hurt and don't know where to go for care.

### Keep these phone numbers handy!

English, Spanish and other languages: (833) 685-2104

TDD/TTY: 711



# Get well, stay healthy.

Did you know one of the best ways to stay well is by getting annual checkups and regular screenings? This helps your doctor catch potential problems early while you have the best chances for the best outcomes.

Below is a guide for how often you should get screenings and services. Make an appointment if you or anyone in your family hasn't received these this year.



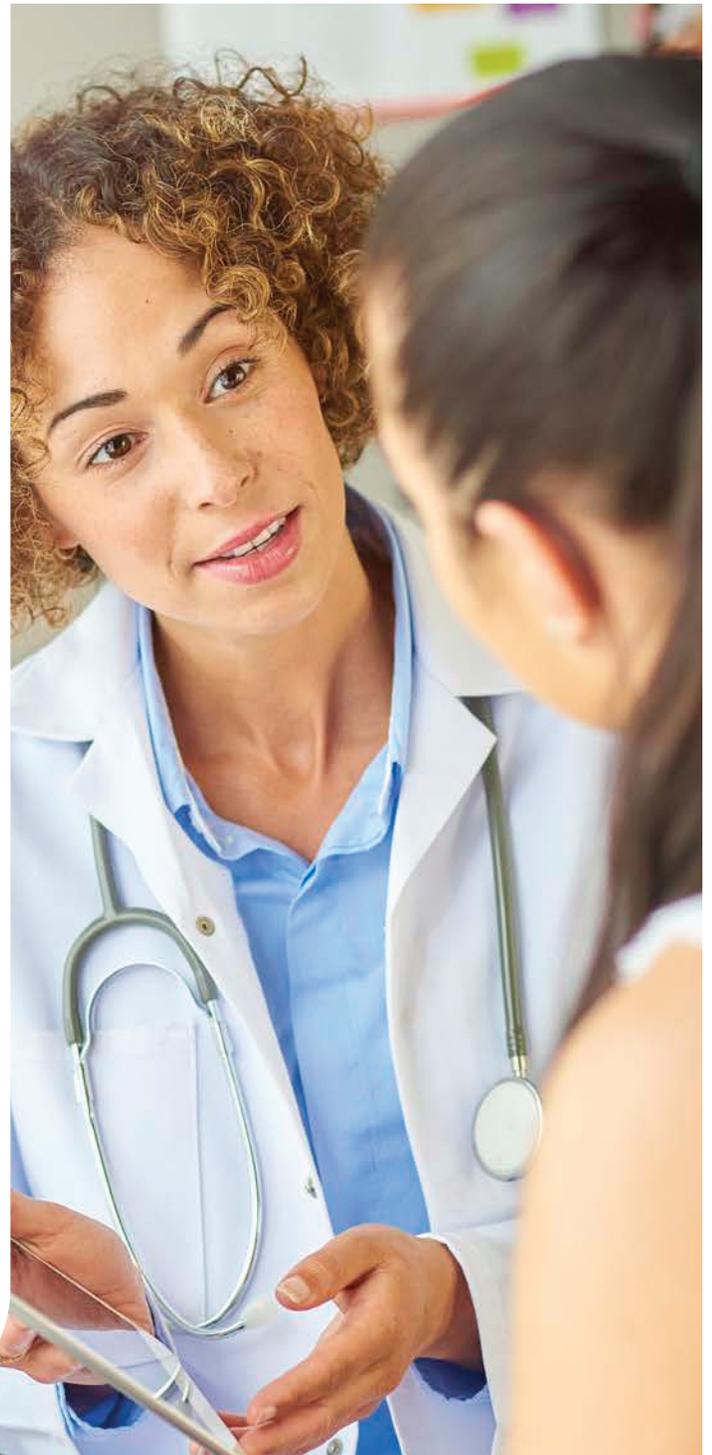
Visits needed	When they are needed
Adult preventive visits	Age 20 and older (yearly)
Well-baby visits	6 or more visits before 15 months
Baby immunizations	Series of shots before 2nd birthday
Well-care visits	Ages 3 to 21 years
Prenatal visits	Series of visits all the way up to delivery
Post delivery visit	7 to 84 days after delivery
Mammogram (checks for breast cancer)	Women 50 to 74 years (yearly)
Pap Test (checks for cervical cancer)	Women 21 to 64 years as recommended by your doctor
Colonoscopy (checks for colon cancer)	Ages 50 to 75 years as recommended by your doctor
Diabetic testing (A1c test, kidney test and eye exam)	Ask your doctor how often you need these tests
Behavioral health visit	1 to 7 days after discharge
Flu shot	Yearly flu
Dental visit	Once every 6 months
Vision visit	Yearly

# How to prepare for your appointment and what to expect.

Having a plan and knowing what to expect can help you make the most of your doctor's visit.

