

FALL 2023

Health and Wellness Newsletter



How to prepare for your appointment and what to expect

Having a plan and knowing what to expect can help you make the most of your doctor's appointment. These tips can help you with that.

1. Make a list of questions and concerns you may have about your health.
2. Bring a list of your current medications.
3. Bring a friend or family member, if allowed.
4. Be open and honest with your provider and office staff.
5. Plan transportation ahead of time. Talk to a friend or family member to plan a schedule. If needed, you can call Member Services to schedule a ride for free!
6. Know your family and past medical history.
7. Arrive on time to your appointment. If possible, arrive a little early to complete paperwork.
8. Have your labs and other tests done ahead of time.
9. Bring your Molina Dual Options ID Card – if you do not have your card, call Member Services for a replacement. While you wait for it to come by mail, you can also access your card via the MyMolina App!
10. Be patient – you can expect to receive a routine appointment within 5 weeks of request.

In This Issue

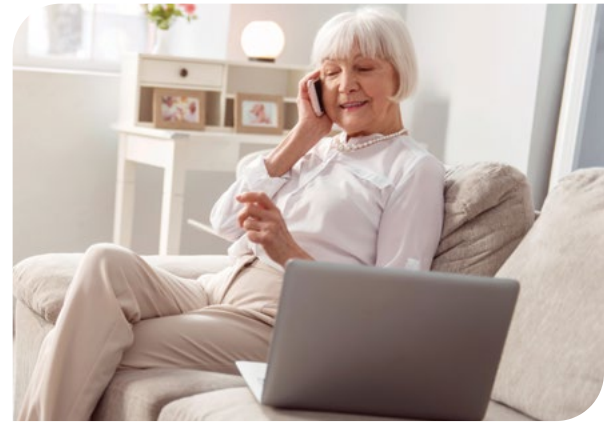
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All newsletters are also available at MolinaHealthcare.com/Duals.

To get this information in your preferred language and/or accessible format, please call Member Services at **(877) 901-8181** TTY: 711 Monday – Friday, 8 a.m. to 8 p.m., local time. The number is on the back of your Member ID card.

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 Dual Options! To opt-in contact Member Services. You can also opt-in through the Molina Dual Options Member Portal.**



Claim your 2023 rewards!

Did you know that you may be eligible to receive a \$35 gift card for completing important health screenings throughout the year? Contact the Molina Healthcare of Illinois' HEDIS team at **(844) 487-3260** TTY: 711 for more information.

Molina Dual Options Rewards Program 2023

Screening	Description	Active Dates of Service	Reward	Gift Card Option
Annual Wellness Visit	Completion of Medicare Annual Visit which consists of completion of HRA, routine measurements, review of medical and family history, current prescriptions, and advance care planning.	1/1/2023 - 12/31/2023	\$35	CVS, Kroger, Meijer, Starbucks, SUBWAY
Blood Pressure Screening	Completion of blood pressure screening with provider	1/1/2023 - 12/31/2023	\$35	
Flu Shot	Completion of flu shot with provider or pharmacy	1/1/2023 - 12/31/2023	\$35	

Tackling the flu and COVID this winter

Flu season is here. The best way to reduce your risk of catching the flu is to get a flu shot annually.

Getting a flu shot can reduce your risk of flu illness, hospitalizations, and death.

A flu shot is recommended for everyone six months of age and older, even if you are healthy. As a Molina Dual Options member, you can receive a flu shot for free. You can visit your doctor or pharmacies such as CVS or Walgreens to receive your flu shot.

You cannot catch the flu from the flu shot. The flu shot is made from an inactive virus. The vaccine may cause mild symptoms like achy muscles or a low-grade fever due to an immune response from your body. It takes up to two weeks for you to be protected after you receive the shot.



Did you know you can get the flu and COVID at the same time? The flu and COVID are both respiratory illnesses but are caused by different viruses. The flu shot will not protect you against COVID. Talk to your healthcare provider about getting the COVID shot (or booster) this winter. You can get both shots in the same visit.



