

# Molina's myhealthmylife

a newsletter just for Wisconsin members

Fall 2024



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# How to find a doctor on the Molina Provider Online Directory

We know there is nothing more important than seeing a doctor you can trust. No matter what kind of doctor you're trying to find, our Provider Online Directory has what you're looking for – anytime, anywhere!

Just follow these easy steps below, or feel free to call us for help at **(888) 999-2404 (TTY: 711)**.

**Step 1:** Go to [molinaproviderdirectory.com/wi](https://molinaproviderdirectory.com/wi)

**Step 2:** On this welcome page, choose your Plan/Program name.

**Step 3:** Enter your City & State or Zip Code.

**Step 4:** Enter the type of doctor you're looking for.

**Tip!** If you don't know the exact type of specialist you're looking for, that's OK! You can type in different keywords like Ear/Nose/Throat, Behavioral Health, ADHD, etc.

The screenshot shows the Molina Healthcare website interface. At the top left is the Molina Healthcare logo. At the top right, there is a language selector set to 'English' and a 'Log In' button. Below the header is a teal banner with the text 'Good Afternoon! Browse or search to find the care you need.' The main search area contains three input fields: a dropdown menu for 'Plan/Program', a text input for 'City & State, County or Zip', and a search bar for 'Search for Care by Specialty, Name, NPI or Keyword'. Three yellow ovals highlight these fields, with arrows pointing to them from labels 'Step 2', 'Step 3', and 'Step 4' respectively. Below the search bar are 'Common Searches' with dropdown menus for 'Primary Care', 'Behavioral/Mental Health', 'Virtual Care', 'Urgent Care Center', and 'Hospitals'.

## Don't miss a beat!

Get on-the-go reminders and important information about your health – wherever life takes you!

Connect to Molina in all ways that fit your busy life. Let us know if you want text messages and/or emails from Molina.

**Call Molina Member Services at (888) 999-2404 (TTY: 711).**

- Tell us how you want Molina to communicate with you.
- You can also sign up for texts and emails through the Molina Member Portal at [MyMolina.com](https://MyMolina.com).
- To sign up for texts from Molina, just text JOIN to 94870.

# What to do when you're sick

Are you feeling sick and not sure what to do? Don't worry, we're here to help you!

## What are my options?

### PCP

When you have a minor issue that requires medical care, call your PCP day or night. After hours, on-call staff will return your call.

Call for things like:

- Colds or cough
- Flu
- Regular checkups
- Earache
- Sore throat
- Medicine or refills
- Diarrhea

### Want to have a successful doc visit?

[Download this handy checklist](#) for tips before, during and after your next visit.

### Molina's 24-Hour Nurse Advice Line

When you're not sure where to go or what to do, call our 24-Hour Nurse Advice Line at **(888) 275-8750**. Our nurses are ready to answer your medical questions.

Call for things like:

- Help to understand your symptoms
- Advice on where to go to get the care you need.



### Urgent Care Center

When it's not an emergency but you need care right away, go to your local urgent care center. Urgent care centers are a great option if you need care after hours.

Go for things like:

- Severe cold or flu symptoms
- Ear pain
- Sore throat
- Stomach flu or virus
- Wound that needs stitching
- Sprain, strain or deep bruise

### Emergency Room (ER)

When you think your life or health is in danger, call 911 or go to the nearest ER.

Go for things like:

- Very bad bleeding
- Very bad stomach pain
- Chest pain or pressure
- Head injury or trauma
- Sudden dizziness or trouble seeing

# Eating healthy on a budget

Oftentimes, it seems like eating healthy costs way too much money. But don't worry, there are things you can do to stretch the dollar and still eat healthy.

## Try some of these tips:



**Buy fresh**, in-season vegetables and fruits.



**Buy canned** and frozen fruits and vegetables year round.



**Buy whole grains** (like brown rice or whole wheat pasta) that don't cost much more than white rice or pasta.



**Buy vegetarian proteins** such as eggs, beans, cheese, edamame (soybeans), and tofu.



**Buy cheaper cuts of meat** like flank steak, whole chicken, or pork shoulder. Use your crockpot to cook them until they are tender.



