

SUMMER 2023

# Health and Wellness Newsletter



## Thanks for being a Molina Healthcare member!

We are privileged to be the health plan you picked for your state health benefits. Your health matters to Molina. Keeping you and your family healthy is our priority.

During the COVID-19 pandemic, ForwardHealth extended BadgerCare Plus health coverage without you having to renew your benefits. We hope this extended time with Molina has met your health needs and given you peace of mind.

**However, changes are coming.** Look for mail from ForwardHealth telling you when you need to renew your health benefits.

If you have questions, Molina is here to help. Call Molina Member Services at **1 (888) 999-2404**, TTY: 711, Monday-Friday, 8 a.m.-5 p.m. Molina will talk to you about what next steps you need to take to renew your health benefits.

We hope to continue to be your health partner. Your health matters to us.

Your partner in health,

**Brian Maddy**  
**President**  
**Molina Healthcare of Wisconsin**

### In This Issue

Thanks for being a Molina Healthcare member! .....	1
Stay connected to State benefits and Molina! .....	2
Kids and lead don't mix! .....	3-4
Earning rewards is easy when you make healthy choices! .....	5
Healthy Starts Program now includes choice of car seat or pack 'n play .....	6
Recipe: Blueberry banana overnight oats.....	7
Connect with Molina through texts and emails .....	8
"988" the new Nationwide Suicide and Crisis Lifeline .....	8
We are here to help .....	9

All newsletters are also available at [MolinaHealthcare.com](https://www.molinahealthcare.com).

To get this information in your preferred language and/or accessible format, call Member Services, **1 (888) 999-2404**, TTY: 711, 8 a.m.-5 p.m.

# Stay connected to State 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 state benefits.



For more information, visit [Molinahealthcare.com/keepmyhealthplan/WI](https://Molinahealthcare.com/keepmyhealthplan/WI) or scan this QR code.

## Stay connected to Molina if you are turning 65 years old

If you are turning 65 or have certain disabilities, you may qualify for Medicare whether or not you are still eligible for Medicaid. We offer Medicare Advantage plans which include all original Medicare benefits and more. If you are currently eligible or will become eligible for Medicare, call **1 (866) 403-8293**, TTY: 711, Monday-Friday, 8 a.m.-8 p.m.



**Have questions. Call  
Molina Members  
Services.**

**1 (888) 999-2404**, TTY: 711  
Monday-Friday  
8 a.m.-5 p.m.



# Kids and lead don't mix!



Did you know just a small amount of lead could hurt your child's growth and brain development? Children exposed to lead may develop learning problems and miss more school days. They are also less likely to finish school.

## How do kids get lead in their bodies?

- Eating paint flakes. Older paint found inside and outside the home may have lead in it. Kids can put paint flakes or paint dust in their mouth.
- Playing in dirt. Some dirt may contain lead. Children can be exposed by touching, breathing or playing in soil.
- Drinking water. Some old pipes, faucets and other plumbing fixtures contain lead that can get into the water.
- Inhaling dust that has lead in it.

## Lead blood test

**Lead tests are covered at no cost to you!**

Children need a lead blood test at ages 1 and 2 years old. Ask your child's primary care provider (PCP) to do a lead test at their next checkup.

If your child is older than 2 years old and has not had a lead blood test, do not worry! The PCP can still do one and make sure your child has the best chance at healthy development. If the PCP cannot do blood lead tests, your child can get one at a local health department or your doctor can refer you to a local lab.



## What happens if my child has higher blood lead levels?

If your child tests high for lead, your local health department and your child's doctor will contact you to schedule follow-up care.



## Kids and lead don't mix continued

### Make sure you and your kids follow these tips to avoid lead exposure:

- Eat foods with calcium (milk and cheese), iron (lean red meat, beans, peanut butter), and vitamin C (oranges, green and red peppers, tomatoes, juices).
- Cook and store food safely. Pottery from other countries could have lead in the glaze.
- Wash hands and toys after working or playing in dirt or dusting the home.
- Take your shoes off when you come inside. This helps keep any dirt with lead in it from spreading through the home.
- If you rent a home or apartment, talk with your landlord about fixing any peeling paint. If you own your home, take care of any repairs safely. Be extra careful when sanding or scraping paint.
- Keep children away from chipping paint and clean it up carefully.
- Remove any lead-based products from the home. These can be toys, jewelry and even spices that come from outside the United States.
- Contact your local water company and ask for home water testing materials.