Using the Find a Dentist tool

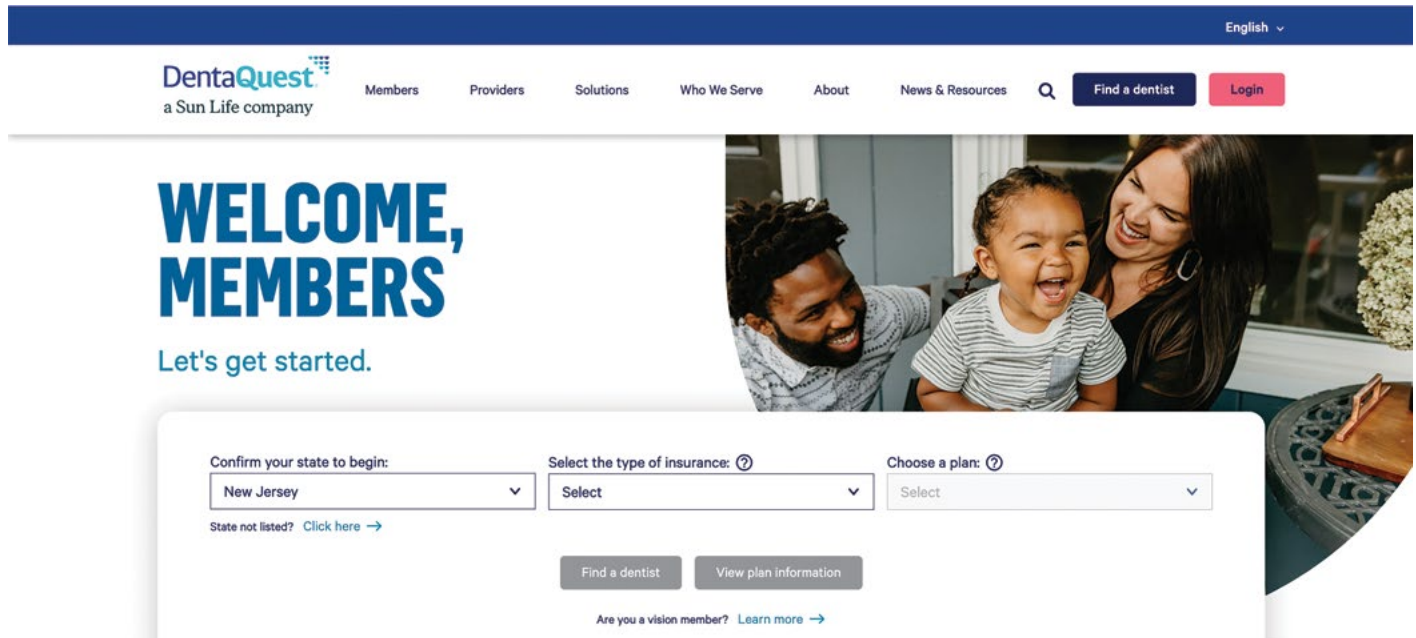
Get the most value from your coverage by choosing a dentist or specialist in your plan's network. Use our online Find a Dentist tool to easily find an in-network provider near you.

Step 1: Search

There are two ways to search on DentaQuest.com:

1 – Quick search

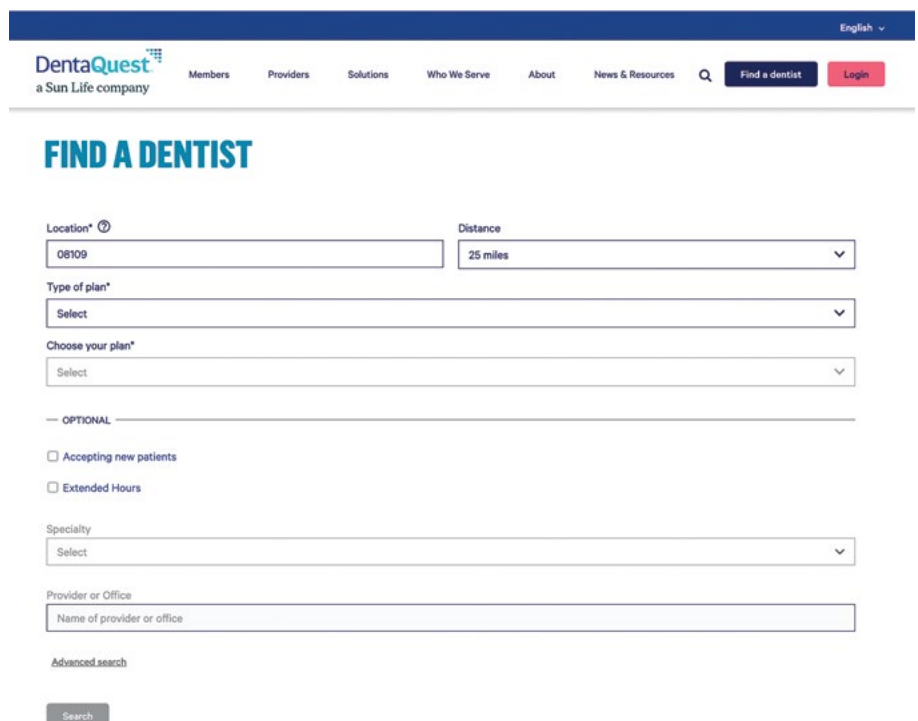
Your **state** will be listed in the first drop-down menu on the home page. Pick the **type of plan** and **choose your plan** in the other drop-down menus, then click on **Find a dentist**.



2 – Detailed search

Click on the **Find a dentist** button at the top of the home page. If it is not already listed, add in your **location**, **type of plan** and **plan name**. You can also add in an **optional provider** or **office name**. Click on **Advanced search** to filter on languages, location services and more. Then click on **Search**.

