

# Health and Wellness Newsletter

Fall 2021

## Why is Vaccinating your Child Important?

It's important to know about vaccinations and how they work to protect your child. Make sure your child goes in for their physical exam.

Vaccines during childhood are important because they help provide protection before children are exposed to possibly life-threatening illnesses. Vaccines work with your child's immune system to stop many serious illnesses. When your child gets a vaccine, the body makes antibodies to fight disease germs. If the actual disease germs ever attack the body, the antibodies will return to fight and destroy them.

Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. There are not any known benefits from delaying, skipping, or rejecting vaccines entirely.

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It is always better to avoid a sickness than to treat it after it occurs. Parents can reference the Vaccine schedule below when talking to their child's doctor.



Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB			HepB						
	RV	RV	RV							
	DTap	DTap	DTap		DTap				DTap	
	Hib	Hib	Hib	Hib						
	PCV13	PCV13	PCV13	PCV13						
	IPV	IPV	IPV						IPV	
				Influenza (Yearly)						
					MMR				MMR	
					Varicella				Varicella	
						HepA				

**Note:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

For additional information: <https://www.cdc.gov/vaccines/parents/index.html>

## Vaccines for Preteens and Teens

### Why are Vaccines important?

All boys and girls need three vaccines between ages 9-13 to protect against serious diseases – Human Papillomavirus (HPV), Meningococcal and Tdap (Tetanus, Diphtheria, Pertussis) Vaccine.

Preteens and teens should also get a yearly flu vaccine, as well as any vaccines they missed when they were younger.

### Vaccines are as important to your overall health as diet and exercise.

Like eating healthy foods, being active, and getting regular checkups, vaccines play a vital role keeping all of us healthy, including pre-teens and teens. Vaccines are one of the safest and most convenient preventive care measures available. Talk to your doctor about recommended vaccines specifically for adolescents.

### Vaccines are safe and effective.

Vaccines are among the safest medical products available and can prevent the suffering and costs associated with infectious diseases. The potential risks associated with the diseases that vaccines prevent are much greater than the potential risks from the vaccines themselves.

The following guidelines for specific vaccines for teens have been established by the American Academy of Pediatrics and other medical organizations.



### **Human Papillomavirus (HPV):**

- HPV is a common virus that can lead to 6 types of cancers later in life. You can help protect your child from developing these cancers by giving the HPV vaccine between the ages of 9-13 years.
  - Dose #1: between 11-12 years of age (can start at age 9)
  - Dose #2: 6-12 months after the first dose

### **Meningococcal**

- Meningococcal disease can refer to any illness caused by a type of bacteria called *Neisseria meningitidis*, which can lead to bacterial meningitis and other serious infections
- The meningococcal vaccines protect against meningococcal disease
  - Dose #1: between ages 11-12 years
  - Dose #2: Age 16

### **Tdap (Tetanus, Diphtheria, Pertussis) Vaccine:**

- Tdap vaccine can prevent tetanus, diphtheria, and pertussis (“whooping cough”)
- Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds
- The Tdap vaccine protects against these diseases
  - 1 Dose: between ages 11-12 years

For Additional information: <https://www.cdc.gov/vaccines/schedules/index.html>



## Regular Texas Health Steps checkups help children stay healthy

Texas Health Steps provides medical checkups for children who have Medicaid, starting at birth through age 20. These checkups are at no cost to you.

### Why are Texas Health Steps checkups important?

- The doctor will look at your child from head to toe, checking for health problems you may not know about.
- These checkups can help find problems before they get bigger and harder to treat.
- The doctor will also see if your child is growing and developing like other children their age.

### When should your child get their Texas Health Steps checkups?

Texas Health Steps Schedule				
3-5 days (newborn)	2 weeks	2 months	4 months	6 months
9 months	12 months	15 months	18 months	2 years
2 ½ years	3 years – 20 years: on or shortly after your child’s birthday			

Call your child’s Texas Health Steps doctor within the first 90 days of him/her becoming a new Molina member to schedule their next checkup. Molina will send you a letter or call you each time you need to take your child for their next free Texas Health Steps checkup.

If you have a hard time attending your child’s checkups during their doctor’s normal office hours, you can ask your child’s doctor if they offer Texas Health Steps checkups during after-hours or Saturday appointments.

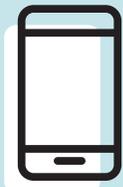


## New Non-Emergency Transportation Services Vendor – Effective June 1, 2021

Effective June 1, 2021, Access2Care replaced the Medicaid Transportation Program in providing non-emergency transportation services covered by Texas Medicaid. There are no changes to your transportation benefits.