**Read the grocery store ads** and then plan your meals based on what's on sale.



**Buy store-brand items** instead of name-brand.



**Use coupons for** items you normally buy. Don't buy something just because you have a coupon.



**Make a list** before you go to the store and take it with you.



**Don't shop when you're hungry.**



**[Click here](#) to find more free health information online!**

# Dental coverage for Molina members

All Molina Healthcare of Wisconsin Medicaid SSI/ Badgercare Plus members have dental coverage.

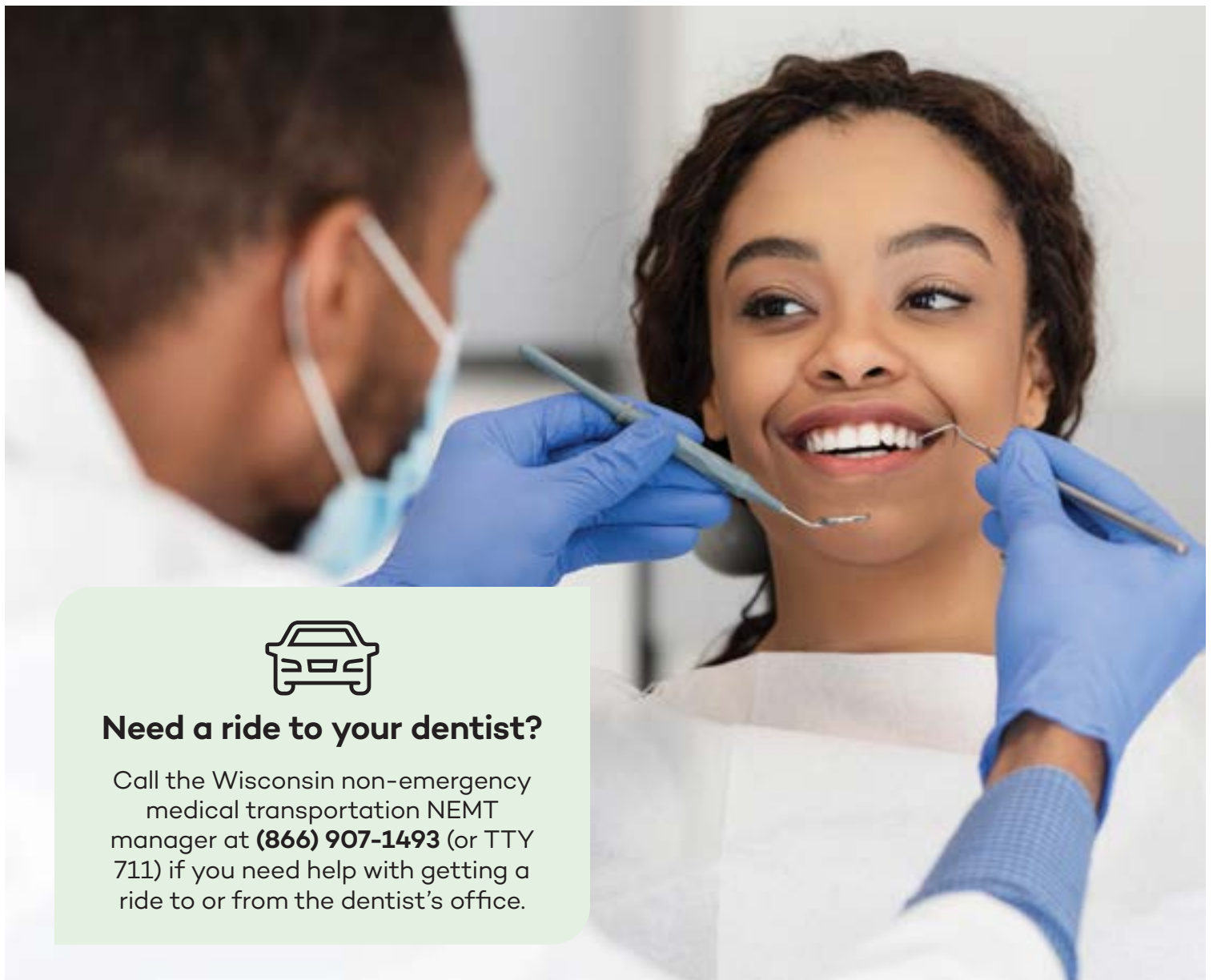
## How to find a dental provider

If you live in Milwaukee, Kenosha, Ozaukee, Racine, Washington, or Waukesha counties:

