

Molina's myhealthmylife

A newsletter just for Florida members

Spring 2024

Join the Enrollee Advisory Committee

Do you want to give Molina Healthcare of Florida feedback or ask US questions? If so, you can join us at the next virtual Enrollee Advisory Committee (EAC) meeting. At the meeting, we'll give you some tips about your benefits, let you ask questions and give us feedback.

Your experience as a member is important to us. Your feedback helps us learn more about how we can help you.

Call us at (866) 472-4585 (TTY: 711) to join US or learn more. We hope to see you there!



Get ready for hurricane season

Hurricane season is June 1 to November 30 - are you ready? One way to be ready is to build a kit with basic items your household may need in an emergency.

WHAT'S INSIDE

Get ready for hurricane **1**

Give your child a healthy start **2**

Adults need vaccines, too **3**

To prepare your kit, store items in airtight plastic bags and put your disaster kit in one or two plastic bins or a large bag. [Ready.gov](https://www.ready.gov) suggests you have the following items in a basic emergency supply kit:

- Water (for drinking and personal needs)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered radio and a NOAA weather radio with tone alert
- Flashlight
- First aid kit
- Batteries
- Whistle (to signal for help)
- Dust mask (to help filter air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, trash bags and plastic ties (for hygiene)
- Tools to turn off utilities
- Manual can opener (for food)
- Maps

Visit [ready.gov/kit](https://www.ready.gov/kit) for more tips, view the full list, and make sure you don't forget anything.

Give your child a healthy start

We cover immunizations at no cost for newborn members up through adulthood. Giving your child a healthy start is important. Here are the recommended immunizations for children from birth through 18 months.



Birth	2 months	4 months
<input type="checkbox"/> Hep B (Hepatitis B) (dose 1) <input type="checkbox"/> RSV (respiratory syncytial virus)	<input type="checkbox"/> DTaP (Diphtheria, Tetanus, Acellular Pertussis) (dose 1) <input type="checkbox"/> Hib (Haemophiles influenza type b) (dose 1) <input type="checkbox"/> PCV (Pneumococcal disease) (dose 1) <input type="checkbox"/> Rotavirus (RV) (dose 1) <input type="checkbox"/> IPV (Polio) (dose 1) <input type="checkbox"/> Hep B (dose 2)	<input type="checkbox"/> DTaP (dose 2) <input type="checkbox"/> Hib (dose 2) <input type="checkbox"/> PCV (dose 2) <input type="checkbox"/> Rotavirus (dose 2) <input type="checkbox"/> IPV (dose 2)
6 months	12 months	15-18 months
<input type="checkbox"/> COVID-19 <input type="checkbox"/> DTaP (dose 3) <input type="checkbox"/> Hep B (dose 3) <input type="checkbox"/> PCV (dose 3) <input type="checkbox"/> Hib (dose 3) <input type="checkbox"/> Rotavirus (dose 3) <input type="checkbox"/> IPV (dose 3) <input type="checkbox"/> Flu (influenza) <input type="checkbox"/> Dose 1 <input type="checkbox"/> Dose 2	<input type="checkbox"/> MMR (measles, mumps, rubella) <input type="checkbox"/> Hep A (Hepatitis A) <input type="checkbox"/> Varicella (chickenpox) <input type="checkbox"/> Hib (dose 4) <input type="checkbox"/> PCV (dose 4)	<input type="checkbox"/> DTaP (dose 4) <input type="checkbox"/> Flu

Do you have questions?

Call our 24-hour Nurse Advice Line. We're here to help you! **English:** (888) 275-8750 (TTY: 711) | **Español:** (866) 848-3537 (TTY: 711).

Adults need vaccines, too

Staying up to date on your vaccines is one of the best things you can do to protect your health. We cover vaccines at no cost to both child and adult members. Vaccines are available to all adults. Talk to your doctor about which vaccines are right for you.

Want to learn more?

The Centers for Disease Control and Prevention (CDC) also has up-to-date information on what vaccines you may need. Scan this QR code to find out which vaccines you may need. Or visit cdc.gov/vaccines/tool/adult to access the CDC vaccine tool.



Resources in your community

Did you know community resources are available at no cost for you and your family? The state of Florida offers a program called Hope Florida. Hope Florida uses Hope Navigators to guide you on a better path.

Hope Navigators can give you one-on-one support and help you:

- Set your goals
- Find local and community-based partners
- Develop a plan to live a happier life

Call the Hope Line at [\(850\) 300-HOPE \(4673\)](tel:8503004673) to connect with a Hope Navigator.

Care management is here for you!

We have a voluntary care management program for members with ongoing health problems and resources to help caregivers. This includes help with rides, setting up appointments and connecting you to resources to help you live healthier. For more information, please call our Health Management department at (866) 891-2320 (TTY: 711).

The My Molina[®] member portal and mobile app

Download the My Molina[®] mobile app or access your member portal online. The My Molina[®] mobile app and member portal can help you:

Find or change a doctor	View or request to replace your member ID card
Find a pharmacy	View your benefits
Talk to a nurse through our 24-hour Nurse Advice Line	











Download the no-cost app or go to MyMolina.com to get started!



Molina Help Finder

As a member, you can access support at no cost! [Molina Help Finder](#) can help you find community resources when you need them. When you use the Molina Help Finder online tool, you can search for local programs and resources to meet your basic needs like:

We want you to get the information you need in your language. That's why Molina Help Finder is available in more than 120 languages. Call US at (866) 472-4585 (TTY: 711). If you have any questions—we're here to help!

Food 	Job Training 	Mental Health Support 
Emergency Shelter 	Work 	Transportation 
Education 	Child Care 	And more...