## These tips can help you with that!

1. Make a list of your questions and concerns.
2. Bring a list of your medicines, even vitamins and herbal supplements.
3. Bring a friend or family member, if you can.
4. Be open and honest with your doctor and office staff.
5. Let your doctor's office know if you need transportation or have language needs.
6. Know your and your family's medical history.
7. Arrive on time.
8. Bring your member ID Card.
9. Be patient – you can expect to get a routine appointment within 5 weeks.



We strive to keep our provider directories up to date. We know that you and your caregivers count on provider directories to make informed choices about your health care as well as the health care of others. It is a worthy tool used to select and reach your physicians and other contracted providers who give health care. [Click Here](#) to be directed to our online member services provider directory.

Also, if there is a provider you have seen in the past and would like to have in the Molina network, either you or the provider can reach out to us at [NVProviderContracting@MolinaHealthcare.com](mailto:NVProviderContracting@MolinaHealthcare.com) so that we can offer them a contract.

# As a Molina Member, you can qualify for rewards and enhanced services!

Want to earn gift cards and free services? You can as a Molina member! Be sure to take advantage of these extra benefits. To earn free gift cards or services for things that are good for your health like completing a yearly mammogram screening. Meet your health needs and get rewarded! To request rewards contact the Wellness Rewards Contact Center (833) 685-2117 (TTY/TDD: 711).



## Earn rewards for healthy behaviors!

- Complete a prenatal visit during the first trimester or within 42 days of enrollment and receive a FREE car or booster seat.
- Free breast pump for new mothers with an infant in the NICU.
- FREE 13 weeks of Weight Watchers for eligible members + Kurbo for kids and teens.

## Lifestyle rewards

- Free Boys and Girls Club membership for the after-school program for ages 6-18.
- Free phone from TruConnect with unlimited FREE talk/text & international calling to five countries.
- One free Costco Gold Star membership per family.

## Get our full list of member rewards

To learn more about all of your rewards [click here](#)

All rewards and enhanced services may have exclusions or limits. Members must have a Molina Healthcare of Nevada Medicaid as their primary insurance at the time of service to qualify for rewards and enhanced services.