- Call our Member Services at **(888) 999-2404** (TTY: 711), Monday-Friday, 8 a.m. – 5 p.m.
- Or, go to [molinaproviderdirectory.com/wi](http://molinaproviderdirectory.com/wi).

If you live outside these areas:

- Call **(800) 362-3002**
- Or, go to [www.forwardhealth.wi.gov](http://www.forwardhealth.wi.gov) and follow these steps:
  1. Click on the Members link or icon in the middle section of the page.
  2. Scroll down and click on the Resources tab.
  3. Click on the Find a Provider link.
  4. Under Program, select BadgerCare/ Medicaid.



### Need a ride to your dentist?

Call the Wisconsin non-emergency medical transportation NEMT manager at **(866) 907-1493** (or TTY 711) if you need help with getting a ride to or from the dentist's office.

# Understanding your asthma

Asthma treatments do not cure asthma, but they can improve your symptoms.

**Follow the instructions of your doctor when treating your asthma.** There is no “best” medicine. Each person’s asthma is different. Your doctor will work with you to get the right medicine for you.

## The right treatment means you will:

- Breathe better
- Do more of the things you want to do
- Have fewer asthma symptoms

People with asthma are often treated with a combination of quick-relief and long-term controller medicines. When you take the right treatment for your asthma, you will avoid asthma attacks and trips to the Emergency Room.

## Know how to best control your asthma

**1. Long-Term Control Inhalers:** Works slower but when taken daily, helps prevent your asthma attacks over the long term.

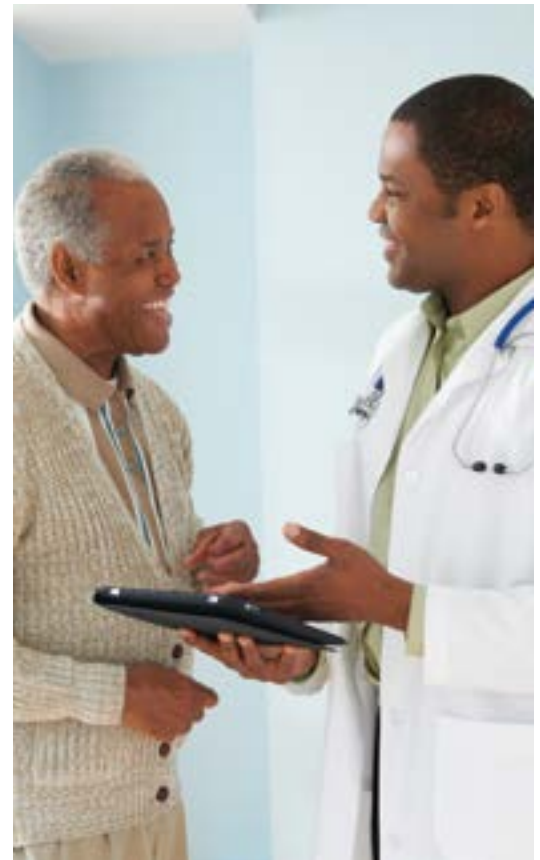
- You need to use these inhalers **every day**, even when you feel well.
- If you use the controller inhaler daily, **you will reduce the use of rescue inhalers.**

**2. Quick-Relief (Rescue) Inhalers:** This inhaler is for emergencies and works fast. Relaxes and opens your airways. Helps you breathe easier.

