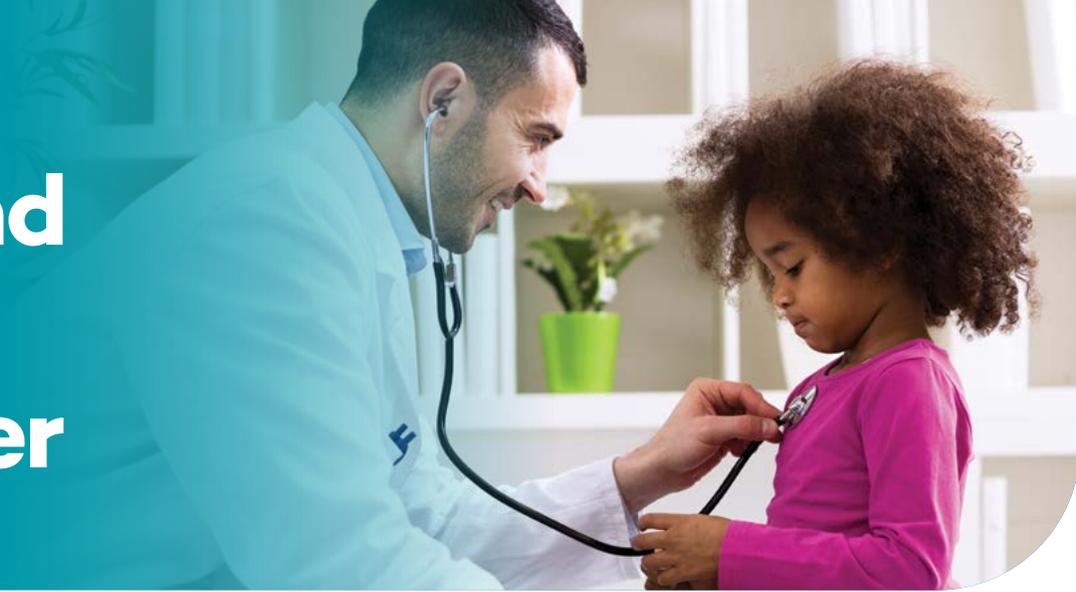


WINTER 2024

Health and Wellness Newsletter



Opt-in to receive electronic communications

Would you like an easy way to get updates on your health plan and reminders for your preventive services that keep you healthy?

Opt-in to receive text messages and/or emails from Molina! To opt-in contact Member Services. You can also opt-in through the Molina Member Portal.



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All newsletters are also available at MolinaHealthcare.com.

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

Claim your 2024 rewards!

Visit the “Member Rewards” page on our website to see if you qualify for a reward in 2024. Go to our website and under “Members” you will see the option to view “Member Rewards.”

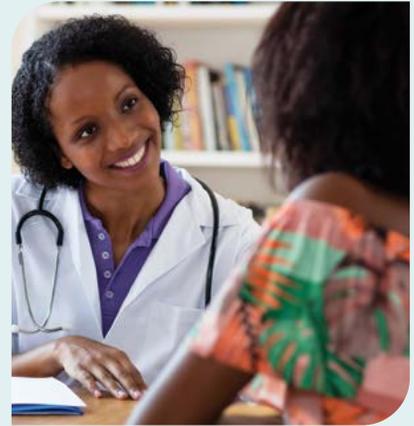


Cervical Health Awareness

January was Cervical Cancer Awareness Month. Cervical cancer is preventable and treatable. A pap test is an important part of cervical health. Pap tests depend on your age and history. Please talk with your provider about when you should be tested.

Need help getting to an appointment?

Call Member Services for help scheduling a free ride. Member Services will also help you locate a provider, if needed.



Molina Mobile Health Unit

Molina's Mobile Health Unit is bringing care to you. We are now traveling across the state to serve communities. The unit can perform health and wellness screenings. It is important to get preventative care. We want to make sure you and your family stay in good health.

What does the unit do?

- Adults Wellness Exams
- Well Child Visits
- Well Baby Visits
- Prenatal and Postpartum Check-Ups
- Blood Pressure Screenings
- Health Education & More

Visit our website for more information about the Mobile Health Unit and to see upcoming clinic days and locations.



Cardiac Health Awareness

Did you know that cardiovascular (heart) disease is the **leading cause of death for men and women**? Some risk factors that increase anyone's chance of heart disease include:

- Diabetes
- Eating too many fats and cholesterol
- Drinking too much alcohol
- Having family history of heart disease, or high blood pressure
- Obesity
- Not enough exercise
- Tobacco use

What should you do to **lower your risk for heart disease**? Here are a few ideas:

- Eat healthy meals
- Regular exercise such as walking
- Quit smoking



You should also know the warning signs of a possible heart attack.

Call 911 if you experience the heart attack warning signs below. Minutes matter!

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck, or back;
- Pain in arms or shoulder;
- Shortness of breath;
- Women may also experience nausea or vomiting.

Talk to your provider about diet and exercise and how to reduce your risk of heart issues.



Eyes on Good Health

Diabetes is the lead cause of vision loss in people aged 18 to 64.¹ Over 100 million adults have type 2 diabetes and prediabetes.²

Sight Threatened

Diabetic retinopathy impacts 900,000 people. It happens when blood vessels leak fluids into the eyes causing blurred vision.³ Not everyone with diabetes develops this condition. Those who do have had the disease for 10 years or more.

