

Health Management Services

Molina's Health Education Department offers health management services to help you stay well. Molina provides these programs at no cost.

My Health Weight Management

- Call **(866) 472-9483**

Smoking Cessation

- Nicotine Replacement Therapy is covered by Molina
- For a list of group counseling, support group or classes, please visit: <https://bit.ly/3wJq2hL>
- Telephonic counseling by [Kick It California](#)

Tobacco Cessation Services

- English: **(800) 300-8086** or Text "Quit Smoking" to **66819**
- Spanish: **(800) 600-8191** or Text "Dejar De Fumar" to **66819**
- Chinese **(800) 838-8917**
- Korean **(800) 556-5564**
- Vietnamese **(800) 778-8440**
- Tobacco Chewers: **(800) 987-2908**

Vape Cessation Services

- English: Call **(844) 866-8273** or Text "Quit Vaping" to **66819**
- Spanish: Call **(800) 600-8191** or Text "No Vapear" to **66819**

Newsletters

- Newsletters are posted on Molina's website at: <http://bit.ly/2liPHm9>



Interpreter and Translation Services (including materials in alternate formats)

Please call our Member Services department at:
Medi-Cal members: (888) 665-4621

(Monday - Friday, 7am - 7pm)

Covered CA (Marketplace) members: (866) 772-4190

(Monday - Friday, 8am - 6pm)

MMP (Dual Options) members: (855) 665-4627

(Monday - Friday, 8am - 8pm)

MLTSS members: (855) 687-7860

(Monday - Friday, 7am - 7pm)

Medicare members: (866) 408-9501

(Monday - Friday, 8am - 8pm)

LA County Medi-Cal members:

(800) 675-6110, 24 hours

Diabetes Prevention Program

- Medi-Cal and Marketplace members: visit www.yeshealth.com/Molina

My Health Management Programs

- Diabetes
- Depression
- Nutrition Consults
- Substance Use Disorder
- Asthma
- COPD
- Heart Failure
- Hypertension

Call **(866) 891-2320**, Option 2

Pregnancy Program

- Call **(866) 891-2320**
- LA County Medi-Cal members call **(800) 675-6110 (TTY:711)**

MolinaHealthcare.com

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Your Extended Family.