

Fall 2016 Health & Wellness Newsletter



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 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>.

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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.

MolinaHealthcare.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/MHOQualityGuide>

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 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.

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.



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You're Part of the Molina Family

Thank you for being a Member of Molina Healthcare. As one of our valued Members, you get many benefits:

- **Low cost** health plans with high quality benefits and services
- **Free** checkups and wellness services
- A health plan you can trust with more than **30 years** of experience

Remember: During open enrollment, you do not have to do anything to stay a Molina Healthcare Member.

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QI Department

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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.

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Your Extended Family.