

2021 Health and Wellness Newsletter



In This Issue

COVID-19 Resources	1
Prenatal Care	2
Postpartum Care	2
Well-Care Baby Visits	3
Well-Care Visits for Teens and Young Adults	3
Transportation Resources	3
Depression Medication Guidelines.....	4
Prescription Benefit Highlights.....	4
Helpful Resources	5

Welcome to your Molina Health and Wellness Newsletter! This publication is filled with information and helpful resources for our Apple Health and Marketplace members to help you stay informed.

COVID-19

During the coronavirus pandemic, you can lean on Molina for rapidly changing news and guidance. Please visit our COVID-19 member web page at: Molina.com/members-wacovid19.

If you have further questions, you can also call Washington State's COVID-19 hotline at: (800) 525-0127, TTY 711

COVID-19 Vaccinations

The COVID-19 vaccine is our best protection against the coronavirus and it is available at no cost to you. To find vaccine locations near you, visit: vaccinelocator.doh.wa.gov.

Mental Wellbeing During the Pandemic

The pandemic has had serious effects on people's mental health. Many are experiencing higher levels of stress than normal. Others have been diagnosed with anxiety or depression. During this difficult time, you are not alone. Help is available.

- Visit [Washington Recovery Help Line](https://WashingtonRecoveryHelpLine.org) at: (866) 789-1511, TTY: (206) 461-3219, or
- MolinaHealthcare.com/IMC-Crisis
- For emergencies, call 911

MolinaHealthcare.com



Prenatal Care for You and Your Baby

It is important to see your provider routinely during pregnancy. This is called prenatal care. Prenatal care checkups help keep you and your baby healthy, and reduce the risk of pregnancy complications. You can ask questions at these appointments and get feedback from your provider that can help put your mind at ease.

RECOMMENDED SCHEDULE FOR PRENATAL CARE VISITS

First Visit	Get prenatal care as soon as you know you are pregnant
Before 28 weeks	Monthly
28 to 36 weeks	Every 2 weeks
Week 36 to birth	Weekly

Note: More visits may be needed if recommended by your provider or if your pregnancy is considered to be high risk for complications.

You should not skip your prenatal care appointments.

Postpartum Care for You

It is important to visit your provider between 1-12 weeks after you have your baby to make sure you are healing well. This is called postpartum care. At this visit, your provider will often talk to you about:

- How you and your baby are adjusting to life together
- Emotional concerns such as baby blues (it's normal to feel a little down), and about postpartum depression (which may be more serious and may require treatment)
- Prevention, early diagnosis, or treatment of any complications
- Birth control options and family planning
- Breastfeeding and answer your questions or concerns

You should not skip your postpartum care appointment.

Wellness Visits for Your Baby

It is important for your baby to get newborn care to monitor their growth and development at:

- Birth
- 3 to 5 days after birth
- Months 2, 4, 6, 9, 12, 15, 18 and 24 months

Well-Care Appointments for Children, Teens, and Young Adults

Well-care visits are an important part of good health care while growing up. At these appointments:

- Your child can get needed immunizations (shots)
- Their provider will have an opportunity to detect illnesses early, when treatment is most effective
- Their doctor will talk to them about topics such as:
 - Mental health issues, like depression and anxiety
 - Social issues, such as school bullying
 - Risk-taking behaviors like drugs, alcohol, and sexual activities
 - The importance of good nutrition and exercise



For more information on preventive care, please visit
<https://www.molinahealthcare.com/wa-preventive-care>.

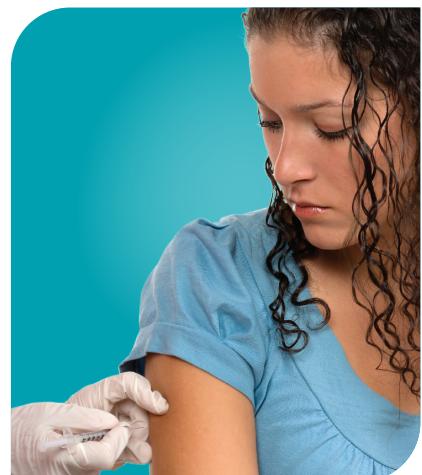


For help scheduling an appointment, please call our Member Services team at:

Apple Health: (800) 869-7165, TTY 711
Marketplace: (888) 858-3492, TTY 711



For help with transportation to medical appointments at no cost (*Apple Health Members only*), please visit: HCA.WA.gov/Transportation-Help.



Depression Medication

Seven Things You Should Know

Medications for depression (antidepressants) can help you feel better when taken properly and when medication guidelines are followed.

Antidepressant Medication Guidelines:

1. There are different kinds of antidepressants medications. Your doctor can guide you to one that will work best for you.
2. Take the medication as described by your doctor.
3. Antidepressants can cause side effects. It is important to share any side effects you are experiencing with your doctor.
4. It can take up to 6 weeks at a specific dose for antidepressants to work.
5. Missing a dose or stopping your medication, even if you are feeling better, could limit the medication's effectiveness, cause more side effects, and make you feel worse.
6. DO NOT stop taking antidepressant medication before talking to your doctor or pharmacist
7. If you are worried that your medication is not working or if you are experiencing side effects, talk to your doctor as a different dose or different medication could work better for you.



Prescription Benefit Highlights

For your convenience, Molina offers these pharmacy service benefits, including:*

90-Day Prescription Refills

Molina offers many medications that can be filled for 90 days at one time. This will save you extra trips to the pharmacy. Talk with your doctor about requesting a 90-day prescription.

Prescriptions Mailed to Your Home

Molina offers mail order service for most medications. You can request mail order service for eligible medications in the following ways:

- Go to www.caremark.com/rxdelivery or download the CVS Mobile App
- Visit a CVS location
- Call CVS at (800) 875-0867, provide your Molina member number (on your ID card), your prescription name(s), your doctor's name and phone number, and your mailing address

*Marketplace Members, please refer to your Explanation of Benefits (EOB) for your specific pharmacy details.

Helpful Resources

Member Services	Apple Health (800) 869-7165, TTY 711 Marketplace (888) 858-3492, TTY 711 Translation services available
Member Portal	MyMolina.com
24/7 Virtual Urgent Care	Apple Health (844) 870-6821, TTY 711 wavirtualcare.molinahealthcare.com Marketplace (800) 835-2362, TTY 711 Teladoc.com/MolinaMarketplace
24/7 Nurse Advice Line	(888) 275-8750, TTY 711
Health & Wellness Information	Preventive Care: MolinaHealthcare.com/Wa-Preventive-Care Staying Healthy: MolinaHealthcare.com/Wa-Staying-Healthy
Health Management Programs	(866) 891-2320, Monday-Friday Apple Health Members, Marketplace Members
Provider Directory	MolinaHealthcare.com/ProviderSearch

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English ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-869-7165 (TTY: 711).

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

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 1-800-869-7165 (TTY : 711) 。