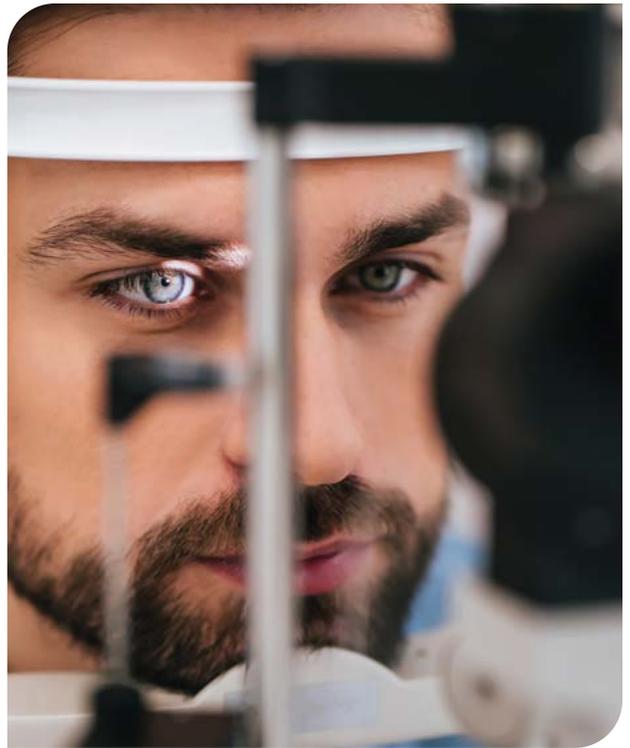
Other diabetic eye diseases include:

- Cataract
- Diabetic macular edema
- Glaucoma

The Brighter Side

There is good news! 95% of diabetes-linked vision loss is preventable.⁴ Simple lifestyle changes can impact your eye health.

- Get annual eye exams.
 - An eye doctor treats the condition. It requires a dilated eye exam.
- Restrict sugar intake.
 - A balanced diet can lower your risks and slows the disease progression.
 - Normal blood sugar reduces your risk by four times.
- Lower blood pressure.
 - Consult with your provider to treat high blood pressure.
 - A healthy diet and regular exercise can improve your overall health.
- Quit smoking.
 - Smoking is harmful to every organ and tissue in the body.
- Watch for warning signs.
 - Call you provider if you experience:
 - o Blurry vision, double vision, reduced peripheral vision
 - o Eye pressure, eye pain, spots, or floaters
 - o Straight lines that look distorted, or difficulty reading.





Avēsis Has You Covered

The senses play a big role in overall health and wellbeing. Our services and products make it easier to experience complete eye health.

The Avēsis vision care program gives you the freedom to choose a provider. Maximize your benefit by using an in-network provider. We offer out-of-network benefits based on your group's benefit schedule.

¹ <http://www.diabetes.org/diabetes/eye-health>

² <http://www.cdc.gov/diabetes/data/statistics-report/index.html>, accessed January 2023

³ <https://www.cdc.gov/visionhealth/basics/ced/index.html> September 2015

⁴ <http://www.diabetes.org/living-with-diabetes/complications/eye-complications/eye-care.html>, April 2015

Material presented is meant for general informational purposes only and is not intended to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning vision health care.

Molina Healthcare of Illinois (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Molina does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Molina provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need services, contact the Civil Rights Coordinator. If you believe that Molina has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Coordinator
200 OceanGate
Long Beach, CA 90802
Email: Civil.Rights@MolinaHealthcare.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
(800) 368-1019, (800) 537-7697 (TDD)
Complaint forms are available at
<https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-687-7861 (TTY: 711).
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-687-7861 (TTY: 711).
Polish	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-687-7861 (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 1-855-687-7861 (TTY: 711)。
Korean	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-687-7861 (TTY: 711) 번으로 전화해 주십시오.
Tagalog	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-687-7861 (TTY: 711).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-687-7861 (رقم هاتف الصم والبكم: 711).
Russian	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-687-7861 (телетайп: 711).
Gujarati	સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષ સહાય સેવાઓ તમારા માટે ઉપલબ્ છે. ફોન કરો 1-855-687-7861 (TTY: 711).
Urdu	خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1855-687-7861 (TTY: 711).
Vietnamese	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-687-7861 (TTY: 711).
Italian	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-855-687-7861 (TTY: 711).
Hindi	ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-855-687-7891 (TTY: 711) पर कॉल करें।
French	ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-687-7861 (TTY : 711).
Greek	ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-855-687-7861 (TTY: 711).
German	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-687-7861 (TTY: 711).



Molina Healthcare of Illinois
2001 Butterfield Road, Ste. 750
Downers Grove, IL 60515

Questions about your health?

Call our 24-Hour Nurse Advice Line!

Health issues can come up at night or on the weekend. As a Molina Healthcare member, you can talk to a nurse right away! The Nurse Advice Line is a covered service for Molina Healthcare members. The call is no cost to you.

When should you call Molina Healthcare's 24-Hour Nurse Advice Line?

- You may have a medical question during or after normal business hours.
- You may think of a question after you visit your provider.
- You may be sick and not sure what to do.
- You may be sick or hurt and not sure where to go for care.



**Your health
is our priority!**

English and
other languages:
(888) 275-8750

Spanish:
(866) 648-3537

TTY users should
call 711.