

# 2022 Health and Wellness Newsletter



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Welcome to your Health and Wellness Newsletter! This publication is filled with health education information and resources to help our Apple Health (Medicaid) and Marketplace members stay healthy and well.

## Self-Care Tip: Make time for fun!

As we sail into the warmer months in Washington state let's remember to carve out time for fun! Studies show that doing enjoyable activities regularly contributes positively to our mental and physical well-being.

For example, a 2013 study of 255 adults in the European Journal of Humor Research found that subjects who experienced higher levels of playfulness in their daily lives reported greater life satisfaction. This study also found that physical activity and fitness added even more to the subjects' well-being. So, if you can have fun while getting exercise, that may be the best recipe of all. Take a moment to think about what fun means to you, then go play!

## Mental Health Care

### If you need mental health care... you're not alone.

Talking about one's mental health can feel uncomfortable for many people. However, your mental well-being is just as important as your physical health. Your mind is part of your body. If you do not feel well mentally, there are caring providers who can help you.



Only half of the people living in the U.S. who have a mental health condition get treatment. This is often because they feel uneasy asking for help.

Mental health conditions, like depression and anxiety, are common and can affect people of any age, ethnic group, gender, religion or income level.

Sometimes a mental health condition will start after something sad or stressful happens, like a death or divorce. Other times, a mental health condition can start even when your life is going well. It can last a short time or go on for many months or years. No matter what the cause is, Molina wants to help you feel better.

Symptoms of a mental health condition may include:

- Feeling like nothing matters
- Difficulty doing daily tasks
- Big mood swings (for example going from angry to sad in a short time)
- Having a short temper (feeling annoyed or angry with friends, family or coworkers)
- Eating too much or too little
- Low or no energy
- Thinking about harming yourself or others



Molina Healthcare covers outpatient and inpatient treatment services with licensed mental health specialists.

Contact us to learn about your mental health benefits.

Apple Health members: (800) 869-7165 (TTY 711)

Marketplace members: (888) 858-3492 (TTY 711)

For emergencies, call 911

## When to be concerned about your alcohol and/or drug use

If you're wondering if you have a problem with alcohol and/or drug use, or are feeling worried about your use, Molina can help you. Trying to deal with a substance use condition without getting help can be difficult.

## What is a substance use disorder?

A substance use disorder (SUD) is a health condition that makes it tough to control the amount of substances you use, or how often you use them. Substances include alcohol, marijuana, opioids, prescriptions, over-the-counter drugs and illegal drugs.

People who use alcohol and other drugs might feel better (physically or mentally) after use; but over time can develop a tolerance for a substance, which means you need to take more to feel the same effect.

### You may have a SUD if:

- You have been using more alcohol or drugs over time
- You use substances to feel happy, calm, improve concentration, do better at work or school, or help you sleep
- You make poor choices or do risky things when you're drunk or high
- You are more focused on getting drunk or high than on what you should be doing at school, work or home.
- You feel scared, withdrawn, or anxious as a result of your use of alcohol or drugs
- Many people you spend time with also use alcohol or drugs
- You have had legal problems because of your substance use
- Using alcohol or drugs has led to issues with your family, friends, job, school or other activities
- You know the amount of alcohol or drugs you use isn't good for you



If you need help controlling your substance use, call Molina to learn about your benefits and to get help finding a provider.

- Apple Health members, call Member Services at (800) 869-7165 (TTY 711)
- Marketplace members, call the Customer Support Center at (888) 858-3492 (TTY 711)

You can also contact the Washington Recovery Help Line, where help is available 24-hours a day for substance use, mental health, or gambling concerns (866) 789-1511 TTY: (206) 461-3219, or visit [warecoveryhelpline.org](https://www.warecoveryhelpline.org).

For emergencies, call 911.

# Attention-Deficit/Hyperactivity Disorder (ADHD)

## What is ADHD?

ADHD is a mental health disorder that makes it hard to focus, control sudden urges, and behave calmly. ADHD always starts in childhood but may not be diagnosed until adulthood. The cause of ADHD remains unclear.