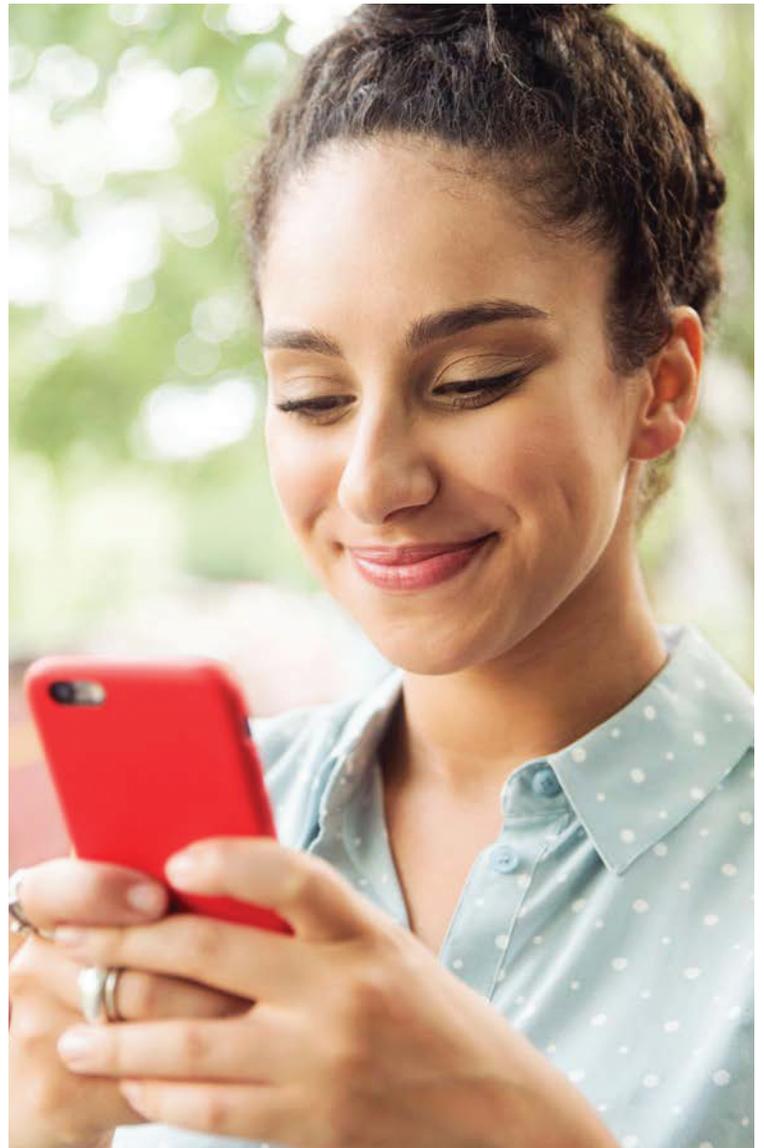
# Our Preferred Drug List

The Preferred Drug List (PDL) is a list of all the medicines we cover and any limits that apply. We also cover some over-the-counter (OTC) medicines when your doctor gives you a prescription.

The PDL changes from time to time. You can check which medications are preferred for your health issue on the Molina Healthcare of Nevada and Nevada Check-Up preferred drug list [PDL](#).

On the PDL, you can also view which drugs need a prior authorization from your doctor and what's new. Member Services at (833) 685-2102 (TTY: 711).

There are no copays for your prescriptions.



## Follow us on social media!

If you haven't already, be sure follow us on our Facebook page. It's a great way to find health tips and helpful information about your plan benefits.

 Facebook @ Molina HealthCare of Nevada

# Why are immunizations so important?

Immunizations are shots that help the body fight disease. Each shot fights a different disease, like chickenpox, measles or mumps. Kids need shots to keep them safe from disease and to get ready for school.

Talk to your doctor about which shots your kids need. Remember, these shots are covered at **no cost to you**.

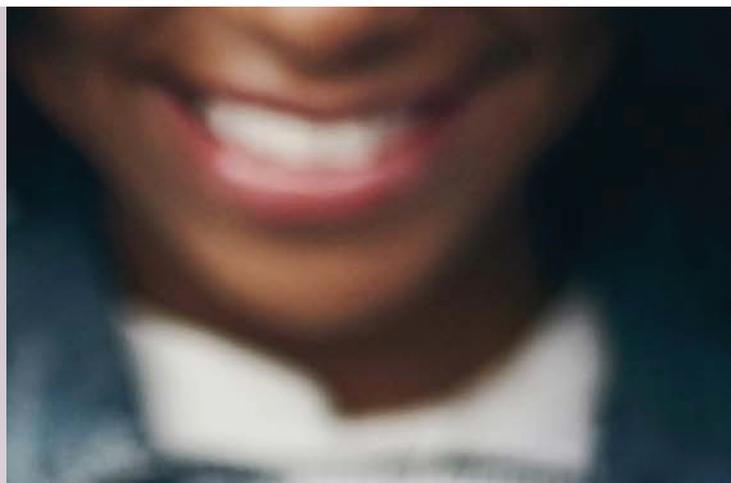
**Here's a look at the shot schedule recommended by the Centers for Disease Control and Prevention (CDC): [CDC schedule](#)**