Note: Location can be city, state, zip or a specific place. You must choose **type of plan** and **plan** to perform an advanced search.





Step 2: Results

View search results by **provider** or **office**.

If needed, change the items listed under **Location & plan** and **Filters** and click on **Update search results**.

View details to learn more about the provider/office.

View on map or use an icon in the **interactive map** to see provider/office location information.

The screenshot shows the DentaQuest website interface. At the top, there is a navigation bar with the DentaQuest logo (a Sun Life company) and links for Members, Providers, Solutions, Who We Serve, About, and News & Resources. A search bar contains the text "Find a dentist" and a "Login" button. Below the navigation bar, there is a "FIND A DENTIST" section with tabs for "Providers" and "Offices". The "Providers" tab is selected. To the right of the tabs are "Sort" and "Closest Distance" dropdown menus, and a "Download" button. On the left side, there is a "Location & Plan" sidebar with filters for Location (Pennsauken Township, NJ 08109), Distance (25 miles), Type of plan* (Medicare), and Choose your plan* (Clover Medicare). Below these are "Filters" for "Accepting new patients" and buttons for "Update results" and "Clear Filters". The main content area shows "Showing 41 - 50 of 432 results". Two results are visible: "Santos, Richard D" and "Svarcbergs, Juris M", both General Dentistry at Camcare Health Corporation-East Camden. Each result has "View Details" and "View on map" buttons. On the right, there is an interactive map of the Philadelphia area with a red box highlighting the location of the search results.

Note: If your state is listed as your location, all results will be located in the center of the state.



Step 3: View provider/office details

Details include plans accepted, specialties, languages spoken, office hours and more. Click on **Back to search results** to go back to the results list.

English ▾

a Sun Life company

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[Providers](#)
[Solutions](#)
[Who We Serve](#)
[About](#)
[News & Resources](#)

Q

Find a dentist
Login

← Back to Search Results

SANTOS, RICHARD D

✔ Accepting new patients

Plans Accepted	NJ Clover Medicare
Specialties	General Dentistry
Gender	Not Specified
Languages Spoken	English Spanish
Accepting New Patients	Yes - Accepting some new patients: Up to 110 years old
State License Number	1043301591
Accessibility	Wheelchair accessible

Additional provider details

Special Needs Experience In:

- Persons with limited vision

Select an office to view its details

Camcare Health Corporation-East Camden ▾

Address	2610 Federal St CAMDEN NJ, 08105	Get Directions ↗														
Phone	(856) 583-2400															
Website	camcare.net															
Hours	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Monday</td><td>08:00AM - 09:00PM</td></tr> <tr><td>Tuesday</td><td>08:00AM - 05:00PM</td></tr> <tr><td>Wednesday</td><td>08:00AM - 05:00PM</td></tr> <tr><td>Thursday</td><td>08:00AM - 09:00PM</td></tr> <tr><td>Friday</td><td>08:00AM - 05:00PM</td></tr> <tr><td>Saturday</td><td>08:00AM - 12:00PM</td></tr> <tr><td>Sunday</td><td>Closed</td></tr> </table>		Monday	08:00AM - 09:00PM	Tuesday	08:00AM - 05:00PM	Wednesday	08:00AM - 05:00PM	Thursday	08:00AM - 09:00PM	Friday	08:00AM - 05:00PM	Saturday	08:00AM - 12:00PM	Sunday	Closed
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Sunday	Closed															

[← Back to Search Results](#)

CAMCARE HEALTH CORPORATION-EAST CAMDEN

 Accepting new patients

Plans Accepted	NJ Clover Medicare
Specialties	Federally Qualified Health Center (FQHC) General Dentistry
Languages Spoken	English Hindi Spanish
Accessibility	Wheelchair accessible
Additional office details	

View the details of a provider at this location

Address 2610 Federal St
CAMDEN NJ, 08105

[Get directions](#)

Phone (856) 583-2400

Website camcare.net

Hours

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Sunday	Closed

If you need help finding a dentist, call us at **(888) 278-7310** TTY: 711, Monday through Friday from 8 a.m. to 8 p.m. ET. You will also find your plan's telephone number on the back of your ID card.

Molina Dual Options Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

You can get this document for free in other formats, such as large print, braille, or audio. Call **(877) 901-8181**, TTY: 711, Monday – Friday, 8 a.m. to 8 p.m., local time. The call is free.

Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, ethnicity, national origin, religion, gender, sex, age, mental or physical disability, health status, receipt of healthcare, claims experience, medical history, genetic information, evidence of insurability, geographic location.

Other Pharmacies/Physicians/Providers are available in our network.

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Molina Dual Options Medicare-Medicaid Plan
1520 Kensington Road, Suite 212
Oak Brook, IL 60523

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 Dual Options Medicare-Medicaid Plan member, you can talk to a nurse right away! The Nurse Advice Line is a covered service for Molina Dual Options members. The call is no cost to you.

When should you call Molina Dual Options' 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.