

Spring 2016 Health & Wellness Newsletter



Annual Checkup

See your provider for an annual checkup. It is important to discuss what screenings you need and when you need them. Visit your provider even if you feel healthy.

Why are screenings important?

Screenings can help prevent certain diseases. They also help find health problems early, when they are easier to treat. If you do have a health problem, your provider can help you manage it.

Your age, health, family history, and other factors affect how often you need to visit your provider. Regular preventive visits to your provider can help keep you healthy.

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All newsletters are also available at www.MolinaHealthcare.com/Duals.

MolinaHealthcare.com/Duals

Fall Prevention: Six tips to prevent falls

Falls are the leading cause of injury in older adults. As you get older, you increase your risk of falling. Follow these six tips to help prevent falls.

1. Make an appointment with your provider.

Your provider can help you with a fall-prevention plan. Be prepared to answer questions, like:

- What medications are you taking?
- Have you fallen before?
- Could your health conditions cause a fall?

2. Stay active.

Try to walk every day. Exercise can help keep your muscles and joints strong and help prevent falls.

3. Wear shoes with nonskid soles.

High heels, floppy slippers, and shoes with slick soles can make you slip, stumble and fall.

4. Remove home hazards.

Take a look around your home. You can make your home safer.

- Move coffee tables, electrical cords and phone cords away from walkways.
- Remove loose rugs.
- Clean-up spilled liquids, grease or food as soon as possible.
- Use nonslip mats in your bathtub or shower.

5. Light up your living space.

Keep your home brightly lit to avoid tripping on objects that are hard to see.

6. Use assistive devices.

Your provider might want you to use a cane or walker to keep you steady.



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Join the Bridge2Access Advisory Board and Voice Your Opinion

How do I find the providers I need? How do I contact my Care Manager? What do I do if I have trouble getting the services I need?

If you have any of these questions and want to help us make your health plan better, we think you would be a great fit for our Bridge2Access Advisory Board.

The Bridge2Access Advisory Board is an opportunity to voice your opinions about your health plan. You can share how you think we can improve the program.

Meetings are held four times a year in each of these cities: Columbus, Dayton and Cincinnati. Transportation is available if you need a ride.

If you are interested in attending the next meeting in July, please call (855) 665-4623 ext. 219518 (TTY 711). Or, you can email us at MHOCCommunityOutreach@MolinaHealthcare.com.

We can't wait to see you there!

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Your Transportation Services Phone Number Has Changed

The number you call to schedule transportation has changed. To schedule a ride, call (844) 491-4761 (TTY 711). Call at least 48 hours before your appointment.

What benefits do I get?

You get 30 one-way trips free every year. This is an extra benefit just for members of our Molina Dual Options MyCare Ohio (Medicare-Medicaid Plan).

What is a one-way trip?

A ride from one place to another. It is also called a leg. For example, a ride to the doctor, a stop at the pharmacy, then back to your home is three one-way trips.

When can I use my benefit?

You can get rides to and from places where you get health care services. This includes the doctor, dentist, hospital and more.

Can I use the bus or get gas reimbursement?

In certain cases, yes. Some limitations apply. Read your Member Handbook to learn more or call Member Services.

What if I have questions?

Call Member Services at (855) 665-4623 (TTY 711). We're ready to help Monday through Friday from 8 a.m. to 8 p.m.

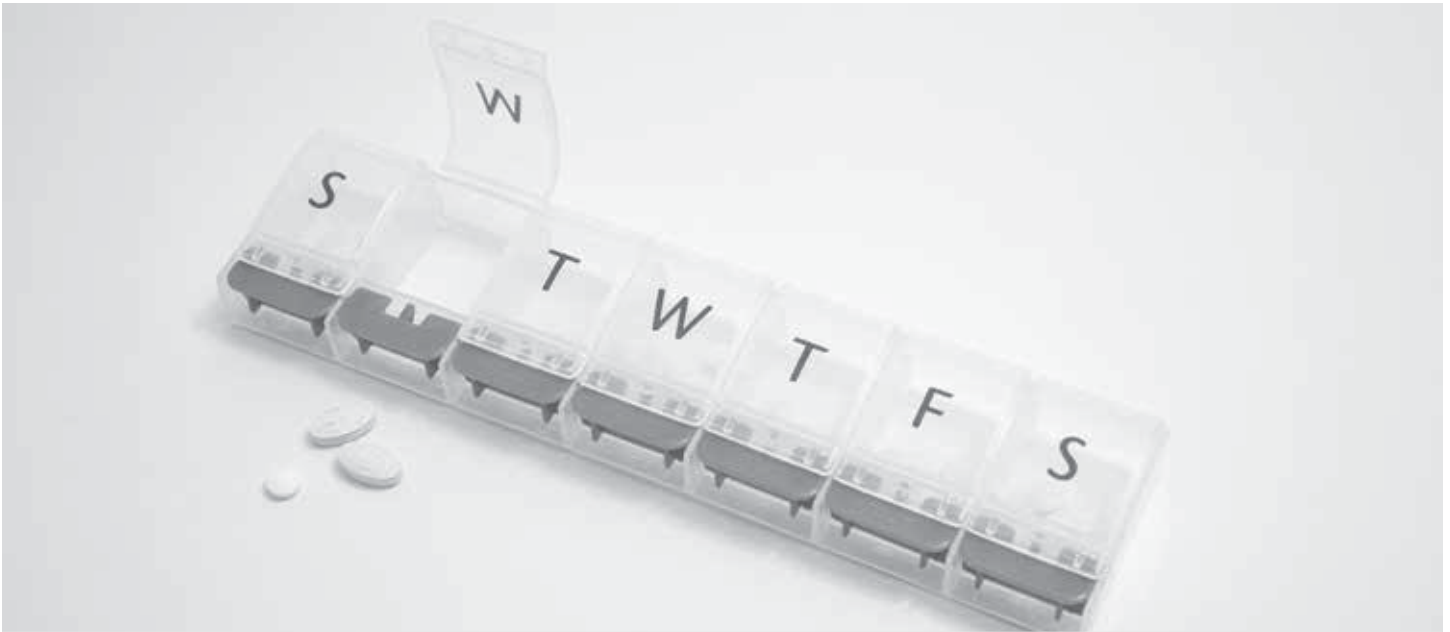


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Are You Taking Any Medicine?

Make sure to keep a list of all your prescription and over-the-counter medicines. Review your list with your provider at least once a year. Bring your current medicine with you to all provider appointments. This helps make sure that you:

- Take all the medicines you need.
- Stop taking the ones you no longer need.
- Take medicines that are safe to take together.



Molina Dual Options MyCare Ohio Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees.

You can get this information for free in other formats, such as large print, braille, or audio. Call (855) 665-4623, TTY/TDD: 711, Monday - Friday, 8 a.m. to 8 p.m., local time. The call is free.

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Limitations and restrictions may apply. For more information, call Molina Dual Options MyCare Ohio Member Services or read the Molina Dual Options MyCare Ohio Member Handbook.

Benefits may change on January 1 of each year.

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



+MyCareOhio
Connecting Medicare + Medicaid

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**Health and wellness or
prevention information**



Questions about Your Health?

Call Our 24-Hour Nurse Advice Line!

English and Spanish: (855) 895-9986

OPEN 24 HOURS!

Your health is our priority!

TTY users should dial 711.

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Your Extended Family.

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