#### Moms-to-be

Lead exposure can start during pregnancy. If you are expecting a baby, make sure you follow these tips to make sure your unborn baby is not exposed to lead.

Source: Centers for Disease Control and Prevention (CDC)





## Earning rewards is easy when you make healthy choices!

As a Molina Medicaid member you can earn extra benefits under the Healthy Rewards Program! **We send mailings to members who qualify for the programs we offer. Don't miss out on rewards. Be sure to open all mail from Molina.**

### Rewards you can earn may include:



A \$25 gift card after completing:

- An annual wellness visit with your primary care provider (PCP)
- Up to six well-child visits in the first 15 months after your baby is born
- A breast and/or cervical cancer screening
- HPV vaccines for adolescents
- A1c test or eye exam for those with diabetes
- Blood pressure checks for those with hypertension

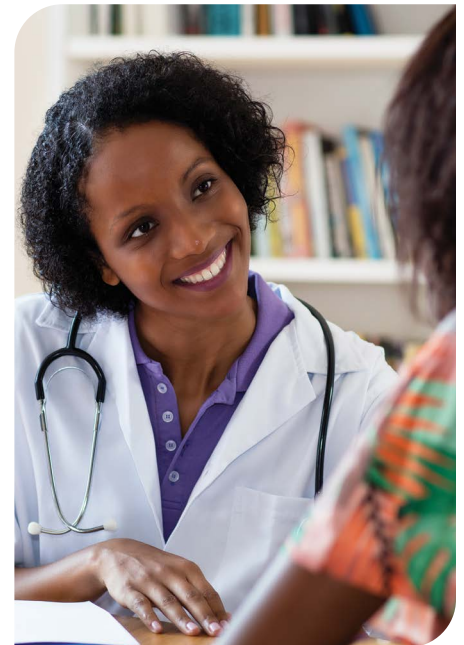


A choice of a free car seat **or** pack 'n play for eligible pregnant members who complete six prenatal visits and select a doctor your baby will see after they are born.



A \$50 gift card for eligible members who complete a postpartum visit!

For information, call Molina at **1 (833) 982-1452**, TTY: 711.



# Healthy Starts Program now offers choice of car seat or pack 'n play



Seeing your doctor while you are pregnant is important. Regular prenatal doctor visits watch for changes to your health, such as high blood pressure, pre-diabetes and urinary tract infections. Prenatal visits also track your baby's heartbeat and growth.

Molina wants you to stay on track with your prenatal care. That is why we offer the Healthy Starts Program to Wisconsin Medicaid Molina members.

**Wisconsin Molina members who complete the program can select either a FREE convertible car seat or Graco Pack 'n Play On the Go Playard with Bassinet.** The car seat is for a baby/toddler weighing 5-40 pounds. The pack 'n play gives your baby a safe place to nap or play.



## How to be part of the Healthy Starts Program

1. Remain a Wisconsin Medicaid Molina Member during your pregnancy and delivery.
2. Enroll in the Molina Healthy Starts Program while you are pregnant and before you deliver your baby.
3. Go to at least 6 prenatal visits.
4. Select a doctor for your baby **before** you deliver your baby.

The Healthy Starts Program requires the pregnant mom to select a doctor for their baby. This doctor will check your baby's growth and health after they are born. Remember, during your baby's first two years, regular doctor visits are important. So, pick a doctor you like and is good with your baby.

To enroll or to learn more about the program, call Molina Member Engagement at **1 (414) 323-5104**, or email [MWIAdvocate@MolinaHealthcare.com](mailto:MWIAdvocate@MolinaHealthcare.com)

# Recipe: Blueberry banana overnight oats

Make before going to bed so you can enjoy for breakfast

## What You Need

One glass container. You might want to use a jar with a lid. Jar should be able to hold at least three cups.

## Ingredients

½ cup uncooked old fashioned rolled oats

½ cup low-fat yogurt

½ cup low-fat milk

½ cup blueberries, fresh or frozen\*

1 small banana, sliced

\*or you can use sliced strawberries or diced apples

## Directions

1. Add oats to a glass container or jar
2. Then pour in milk
3. Add a layer of banana slices
4. Add a layer of blueberries or fruit of your choice
5. Cover the container or jar
6. Put in the refrigerator for 6-12 hours
7. Mix together before eating

Makes 1 serving

## Food Tips to Stay Healthy



### **Eat Fruits. Makes the inside of your body strong**

Oranges, watermelon, strawberries, bananas, grapes, apples



### **Eat Veggies. Gives you stronger brain power**

Carrots, potatoes, broccoli, green beans, tomatoes, corn



### **Eat foods with protein. Gives you strong muscles**

Chicken, eggs, peanut butter, cheese, yogurt



### **Say “NO” to soda: Don’t let the “good” taste fool you**

Drink water and milk for healthy bones, teeth, eyes and skin

## Don't miss health reminders

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 **1 (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://www.mymolina.com).