## What are some signs of ADHD?

- Restlessness
- Mood swings
- Angry outbursts
- Failure to maintain focus
- Failure to finish tasks
- Trouble managing stress
- Getting easily annoyed
- Forgetfulness
- Overly talkative
- Fidgeting or squirming



## Can ADHD be treated?

Yes. If you have ADHD, you can get treatment. Treatment often includes counseling and medicine. Your provider can help find the best care for you.

Talk to your provider about your mental health. Take your medicine as prescribed. Be sure to keep all your appointments with your provider!

Our team at Molina Healthcare would like to let you know that children receiving medication for ADHD do best when they have at least two (2) more follow-up visits with their provider within nine (9) months after their first follow-up visit to make sure your child's treatment is working properly and not causing side effects.

For your convenience, one (1) of these visits may be a telehealth (video or telephone) visit or e-visit (patient portal, secure text messaging or secure email) if your child's provider offers these services.

**Please call your child's doctor to schedule an appointment today.** Do you need help scheduling an appointment or finding a provider?

- **Apple Health Members:** Please call Member Services at (800) 869-7165 (TTY 711), between 7:30 a.m. and 6:30 p.m., Monday through Friday.
- **Marketplace Members:** Please call our Molina Customer Support Center at (888) 858-3492 (TTY 711), between 8 a.m. to 6 p.m., Monday through Friday.

For more information on ADHD, read the [ADHD Fact Sheet](#) from the Centers for Disease Control and Prevention.

## Cancer Screenings

### Breast Cancer Screening

#### What is a breast cancer screening?

A breast cancer screening is a routine exam of your breasts to identify the possible presence of cancer before there are signs or symptoms.

#### What is a mammogram?

A mammogram is a low-dose X-ray of the breast. Mammograms help your provider detect breast cancer before you experience symptoms.

#### What does a mammogram show?

The X-ray will show any lump or mass in your breast(s) that does not look normal. A provider will compare your results to your previous mammogram to look for changes in each breast.

#### How often should you get a mammogram?

If you are between 50 and 74 years of age, you should get a mammogram every 2 years. If you have a family history of breast cancer, or have had breast cancer or other breast problems, you may need to have mammograms before age 50 and more often. Talk to your provider about when to start and how often you should have a mammogram.

Click [here](#) to learn about the importance of mammograms, and how they can help find early signs of breast cancer.



## Cervical Cancer Screening

### What is cervical cancer?

Cervical cancer is cancer that forms in the tissue (cells) of the cervix. The cervix is the organ that connects the uterus and vagina. You could have cervical cancer and not know it.

### How can you test for cervical cancer?

A Pap smear can find unhealthy cells in the cervix that can turn into cancer. Cervical cancer is easier to treat when found early.

A Human Papillomavirus (HPV) test checks for the virus that can cause the cells in the cervix to change. It can also provide more information when a Pap smear produces unclear results. Additionally, there is an HPV vaccination and it is recommended that teens get the vaccination before they become sexually active. The HPV vaccination is highly effective in protecting individuals from the types of HPV that can cause various cancers.

### What is co-testing?

Co-testing is when you use both a Pap smear and an HPV test to screen for cervical cancer.

### How often should you test for cervical cancer?

People who have a cervix and are between 21 and 65 years of age should have a Pap smear every 3 years.

People who have a cervix and are between 30 and 65 years of age should have co-testing every 5 years, or have a Pap smear every 3 years.

**Important:** You should continue to test for cervical cancer even if you have received the HPV vaccine. If you have abnormal results or other risk factors you may need to test more often.

### What can increase your risk for cervical cancer?

- You have never had a Pap smear, or it has been at least three years since your last one
- You have had a Pap smear result that was not normal
- You smoke
- You have a weak immune system
- You have been infected with the Human Papillomavirus (HPV)
- You have had a chlamydia infection
- You have a diet low in fruits and vegetables



- You began having sex at an early age
- You are overweight or obese
- You have had many full-term pregnancies
- Your mother took a hormone drug, DES (diethylstilbestrol), while pregnant with you
- You have a family history of cervical cancer

A Pap smear is the best way to find cervical cancer early. Talk to your provider today about when and how often you should have this screening. For more information on cervical cancer, click [here](#).