Shots your kids need	When they need them	
Hepatitis B (HepB)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: Birth</li> <li>2<sup>nd</sup> dose: 1 to 2 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 to 18 months</li> </ul>
Rotavirus (RV): RV1 (2 doses)    RV5 (3 doses)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> </ul>
Diphtheria, Tetanus, Acellular Pertussis (Dtap)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> <li>3<sup>rd</sup> dose: 6 months</li> </ul>	<ul style="list-style-type: none"> <li>4<sup>th</sup> dose: 15 to 18 months</li> <li>5<sup>th</sup> dose: 4 to 6 years</li> </ul>
Haemophilus Influenza Type B (Hib) (3 or 4 doses)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> <li>4<sup>th</sup> dose: 12 to 15 months</li> </ul>
Pneumococcal Conjugate (PCV13)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 months</li> <li>4<sup>th</sup> dose: 12 to 15 months</li> </ul>
Inactivated Poliovirus (IPV)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 2 months</li> <li>2<sup>nd</sup> dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> dose: 6 to 18 months</li> <li>4<sup>th</sup> dose: 4 to 6 years</li> </ul>
Influenza (IIV) or Influenza (LAIV)	Yearly shot (1 or 2 doses): 6 months to 18 years	
Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 4 to 6 years</li> </ul>
Varicella (VAR)	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 4 to 6 years</li> </ul>
Hepatitis A (HepA)	2 doses: 12 to 23 months	
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	11 to 12 years	
Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>2 doses: 9 to 14 years</li> </ul>	<ul style="list-style-type: none"> <li>3 doses: 15 years and older</li> </ul>
Meningococcal	<ul style="list-style-type: none"> <li>1<sup>st</sup> dose: 11 to 12 years</li> </ul>	<ul style="list-style-type: none"> <li>2<sup>nd</sup> dose: 16 years</li> </ul>

Get smart health plan access with your smartphone. With the My Molina mobile app, you can easily see, print or send your ID card. You can search for new doctors, change your primary care provider (PCP) and much more. Anytime, anywhere.

Download the My Molina mobile app today from the Apple App Store or Google Play store.



## Download the My Molina mobile app

### Search for providers

Use our advanced search options to find providers that meet your needs.

### Digital ID card

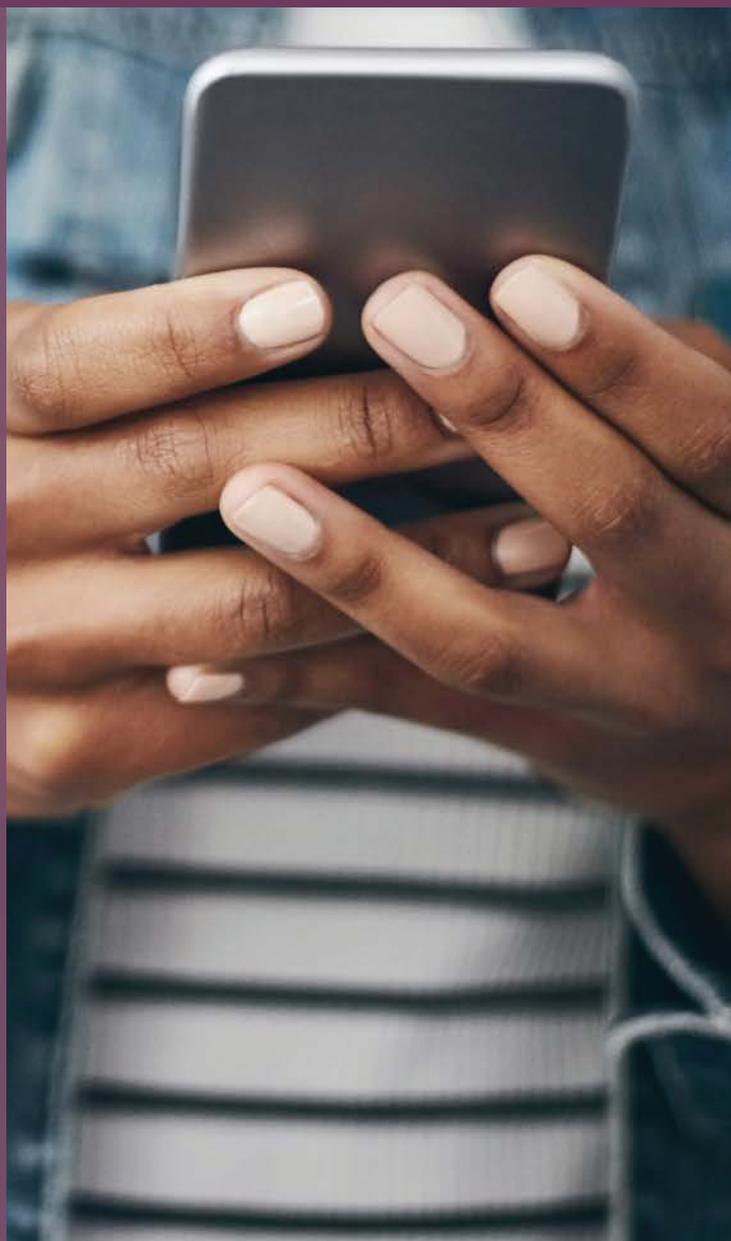
View both sides of your ID card. You can print it from the app or email a copy to your provider.

