



## Health Promotion

Molina Medicare has various health promotion programs and resources to help meet the needs of your patients.

### **motherhood matters<sup>SM</sup> Pregnancy Management Program**

The motherhood matters<sup>SM</sup> pregnancy management program strives to reduce hospitalizations and improve birth outcome through pregnancy risk screening, specialized high risk OB case management and interventions appropriate to the potential risks and needs identified. The motherhood matters<sup>SM</sup> does not replace or interfere with the member's physician assessment and care. The program supports and assists physicians in the delivery of care to members.

If you would like to refer a Molina Medicare member to the motherhood matters<sup>SM</sup> program, please call 866-891-2320, Option 1.

### **Smoking Cessation**

Molina Medicare offers a smoking cessation program to help your patients quit at no cost. If you would like to refer a Molina Medicare patient or would like more information about the program please call 866-472-9483.

### **SparkPeople Weight Management Resource**

This new online weight management program focuses on health, nutrition, and fitness. It caters to people who are trying to lose weight, increase their exercise level, and maintain a healthy lifestyle. Here are just a few of the many services SparkPeople has to offer:

- Free online diet program. Includes nutrition and fitness trackers, where users can input their personal diet and exercise information.
- A free recipe library with endless healthy meal ideas.
- The website also gives recommendations for daily calorie, fat, and carbohydrate intake. These recommendations are based on each person's own height and weight and level of activity.
- A fitness plan is also recommended. The website offers simple and short 20 minute workout routines for every part of the body that users can follow. Or, users can create their own exercise routine based on the suggested exercises on the website.
- Users can also find a great deal of information on nutrition, fitness, and motivation. The site even has a section dedicated to success stories for inspiration.
- There is also a network of support from other users through message boards, social networking, blogs, etc. Users can also join special interest teams and talk to people with common interests.

If your patients need help with weight management, tell them about this great FREE weight management website. All your patients need to sign up is a computer with internet access. It is easy to sign up, just tell your patients to go to [SparkPeople.com](http://SparkPeople.com) to sign up today!

### **Health Promotion Materials**

Molina Medicare offers patient education materials. You may [download](#), print and distribute to your Molina Medicare patients.