## Children and Asthma

Asthma is a lung condition that makes it hard to breathe. With asthma, the airways in your lungs become narrow. Asthma can be mild or severe, and symptoms can come and go. An asthma attack happens when your symptoms get suddenly worse. Asthma cannot be cured, but it can be controlled.

### What are the symptoms of asthma?

- Coughing
- Wheezing (a whistling sound when breathing)
- Shortness of breath
- Tightness or pain in your chest

### What is an asthma trigger?

Asthma triggers are things that make asthma worse. Triggers can also cause an asthma attack. Taking steps to avoid triggers is important to your asthma control. Some common triggers are:

- Cigarette smoke
- Getting sick: cold, flu, lung infection, etc.
- Air pollution, wood smoke, strong odors or fumes
- Very cold, dry air
- Exercise
- Allergens: cockroaches, dust mites, mice, cats, dogs, animal dander, mold, pollen, etc.
- Strong emotions like anxiety or stress
- Certain medication



Children with properly managed asthma can lead active and healthy lives which is why **it is important for your child to take their asthma medicine as prescribed by their provider.**

Most people with asthma need two (2) kinds of medicines:

1. **Quick-relief medicines** (or rescue medicine), e.g. albuterol, to be taken for immediate relief of asthma symptoms, and
2. **Long-term control medicines** (or asthma controller medicines), e.g. steroid inhalers, to be taken daily to control inflammation in the airways that help manage symptoms and prevent attacks.

Asthma controller medicines are used to prevent asthma symptoms from starting in the first place. These medicines work more slowly than quick-relief medicines, and your child may need to take them for several weeks before feeling their effects. They provide an effective and long-term way to prevent and reduce asthma symptoms when used consistently. They can also help avoid unnecessary ER visits. Asthma controller medicines are different from rescue medicines such as rescue inhalers, which provide immediate, short-term relief of asthma symptoms. It is important to make sure your child is taking their controller medicine as prescribed by their doctor, even when they feel fine and are not having asthma symptoms.

If your child needs to use their rescue medicines more and more, you should speak with your child's provider to see if a different medicine is needed.

## You can get virtual urgent care 24/7!

If you need urgent care after hours or feel sick and are unable to get to a doctor's office, Molina offers members 24-hour virtual urgent care through Teladoc. You can get care fast for things like colds, sinus infections, allergies and more!

This service gives you access to a U.S. board-certified provider from your phone, smartphone, computer or tablet, day or night!

**Apple Health Members:** Call (844) 870-6821 or visit [member.teladoc.com/molinawa](https://member.teladoc.com/molinawa)

**Marketplace Members:** Call 800 TELADOC (800) 835-2362, visit [Teladoc.com/MolinaMarketplace](https://Teladoc.com/MolinaMarketplace).

**Deaf and Hearing Impaired:** Call TTY 711

## Download the My Molina mobile app!

Get smart health plan access with your smartphone. With the My Molina mobile app, you can easily see your ID card, print it or send it; search for new doctors, change your primary care provider (PCP) and much more.



## Anytime, anywhere

Download the My Molina mobile app today from the Apple App Store or Google Play store.

## Search for providers

Use our advanced search options to find providers that meet your needs.

## Digital ID card

View both sides of your ID card. You can print it from the app or email a copy to your provider.

Search for and/or change your PCP using the doctor finder. All within the app.

## Other features:

- View benefits at a glance
- Check your eligibility
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Speak to a nurse through our 24-hour Nurse Advice Line, open 7 days
- Receive important notifications



## Download the app today!

Thank you for letting Molina be your partner in health! If you have any questions or need assistance, please contact us.

Apple Health members: (800) 869-7165 (TTY 711)

Marketplace members: (888) 858-3492 (TTY 711)

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Spanish      **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-858-3492 (TTY: 711) (Marketplace), 1-800-869-7165 (TTY 711) (Apple Health)..

Chinese      **注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-858-3492 (TTY : 711) 。 (Marketplace), 1-800-869-7165 (TTY 711) (Apple Health).