### Change your PCP

Search for and change your PCP using the doctor finder. All within the app.

### Other features

- View benefits at a glance
- Check your eligibility
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Speak to a nurse through our 24-hour Nurse Advice Line
- Receive important notifications



# Health Equity increasing ease of getting care.

We are committed to getting health equity for our members, giving you the chance to be as healthy as possible. Some members face problems in reaching their best health. We are here to help reduce challenges and are focused on better health support such as:

- Health education and promotion.
- Increasing the ease of getting care.
- Making sure that our providers are trained to understand the many backgrounds of our members.
- Providing care and materials in languages spoken by our members.

If you are experiencing obstacles to care, we can help. Call Member Services for more information, or to receive materials in other languages and accessible formats (833) 685-2102 (TTY:711).



Molina Clinic Day Event. From left to right: Jose Gomez, Molina Healthcare Nevada; Edgar Zepeda, Community Health Alliance; Felicia Torres, Molina Healthcare; Samantha Caballero, Molina Healthcare.

## Molina Healthcare hosts first Clinic Day Event.

Molina Healthcare of Nevada hosted the first clinic day event with Community Health Alliance and Liberty Dental. Molina Clinic Day is an event held with providers. Together we focus on making appointments to bring our members into the providers' offices for preventive health checkups and screenings, and to get the adequate care such as immunizations.

The Molina team was there to greet our members, answer questions, and provide educational materials. For those members who qualified, we rewarded with gift cards for coming in to see their providers.

Schedule your yearly preventive care appointment with your medical provider today. You might qualify for a gift card just for seeing your provider once per year for preventive care. To find a doctor in your area click [here](#)

\*If you or another Molina member are admitted to an inpatient facility or visit the emergency room, it is important that members follow up with their healthcare provider within seven days of discharge from the facility.



Molina Clinic Day event. From left to right: Felicia Torres, Molina Healthcare; Elizabeth Fiorillo, Molina Healthcare; Hazel Moreno, Liberty Dental Plan;

# Five ways you can reduce the risk of colon cancer.

More than other cancers, colorectal cancer can be affected by things you can control. Five ways you can reduce the risk of colon cancer:

- What you eat
- How much you exercise
- Quitting smoking
- Drinking less
- Getting screened for colorectal cancer at age 50

Eating a diet that is made up of plenty of vegetables, fruits and whole grains (a food plan that is low in animal fat) has been linked with a lower risk of colorectal cancer. Other health changes like quitting smoking, drinking less and exercising regularly may also help lower your risk.

Getting screened for colorectal cancer starting at age 50 (or younger if you have a family history) may help doctors to find and remove polyps before they turn into cancer. To learn more, visit [CityofHope.org/](http://CityofHope.org/)

If you haven't already seen your primary care provider for your yearly adult preventive screening visit, schedule an appointment today! To find a doctor in your area [click here](#)

Reference: [CityofHope.org/](http://CityofHope.org/)



## How often does my child need checkups?

Regular checkups are an important way to keep track of your child's health and progress – 3 years old and beyond. Children and teens should be seen by their doctor at least once per year even when they're not sick.

Your child's health care team will:

- Take measurements
- Do a head-to-toe exam
- Update immunizations
- Answer questions you may have

Be sure to share your child's successes and milestones, any concerns about your child's progress, and challenges in daily routines.

These visits are a chance to learn as much as you can about the best ways to help your child grow and thrive! To learn more, visit [HealthyChildren.org](http://HealthyChildren.org)

For a schedule of well-child visits, [click here](#)

Reference: [HealthyChildren.org](http://HealthyChildren.org)

# Signs of dehydration during pregnancy: symptoms and prevention.



Dehydration is more common during pregnancy than at other times. We encourage our pregnant moms to drink at least 10 cups of water a day to prevent dehydration. If you are out in the heat, you need to drink an additional eight ounces of water more per hour. We encourage our high-risk moms to drink at least a gallon of water a day to prevent dehydration and pre-term contractions.

