



## Have questions or need help finding a doctor?



### Cardinal Care Managed Care Member Services

(800) 424-4518 (TTY: 711)

#### Email:

MCCVA@MolinaHealthcare.com

#### Web:

MolinaHealthcare.com/members/VA

ATENCIÓN: Si habla español, tiene servicios de asistencia de idiomas disponibles a su disposición. Llame al número incluido arriba.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래 표시된 번호로 전화해 주십시오주의:

This brochure is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at the number listed above.

Molina Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



## Need a ride?

You can call Member Services at the number listed on the back to schedule a free ride at least three business days before your appointment.

## Are you sick?

Your doctor may have after-hour/urgent care appointments available.

If not, the 24-hour Nurse Advice Line is also available: (833) 514-1809

## Remember your well-visits too

Don't wait until you're sick to go to the doctor

Handy checklist inside!



# Healthy checklist – women

## Call your doctor and schedule your yearly well visit.

You go to the doctor when you're sick, but yearly well visits are just as important for your health.

These well visits help you:

- Prevent illness and disease
- Ask questions and talk about concerns
- Talk about medications you are taking

**Call 911 if you have a medical emergency.**



**Take this handy checklist with you to your doctor. This will help make sure you get the care you need.**

Doctor visits*		
Test or screening	When	Date
Body Mass Index (BMI) with height & weight	Every year	
Blood pressure	Every year	
Vision and hearing	Every year	
Chlamydia	Every year starting at 16 years	
Breast cancer	Every two years starting at age 50	
Blood sugar	Every three years	
Cervical cancers (Pap test)	Every three years for ages 21 to 64	
Cholesterol	Every five years starting at age 35	
Colorectal cancer (colonoscopy)	Every 10 years starting at age 50	

Vaccines*		
Test	When	Date
Flu	Every year	
Tetanus/Diphtheria/Pertussis (Tdap/Tdap)	Every 10 years	
Pneumococcal (pneumonia)	Once at or after age 65	

\* Your doctor may suggest different tests, screenings, vaccines or timing based on your specific care needs.