

Fall 2014 Health and Family Newsletter



Prevent the Flu: Good Health Habits Can Help Stop Germs

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 for free. Many pharmacies offer the flu shot for adult members. You can also ask your provider.

Flu season usually starts in October. Follow good health habits. Help stop the spread of germs and prevent illnesses like the flu.

- 1. Avoid close contact with others who are sick.**
- 2. Stay home when you are sick.**
- 3. Cover your mouth and nose when you cough or sneeze.**
- 4. Wash your hands often with soap and water.**
- 5. Avoid touching your eyes, nose or mouth.**
- 6. Practice other good health habits.**

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

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

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Where to Find Answers to Drug Benefits

Molina wants you to speak to your provider about the drugs you need. If you would like to know more about your drug benefits or our pharmacy process, call Member Services. You can also visit our website at www.MolinaHealthcare.com. On the website, you can find:

- A list of generic and brand name drugs that we cover and do not cover (drug formulary)
- List of drugs that need prior approval
- Rules to try certain drugs first before we cover another drug for the same condition
- Guide to your Pharmacy Benefits

Please note: This information does not apply to the Texas Medicaid/CHIP Formulary or Preferred Drug List (PDL).

For general information, please call 1-866-449-6849 Mon-Fri 8:00 AM to 5:00 PM.
For CHIP RSA, please call 1-877-319-6826 Mon-Fri 8:00 AM to 5:00 PM.

You may access the Texas Medicaid Formulary and the PDL at:
<http://txvendordrug.com/formulary/formulary-information.shtml>
<http://txvendordrug.com/pdl/>

You may find the Texas Medicaid/CHIP Vendor Drug Program at:
<http://txvendordrug.com/>



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Now Available for Molina Medicaid Members!

Tips to make the most of YOUR provider visit!

A provider visit is a chance for you and your provider to work together for your health!

- Learn about the wait times to schedule appointments.
- Learn tips to prepare for your appointment.

Please visit the Member Portal for more information at www.MyMolina.com!



Health Care Fraud, Waste and Abuse

Health care costs go up every year. Health care fraud, waste and abuse are to blame for some of these costs. About 3-10% of the nation's health care costs are due to fraud, waste and abuse. This can be from \$81 to \$270 billion. High health care costs make it hard to fund programs, like Medicaid.

Fraud, waste, and abuse can also affect quality of care. Molina Healthcare worries about that. Molina wants to make sure all members get good quality care.

Molina has a Special Investigation Unit. We call this the "SIU." The SIU has four main goals. These goals are to detect, prevent, investigate and report fraud, waste and abuse.

Do you think you did not get services Molina paid for? Do you think you may be a victim of fraud, waste, and abuse? Do you know someone who is causing health care fraud? You can help Molina by telling us about your concerns.

You can report fraud, waste, and abuse to Molina's AlertLine. You may call the AlertLine 24 hours a day, seven days a week. Call the AlertLine toll-free at (866) 606-3889. You may also report your concerns on the AlertLine website. You can find the website at <https://MolinaHealthcare.AlertLine.com>.

With your help, Molina can stop health care fraud, waste and abuse!

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Take Your Medicine

Your provider may give you one pill, two pills or ten pills to take every day. Do you ever look at your pills and wonder, “why am I taking this?” You are not alone. Many chronic diseases (like high blood sugar or high blood pressure) require you to take pills every day. If you take your pills as your provider orders you to, you will have better health and less illness. Sometimes you may not feel any difference when you take your pills, but they are still working to protect you.

Always take your pills as prescribed by your provider.

It is good to know what your pills are doing for your health. If you know why you are taking a pill, you may be more likely to take it as prescribed. Ask your provider or pharmacist to explain how your pills work to help you stay healthy.



Texas Health Steps Checkup / Well-Child Checkup

Has your child had his or her Texas Health Steps checkup (Medicaid) or well-child checkup (CHIP) this year? These checkups help to identify any health conditions your child may have. During a checkup, your child’s provider will ask questions about your child’s well-being and complete a physical exam to make sure your child is healthy. Make the most of these visits! Write down any questions and concerns that you would like to discuss with your child’s provider. Call your child’s provider to schedule a Texas Health Steps checkup (Medicaid) or well-child checkup (CHIP)!

Mammogram Screening

A mammogram is an X-ray of the breast. Mammograms are the best method for detecting breast cancer early. Women who are 50 years of age or older should get a mammogram every 2 years, or as directed by your provider. Call your provider and schedule your mammogram!

*Source: Preventative Services Task Force

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Improving Services to Molina Healthcare Members

The Quality of Care You Receive is Important to Us.

Molina wants you and your family to get the care you need. We have a **Quality Improvement (QI) Program** to measure how well we do. Each year, we set goals to improve the care and services our members receive. We look to see if our members are getting the exams and tests they need. We also see if you are happy with your care and provider. We listen to what you say and how we can improve.

You can find information about our **QI Program** goals, progress, and results on the website. Please visit the Molina website at <http://www.molinahealthcare.com>.

What Molina's QI Program Offers You

Molina's **QI Program** offers tips and programs to help you stay healthy. There are many topics that include:

- High blood pressure, asthma, COPD, heart disease, diabetes and weight loss programs
- Healthy choices if you are having a baby
- Help to quit smoking

Molina's QI Program:

1. Reaches out to you. We send:
 - Health tips in newsletters
 - Reminders for screenings and tests that you need
2. Works to keep you safe and healthy. We offer:
 - A Patient Safety Program - tells you how to stay safe while receiving health care
 - Preventive Health Guidelines - tells you how often to see the provider
You will learn what kind of tests, exams, or shots you need. You will also learn when to get them.
3. Makes sure you are safe when you get care. We review:
 - The safety of your provider's office
 - Safety reports of hospitals, skilled nursing and surgery centers

You can compare hospitals and other healthcare centers by going to these websites:

- Leapfrog Group (<http://www.leapfroggroup.org/>)
- The Joint Commission (<http://www.qualitycheck.org/consumer/searchQCR.aspx>)

To request a printed copy of our quality results or our QI Program, call Molina Healthcare Member Services. The number is on the back of your ID card.

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QI Department

34104 Edole Street, Ste 350
Houston, TX 77027



Questions about Your Health?

Call Our Nurse Advice Line!

English: (888) 275-8750
Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the hearing impaired, please call
TTY (English and Spanish): 711

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Your Extended Family.