

Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono.

1-888-999-2404 o (414) 847-1776

Åñèè ààì íà ãñ, ïïýòí à ýòì àìéóíáíòà, ïïçáíéòà ïï òàèäòíó.

1-888-999-2404 or (414) 847-1776

Yog xav tau kev pab txhais cov ntaub ntawv no kom koj totaub, hu rau.

1-888-999-2404 or (414) 847-1776

TDD/TTY (hearing impaired) line at (414) 847-1779



## No Butts About It



Smoking is one of the most common triggers for asthma and chronic obstructive pulmonary disease. Smoking can also put you at risk for developing high blood pressure. High blood pressure can lead to a heart attack or a stroke. Molina Healthcare wants to help you quit smoking.

Smokers can and do quit every day and you can, too. Even if you have tried before, it's important to try again. Understanding the quitting process can make it easier. Remember, quitting can significantly reduce your risk of smoking-related disease and death. It's never too late to try again.

Smoking tobacco is both a habit and an addiction. The act of smoking is a daily ritual and, eliminating that regular fix of nicotine can cause your body to experience withdrawal symptoms and cravings. To successfully quit smoking, you will need to address both the habit and the addiction by changing your behavior and dealing with nicotine withdrawal symptoms.

If you are ready to quit, Molina wants to assist you. Molina and the State BadgerCare program covers the medicines that can help you quit. All you need to do is make an appointment with your doctor and talk to him/her about quitting. Over the-counter tobacco cessation products will be covered for all individuals enrolled in BadgerCare Plus and Wisconsin Medicaid.

Molina has Health Educators available to assist you with tobacco cessation resources. If you have questions or would like to speak with a Health Educator feel free to contact us at member services at 1-888-999-2404.

*Congratulations to our diabetic members who met the criteria of the new "Diabetes Incentive Program" by having their A1c, LDL, and urine protein test when necessary. Those members received a \$25 gift card.*

*Congratulations to all the parents who were current with their child's immunizations and lead screening. These parents were able to participate in our new "First Two Years of Life Incentive Program" and were rewarded with a gift card between \$10 and \$25. For more information visit Molina's website at [www.molinahealthcare.com/medicaid/members/WI](http://www.molinahealthcare.com/medicaid/members/WI).*

### In This Issue

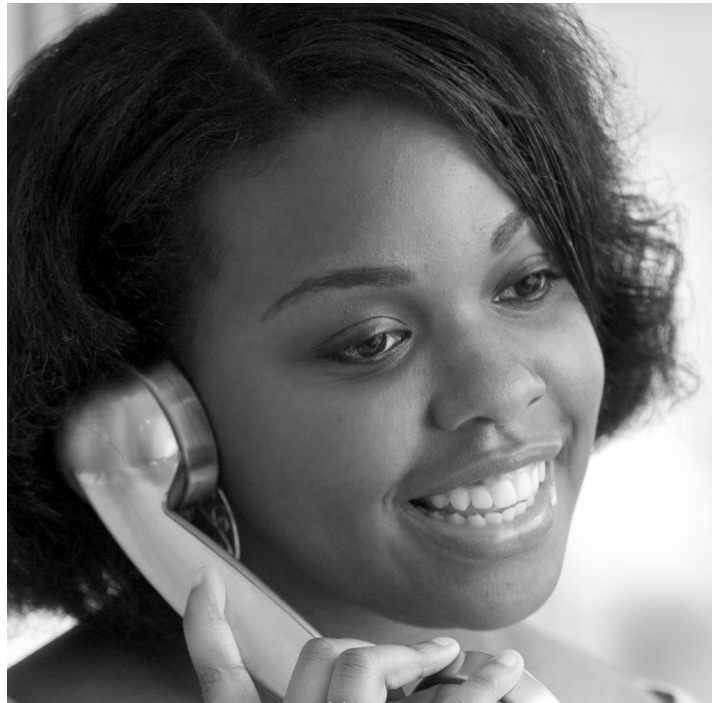
No Butts About It	pg 1
Member Advocates	pg 2
Preparing for Flu Season	pg 2
The History of Dr. Cleo	pg 4
Getting Care Quickly	pg 5

## Breaking Story

Molina Healthcare is making it easier for you to get healthcare.

We are pleased to announce that as of **September 1, 2011** you no **longer** need a referral to see an In-network specialist. We do encourage you to first see your primary care physicians (PCP) for any health issues as they will be able to determine the type of specialist that will meet your healthcare needs.

If you have any questions or need help, please contact Molina's Member Services Department at 1-888-999-2404.



## Member Advocates

Did you know that we have a Member Advocacy team that goes above and beyond to help you with your health care needs when necessary? We encourage you to call our Member Services department first whenever you have a question or need help with services or benefits. However, we know that sometimes Member Services can not resolve your concern. That is where we come in. We help you get through the red tape by partnering with State and local agencies to help you when needed.

Call us when you need us. Our Member Advocates will help you overcome barriers in receiving medical care, and assist you in understanding your rights and benefits. For assistance contact an Advocate at 1-888-999-2404.

*\*The HMO Member Advocates are here to help you and to make sure you receive medical care.*

## Preparing yourself and your family for flu season

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization or even death. Certain people are at greater risk of complication from the flu. These include young children, pregnant women, and people with chronic conditions such as COPD, Heart Disease, blood disorders, kidney disorders, liver disorders, and immune disorders. Vaccination is the best way to protect yourself against the flu. Receiving the vaccine before December is your best defense. This provides you with the best timing to build up antibodies to protect you against the flu when the season is at its peak, usually between January and March. Flu season can begin as early as October and can last until April.