Please note: non-emergency transportation services for members in a nursing facility are only provided when traveling to and from dialysis appointments covered by Texas Medicaid or if a member is being discharged from a nursing facility to a lower level of care or home setting. Your nursing facility will continue to coordinate all other transportation services.

Members can contact **Access2Care at (866) 462-4857** to schedule transportation to non-emergency health care appointments that occur on or after June 1, 2021. Access2Care is available to schedule transportation services 24 hours a day, 7 days a week. Please be sure to schedule transportation services as early as possible, and at least 48 hours in advance.



If you have questions about this transition or about your coverage, please call Molina Healthcare at (866) 449-6849, TTY: 711, Monday through Friday from 8:00 a.m. - 6:00 p.m., central time.



## Dental Vendor Transition – Effective July 1, 2021

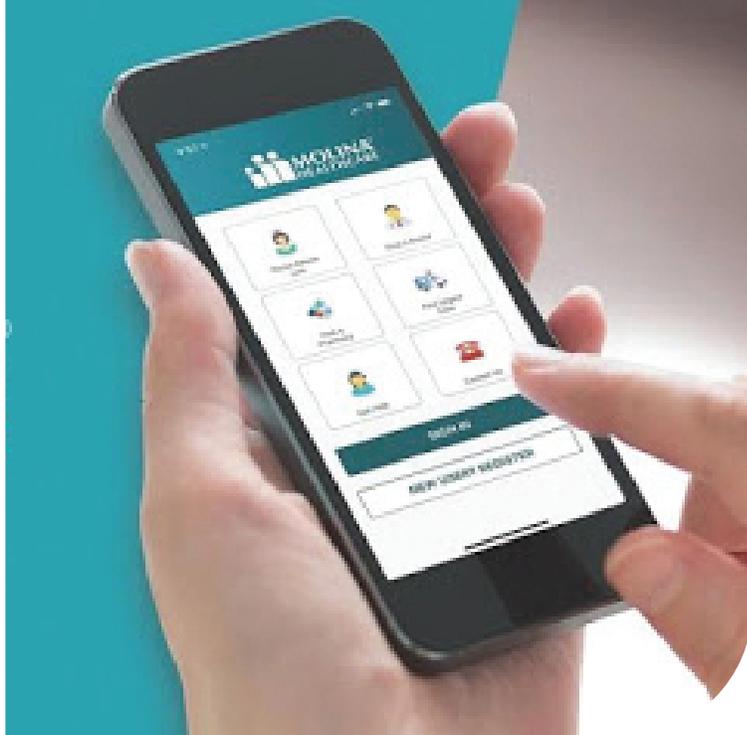
Effective July 1, 2021, DentaQuest replaced Liberty Dental as the vendor working with Molina to provide all of the dental services available to Molina Medicaid members.

Members are able to view the available DentaQuest dental providers in their area on Molina's Provider Online Directory. To view DentaQuest's providers, visit [ProviderSearch.MolinaHealthcare.com](https://ProviderSearch.MolinaHealthcare.com). A button that directs to available Dental Providers will appear after selecting Texas and your coverage type. We are confident you will find DentaQuest providers near you.

If you have questions about this transition or about your coverage, please contact us! Call Molina Healthcare at (866) 449-6849, TTY: 711, Monday through Friday from 8:00 a.m. - 6:00 p.m., central time.

# Download the Molina Mobile App Today!

**Get smart health plan access with your smart phone. With the Molina Mobile app, you can easily see your ID card, print it or send it. Search for new doctors, change your primary care provider and much more. Anytime, anywhere.**

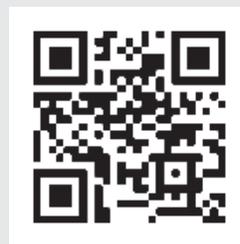


- Search for Providers  
Use our advanced search options to view results where you can tap to call or get directions.
- Digital ID Card  
View both sides of your ID Card. You can print it from the app or email a copy to your provider.
- Change your Primary Care Provider  
Search for and change your new PCP using the doctor finder. All within the app.

## Other Features

- View benefits at a glance
- Check your eligibility
- Contact your Case Manager, if you have one
- Find a Pharmacy near you
- Find an Urgent Care near you
- Call our Member Services team
- Speak to a nurse through our Nurse Advice Line
- Receive Important Notifications

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You can also download the mobile app from the Apple App Store or Google Play Store. If you prefer a desktop portal, visit [MyMolina.com](https://www.molinahc.com)

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