What can dehydration lead to?

Dehydration can lead to preterm contractions. Preterm contractions are contractions that occur before 36 weeks of pregnancy. Symptoms include:

- Cramping
- Back aches
- Feeling like you are getting your menstrual cycle
- Feeling like you have a stomachache

If you start to feel any symptoms, sit down, drink a liter of water, and see if that helps; if so, continue to rest and drink more fluids. If this does not help and the cramping continues, contact your provider for more information. If you have any of these symptoms, contact your provider for instructions and/or go the hospital to labor and delivery to be seen.

## Other signs of preterm labor:

- Regular tightening or pain in the lower abdomen or back
- Any bleeding in the second or third trimester
- Fluid leaking from your vagina
- Severe pressure in the pelvis or vagina (pressure is normal in second and third trimesters)

# Molina partners with local organization for mothers in need.

The Southern Nevada Maternal and Child Health Coalition hosted a volunteer day to build Mama Care Kits. These kits go out to new moms and gives after birth essentials as well as donated goods for the moms to enjoy. Together the Molina team crafted over 200 kits in record time! These kits will go out to local community groups and resources in Southern Nevada who specialize in the care of new mothers. To date, the coalition has distributed over 1000 kits.



Volunteer Day Event. Angeline Villanueva, Molina Healthcare

Molina Healthcare of Nevada (Molina) complies with all Federal civil rights laws that relate to healthcare services. Molina offers healthcare services to all members without regard to race, color, national origin, age, disability, or sex. This includes gender identity and sexual orientation.

To help you talk with us, Molina provides services free of charge:

- Aids and services to people with disabilities
  - Skilled sign language interpreters
  - Written material in other formats (large print, audio, accessible electronic formats, Braille)
- Language services to people who speak another language or have limited English skills
  - Skilled interpreters
  - Written material translated in your language
  - Material that is simply written in plain language

If you need these services, contact Molina Member Services at (833) 685-2102, TTY: 711, Monday - Friday, 8 a.m. to 6 p.m. PST.

If you think that Molina failed to provide these services or treated you differently based on your race, color, national origin, age, disability, or sex, you can file a complaint. You can file a complaint in person, by mail, fax, or e-mail. If you need help writing your complaint, we will help you. Call our Civil Rights Coordinator at (866) 606-3889, or TTY 711. Mail your complaint to:

Civil Rights Coordinator  
200 Oceangate  
Long Beach, CA 90802

You can e-mail your complaint to [civil.rights@molinahealthcare.com](mailto:civil.rights@molinahealthcare.com)

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can mail it to:

U.S. Department of Health and Human Services  
200 Independence Ave., SW  
Room 509F, HHH Bldg.  
Washington, D.C. 20201

You can also send it to a website through the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or call (800) 368-1019, TTY (800) 537-7697.

English	ATTENTION: If you speak don't speak English, language assistance services, free of charge, are available to you. Call 1-888-472-4585 (TTY: 711).
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-472-4585 (TTY: 711).
French Creole (Haitian Creole)	ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-888-472-4585 (TTY: 711).
Vietnamese	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-472-4585 (TTY: 711).
Portuguese	ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-472-4585 (TTY: 711).
Chinese	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-472-4585 (TTY: 711)。
French	ATTENTION : Si vous parlez français, des services d'aide linguistique-vous sont proposés gratuitement. Appelez le 1-888-472-4585 (TTY: 711).
Tagalog	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-472-4585 (TTY: 711).
Russian	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-472-4585 (телетайп: 711).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-472-4585 (رقم هاتف الصم والبكم: 711).
Italian	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-888-472-4585 (TTY: 711).
German	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-888-472-4585 (TTY: 711).
Korean	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-472-4585 (TTY: 711) 번으로 전화해 주십시오.
Polish	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-888-472-4585 (TTY: 711).
Gujarati	સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-472-4585 (TTY: 711).
Thai	เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-888-472-4585 (TTY: 711).