### Get text messages from Molina!

To opt in to receive text messages from us:

- Go to the text area on your cell phone
- Push the “**start text**” button
- In the “**To**” area type **94870**
- In the message area type **JOIN**
- Then hit **send!**

Text rates may apply.

### Why Molina members tell us they prefer emails from Molina.

1. Don't always pick up my mail.
2. Mail gets lost in my house.
3. I can save it and go back and look at it again.



## “988” the new Nationwide Suicide and Crisis Lifeline

If you or someone you know is struggling or in crisis, help is available. Call or text **988**. This will connect you directly to the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline.

The 988 Lifeline is a 24/7 direct connection of support for anyone experiencing mental health related distress such as thoughts of suicide, and mental health or substance use crisis.

Anyone can call for help for themselves or a loved one. The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers. These centers are supported by local and state sources, as well as the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration.

Source: 988 Suicide and Crisis Lifeline/ Federal Communications <https://www.fcc.gov/988Lifeline>





## We are here to help

A hospital stay is a big deal, and when you are headed home our Transitions of Care (TOC) Program will be here to support you. Our TOC Program will help make sure your health needs are met after your discharge. We will call you to introduce ourselves and get you started with recovery.

### Our TOC Program will:

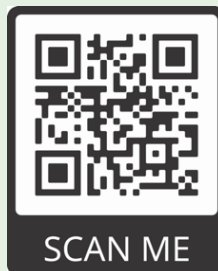
- Help you set goals for yourself to keep you out of the hospital
- Answer any questions or concerns you have about your medicine
- Set up your care with outpatient providers
- Educate you about your health condition to keep you healthy

It's important to go to your follow-up visits. Your doctor will want to see how you are doing within seven days and no later than 10 days after your discharge. They will also ask you questions about your needs and make sure you can get the resources and support you need to recover.



### Like Us on Facebook.

Get health tips. Learn about  
Molina events in Wisconsin!



SCAN ME



## Non-Discrimination Notification Molina Healthcare of Wisconsin Medicaid

Molina Healthcare of Wisconsin (Molina) complies with all Federal civil rights laws that relate to healthcare services. Molina offers healthcare services to all members without regard to 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. This includes gender identity, pregnancy and sex stereotyping.

To help you talk with us, Molina provides services free of charge:

- Aids and services to people with disabilities
  - Skilled sign language interpreters
  - Written material in other formats (large print, audio, accessible electronic formats, Braille)
- Language services to people who speak another language or have limited English skills
  - Skilled interpreters
  - Written material translated in your language
  - Material that is simply written in plain language

If you need these services, contact Molina Member Services at (888) 999-2404, TTY: (800) 947-3529 or 711.

If you think that Molina failed to provide these services or treated you differently based on your race, color, national origin, age, disability, or sex, you can file a complaint. You can file a complaint in person, by mail, fax, or email. If you need help writing your complaint, we will help you. Call our Civil Rights Coordinator at (866) 606-3889. Mail your complaint to:

Civil Rights Coordinator  
200 Oceangate  
Long Beach, CA 90802

You can also email your complaint to [civil.rights@molinahealthcare.com](mailto:civil.rights@molinahealthcare.com). Or, fax your complaint to (414) 831-2886.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can mail it to:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201

You can also send it to a website through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

If you need help, call 1-800-368-1019; TTY 800-537-7697.



Molina Healthcare of Wisconsin  
PO Box 242480  
Milwaukee, WI 53224-9931

## Call Molina's 24-hour Nurse Advice Line

As a Molina Healthcare member you have a registered nurse just a phone call away—24 hours a day, 7 days a week. The call is **FREE**.

### Get the Help You Need:

- Caring help in your language
- Step-by-step tips for what to do at home to feel better
- Answers to your questions when you or your child are sick
- Make a doctor appointment for you if necessary

**For life-threatening emergencies, call 911.**



### 24-hour Nurse Advice Line

Add this number to your phone contacts!

English and other languages:

**1 (888) 275-8750,  
TTY: 711**

Spanish:

**1 (866) 648-3537,  
TTY: 711**