### Who should get the flu vaccine?

Anyone 6 months of age and older should get a flu vaccine. It is especially important that the following people get vaccinated due to the high risk of developing flu-related complication:

- Pregnant women
- Children less than 5 yrs old
- Adults 50 yrs old and greater
- People with certain chronic conditions such as:
  - Asthma, Diabetes, COPD, Heart disease,

### How to prevent the flu

- The best way to prevent the Flu is by vaccination.
- When coughing or sneezing make sure you cover your mouth and nose with a tissue. If a tissue is not available, cough or sneeze into your elbow. This will help prevent the spread of germs by keeping your hands clean.
- Hand washing is very important. If soap and water are not available, you can use alcohol-based hand sanitizer.

- Avoid other people who are sick.
- To prevent spreading germs, avoid touching your eyes, nose and mouth.
- Stay home if you are sick with the flu at least 24 hours after your fever is gone.

### Flu symptoms

Flu symptoms are similar to the common cold but include fever and body aches. If you have the flu, you are likely to experience the following symptoms:

- Cough
- Sore throat
- Nasal congestion
- Body aches
- Headache
- Chills and fatigue.
- If you are sick with the flu, limit your contact with others to prevent the spread of the virus.

### What should you do if you get the flu?

- Stay hydrated by drinking lots of fluids.
- Reduce body aches with warm showers.
- Relieve nasal congestions by applying a warm compress to the nasal area.
- Use over-the counter acetaminophen (Tylenol) or Ibuprofen (Motrin and others) to treat a fever (read labels for safe dosage).
- Take cough drops and over-the-counter cough syrup to reduce coughing.
- If symptoms get worse, notify your doctor

### When should a person seek medical care for the flu?

Seek medical care for a sick child with any of these symptoms:

1. Fast breathing or trouble breathing
2. Bluish or gray skin color
3. Not drinking enough fluids
4. Severe or persistent vomiting
5. Not waking up or not interacting





6. Being so irritable that the child does not want to be held
7. Flu-like symptoms improve but then return with fever and cough

**An adult should seek medical care if experiencing these symptoms:**

1. Difficulty breathing or shortness of breath
2. Pain or pressure in the chest or abdomen
3. Sudden dizziness
4. Confusion
5. Severe or persistent vomiting
6. Flu-like symptoms improve but then return with fever and worse cough
7. Having a high fever for more than three days

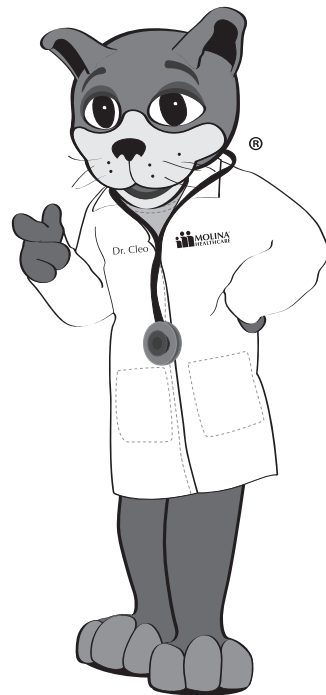
If you have any questions about the flu or other medical issues you can contact the **Nurse Advice Line**: Call us to speak to a nurse. Our nurses can help you decide if you need a doctor right away.

**English: 1-888-275-8750, 1-866-735-2929 (TTY)**  
**Spanish: 1-866-648-3537, 1-866-833-4703 (TTY)**



## The history of Dr. Cleo, Molina Healthcare's loveable cat mascot

Every cat has a history, and Dr. Cleo is no exception. His star-studded career started as a humble kitten on the streets of Long Beach. After a long day of work at the clinic, Dr. C. David Molina noticed a kitten following him and adopted the kitten as his own, naming him Cleo. Dr. Molina, a former school teacher, was dedicated to Cleo's education and taught him how to read and write. Once Cleo graduated from high school, Dr. Molina supported him through college and encouraged him to attend the prestigious Purrrdue University. With a medical degree in pediatrics, Dr. Cleo started working for the family business like the rest of the Molina family. After many years of pediatric work and countless happy patients, Dr. Cleo decided to step down from his practice to pursue his truest passion: teaching. Now-a-days, Dr. Cleo travels all over the United States and educates children about the importance of eating healthy, reading and exercising. Look for Dr. Cleo at upcoming community events near you – he's one of the coolest cats in the Molina family!



## Getting Care Quickly | Emergency Department vs. Urgent Care



Do you know when to visit an Urgent Care center? Urgent Care centers treat medical problems that can not wait until your next doctor visit, but are not life-threatening. Most Urgent Care centers see you on a walk-in basis. Many are open evenings and weekends. To find the nearest Urgent Care center please call 1-888-999-2404. Waiting time is generally shorter than in an emergency department.

**Use an Urgent Care center for conditions such as:**

- Sore throat, cough, or runny nose
- Muscle strains/sprains
- Minor cuts/burns
- Earache
- Rashes
- Fever

**Use an Emergency Room for a sudden injury or sickness such as:**

- A lot of bleeding or bleeding that will not stop
- Poisoning (Poison Control Center 1-800-222-1222)

- A very bad burn
- Very bad shortness of breath (trouble breathing)
- Drug overdose
- Gunshot wound
- Chest pain
- Broken bones
- Call your Primary Care Physician (PCP) if you have any questions about whether your condition is an emergency or not.
- Always try to call your PCP before going to an Urgent Care center or an Emergency Room.

Molina Healthcare also offers a Nurse Advice Line to help answer health care questions or concerns, and to help in getting care during an emergency. The Nurse Advice Line is available 24 hours a day, 365 days a year by calling 1-888-275-8750.