- Use this inhaler when asthma symptoms start, or when you have an asthma attack. This offers immediate relief.
- **If you use this inhaler several times a week, this is a sign your asthma is poorly controlled.** Talk to your doctor to see if a change needs to be made.

## Things to remember:

- Use the right medicine
- Use your medication at the right time



Controller inhalers include: Qvar®, Flovent®, Alvesco®



Rescue inhalers include: ProAir®, Proventil®, Ventolin® (Albuterol)



## Not sure you are taking your asthma medicine correctly?

Talk to your doctor, pharmacist or health care team. They can help you understand the correct way to take the medicines or adjust the medicines you are taking. For questions about how Molina can support your efforts to control your asthma, call **1 (844) 484-1949**, Monday-Friday, 8 a.m.-5 p.m.

# Growing up healthy

A regular check-up for a child under the age of 18 is often called a “well-child visit.” These visits help infants, children and teens get the care they need to stay healthy.

During these visits, the doctor will do a physical exam, track the child’s growth and development, and give any needed immunizations.

It is an opportunity for parents, providers, and children to talk about nutrition, safety, immunizations and many important age-appropriate topics. These visits are important - even if your child is healthy!

## Here’s when you need to go:

- Within 1 week
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- Every year from 2-21 years old

**Call your doctor’s office to schedule a well-child appointment today!**



Need help finding a doctor, need transportation, or have questions? Call Molina Member Services at **(888) 999-2404 (TTY:711)**, Monday-Friday 8 a.m.-5p.m. CST. For health questions, call our 24-hour Nurse Advice Line at **(888) 275-8750** (English) or **(866) 648-3537** (Español).



## Prevent cervical cancer, get screened today!

All women are at risk for cervical cancer. In the early stages, you may not have signs or symptoms.

The most important thing you can do to help prevent cervical cancer if you are age 21-65 is to get cervical cancer screenings (also called Pap smears or HPV tests). This screening can help spot the virus that causes cancer early. According to the Centers for Disease Control (CDC), cervical cancer can be prevented or cured if found and treated early.

**Stop cancer before it starts and contact your doctor today about scheduling a cervical cancer screening!**



## Your guide to a healthy pregnancy



If you're pregnant or planning to be, we're here for you every step of the way! Check out our new booklet, called "**Your guide to a healthy pregnancy.**" You can download it [here](#) or call us at **(888) 999-2404** for a copy.

## Track your blood pressure

Tracking blood pressure is a preventative health measure that can help you and your provider better manage your care. Make it a part of your routine to monitor your blood pressure regularly.

**[Click here](#) to download Molina's blood pressure log.**





# Reduce your risk for breast cancer



Women ages 50-74:

**Get a mammogram by December 31, 2024 and you could earn a gift card!**

Breast cancer screenings, also called mammograms, are the best way to find changes in the breast that could lead to cancer. When it's caught early, there is a 99% chance of survival\*.

Medical advisors say you should get a mammogram at least every 2 years if you're 40 or older. A mammogram is an X-ray that helps doctors check for any changes in your breast. It's safe and more comfortable now than it used to be. It is covered for Molina members.

**Even if you are healthy, you could be at risk of breast cancer. Don't delay!**

Call Molina at **(888) 999-2404 (TTY: 711)** to help schedule a FREE mammogram at a convenient location near you. We can also help you find free transportation and see if you qualify for a **\$25 gift card**.



\*Breast Cancer Facts & Stats 2024 - Incidence, Age, Survival, & More ([nationalbreastcancer.org](https://www.nationalbreastcancer.org))

## Stay connected to your health benefits and Molina!

### Know your renewal month.

Log in to [access.wi.gov](https://access.wi.gov) or your MyACCESS mobile app.

Read all mail from the Wisconsin Department of Health Services (DHS). Open the renewal packet from DHS that will come about a month before your renewal date is due. For example, if your renewal is due in October, you will get a notice in September. **Molina advises you to act right away when you get that DHS packet.** Don't risk losing your health benefits.

For more information, visit [MolinaHealthcare.com/keepmyhealthplan/WI](https://MolinaHealthcare.com/keepmyhealthplan/WI).

