

SUMMER 2021

Health and Wellness Newsletter



Heart Health

One way to stay healthy is to cut down on your risks for developing heart disease. Some risks are out of your control, like age or family history. Other risks may need supervision, such as conditions like diabetes and obesity.

What is cholesterol and why does it matter?

Cholesterol is a waxy, fatlike substance formed in the liver. Some of our cholesterol comes from the foods we eat. It is then carried through blood on proteins (HDL and LDL). It is important to do what you can to lower bad cholesterol and raise good cholesterol. When the body has too much LDL cholesterol, plaque can build up on the walls of blood vessels. This may block blood vessels. If the blocked artery can't supply blood to the heart or brain, a heart attack or stroke can happen.

What can I do?

Talk to your doctor about your heart health. Most adults should have a cholesterol check at least every 4-6 months. If risks are high, your doctor may ask for checks more often. The check is done through a "fasting blood draw." It is important to discuss the results of the check with your doctor. Your doctor can help you set LDL and HDL goals.

In This Issue

Heart Health..... 1-2

Keep Your Child Safe 2

The Dental Chair..... 3

Getting a Ride to the Doctor:
Four Things You Should Know!
..... 3

Non-Discrimination
and 1557..... 4-5

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.

Heart Health (cont'd)

Tips for Heart Health

Your diet can affect your bad cholesterol. Avoid fast foods, processed foods, red meats, fried foods and other foods with saturated fats. Eat more beans, nuts, whole grains, apples and citrus fruits and fatty fish. Staying at a healthy weight can help your cholesterol as well. If diet and exercise do not get you to your cholesterol goals, you may need to take a medicine that is prescribed by your doctor. These medications can be very effective.

Blood Pressure

Blood pressure is also very important to heart health. High blood pressure may put pressure on all your organs and may cause strokes, kidney failure and/or heart failure. Keep an eye on your blood pressures daily and report them to the doctor.

What else can I do to stay ahead of heart disease?

- **If you smoke, quit.** Talk to your doctor about medication to make it easier.
- **Be physically active.** Exercise is one of best things you can do for heart health. Talk to your doctor about how much exercise is safe if you have a serious heart condition.
- **Plan meals in advance and eat healthy foods.**
- **Manage stress.** Stress has a direct effect on your body chemistry. Getting enough sleep and exercise are two ways to help lower stress.



Keep Your Child Safe

September is Baby Safety Month. Parents and caregivers need to keep babies safe at all times. It is important to have a safe place for your baby to grow and play. These tips can help:

Baby Proof Your Home

- Cover electrical sockets
- Lock cabinets with child safety locks
- Use safety gates for stairs
- Secure furniture to the wall that may tip over
- Remove harmful plants

Sleep Safety

- Cribs should meet the most up-to-date safety rules
- Do not place pillows, comforters, or stuffed toys in crib
- Babies should sleep on their backs until 12 months of age unless provider says otherwise

Car Safety

- Use the correct car seat for your child's age and weight
- The back seats are safest for kids under 13 years of age
- Never leave child alone in the car
- Call 911 if you see a child alone in a car

The Dental Chair

Did you know that your Molina benefits also include dental services? Both children and adults can receive 2 routine dental check-ups each year. During those visits your dentist may take some x-rays of your teeth and will also look at each tooth to make sure there are no cavities. The dentist will clean your teeth and apply a fluoride treatment. They may also apply sealants which help prevent cavities in your back teeth.



Many people are afraid of the dentist because they think it is going to hurt. You can prevent this by brushing and flossing your teeth every day in the morning and at night before you go to bed. A dental routine will keep both your teeth and gums healthy!

Call to schedule your appointment today! Your mouth will thank you. If you need help call.

Medicaid: 855-687-7861

MMP: 855-704-0433

Getting a Ride to the Doctor: Four Things You Should Know!

Did you know your health plan provides rides to your doctor? You may be eligible for a ride to your Medicaid-covered healthcare service if you have no other way to get there.

Here are four things you should know about Molina's transportation benefit:

- 1. Molina works with MTM to provide transportation services.** When you call MTM to schedule a ride, they will assign it to a local transportation company. Your assigned driver will pick you up before your appointment and return to take you home when your appointment is over.
- 2. Have your own car? Or a friend or family member who drives you? You may qualify for gas mileage reimbursement!** Call MTM for a trip number before your appointment. You will complete a trip log with all of your appointment information. Once complete, you will send it to MTM. MTM will reimburse you \$0.45 per mile. Visit memberportal.net/?planCode=MOI for more information and to access a trip log.
- 3. Prefer self-service options? Our MTM Link Member Portal and mobile app makes it easy for you to book your rides!** The MTM Link app (<https://memberportal.net/>) can be used on any mobile device. Using the app or Member Portal, you can schedule, cancel, change, and review your trips 24/7, without calling to speak to a representative.
- 4. No need to worry about your health.** Your driver will wear a face covering, and vehicles are cleaned thoroughly multiple times per day.

Not sure if you qualify for a ride? Want to learn more?

Call MTM at **844-644-6354!**



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://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, 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 <http://www.hhs.gov/ocr/office/file/index.html>.

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).



Your Extended Family.

Molina Healthcare of Illinois
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 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.**