

# Fall 2017 Health and Wellness Newsletter



## 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.

## Vaccines for Your Preteen

### What vaccines should my preteen have?

The Centers for Disease Control (CDC) recommend that preteens 11-12 years of age receive:

- One (1) Tdap (Tetanus, Diphtheria and Pertussis) vaccine
- One (1) meningococcal conjugate vaccine
- One (1) flu vaccine
- Two (2) doses of the human papilloma virus (HPV) vaccine

Your preteen can receive these vaccines from his or her provider during an annual well child office visit. If you have any questions about these vaccines, please speak to your preteen's provider. You may also visit the CDC website for further education at <https://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>

All newsletters are also available at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com).

[MolinaHealthcare.com](http://MolinaHealthcare.com)



**INFORMATION FOR PARENTS**      **2017 Recommended Immunizations for Children 7-18 Years Old**

Talk to your child's doctor or nurse about the vaccines recommended for their age.

	Flu <i>Influenza</i>	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Inactivated Polio	MMR Measles, mumps, rubella	Chickenpox <i>Varicella</i>
				MenACWY	MenB						
7-8 Years	Shaded	Shaded		Shaded		Shaded					
9-10 Years			Shaded	Shaded		Shaded					
11-12 Years			Shaded	Shaded		Shaded					
13-15 Years				Shaded		Shaded					
16-18 Years				Shaded	Shaded	Shaded					

**More information:** Preteens and teens should get a flu vaccine every year. Preteens and teens should get one shot of Tdap at age 11 or 12 years. All 11-12 year olds should get a 2-shot series of HPV vaccine at least 6 months apart. A 3-shot series is needed for those with weakened immune systems and those age 15 or older. All 11-12 year olds should get a single shot of a quadrivalent meningococcal conjugate vaccine (MenACWY). A booster shot is recommended at age 16. Teens, 16-18 years old, **may** be vaccinated with a MenB vaccine.

- These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
- These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.
- These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at [www.cdc.gov/vaccines/pubs/ACIP-list.htm](http://www.cdc.gov/vaccines/pubs/ACIP-list.htm).
- This shaded box indicates the vaccine is recommended for children not at increased risk but who wish to get the vaccine after speaking to a provider.



# Leapfrog Hospital Safety Data

A patient safety program helps to reduce accidental injury or medical errors to patients while in the hospital. Leapfrog is the name of a patient safety program. All network hospitals are part of the Leapfrog program. The Leapfrog process gives hospitals **one to four stars**. **One star** is for submitting data. **Two stars** are for making progress toward meeting patient safety standards. **Three stars** are for making the most progress meeting patient safety standards. **Four stars** are for meeting all patient safety standards.

Hospital	Steps to Avoid Harm	Management of Events that Should Never Happen	Appropriate Antibiotic Use in Hospitals	Specially Trained Doctors Care for ICU Patients
Auburn Community Hospital	4	4	4	1
Cayuga Medical Center at Ithaca	DTR	DTR	DTR	DTR
Cortland Regional Medical Center	DTR	DTR	DTR	DTR
Crouse Hospital	DTR	DTR	DTR	DTR
Oswego Hospital	3	4	1	1
St. Joseph's Hospital Health Center	4	4	4	4
Strong Memorial hospital of the University of Rochester	DTR	DTR	DTR	DTR
SUNY Upstate Medical University Hospital	4	4	4	1
Upstate university Hospital- Community Campus	4	4	4	3

\*DTR = Declined to Report

For more information on Medication Safety, Maternity Care and Infections and Injuries, see <http://www.leapfroggroup.org/cp>.



## Molina Healthcare's Patient Safety Program

Molina Healthcare wants you and your family to be safe and healthy. We have a Patient Safety Program to help us meet this goal. This program gives you safety facts so you can make better health care choices. Here are a few of the things we do to improve your safety:

- Keep track of our members' complaints about safety problems in their provider's office or hospital
- Give you information to learn more about how to make safe decisions about your care. These include:
  - Questions to ask your surgeon prior to surgery
  - Questions to ask about drug interactions
- Make programs available to help you manage your care and receive care in a timely manner
- Look at reports from groups that check hospital safety. Reports tell us about things like staffing levels in the Intensive Care Unit (ICU), use of computer drug orders, and so forth

[MolinaHealthcare.com](http://MolinaHealthcare.com)

Other groups that check safety:

- Leap Frog Quality Index Ratings  
([www.leapfroggroup.org](http://www.leapfroggroup.org))
- The Joint Commission National Patient Safety Goal Ratings  
([www.qualitycheck.org/consumer/searchQCR.aspx](http://www.qualitycheck.org/consumer/searchQCR.aspx))

You can look at these websites to:

- See what hospitals are doing to be safer.
- Help you know what to look for when you pick a provider or a hospital.
- Get information about programs and services for patients with problems like diabetes and asthma.

Call our Member Services Department at (800) 223-7242 (TTY: 711) to get more information about our Patient Safety Program. You can also visit us online at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com).



[MolinaHealthcare.com](http://MolinaHealthcare.com)



**QI Department**  
5232 Witz Dr.  
North Syracuse, NY 13212



## Questions about Your Health?

Call Our 24-Hour  
Nurse Advice Line!

English and other languages:  
**(800) 223-7242**

Your health is our priority!

TTY users should call **711**.

[MolinaHealthcare.com](http://MolinaHealthcare.com)



Your Extended Family.