

SPRING 2024

Health and Wellness Newsletter



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



Claim your 2024 rewards!

Visit the “Member Rewards” page on our website to see if you qualify for a reward in 2024. Go to our website, and under “Members,” you will see the option to view “Member Rewards.” Or you can scan the QR Code with your smart phone to get a direct link.



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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.

STI (Sexually Transmitted Infections) Awareness Week¹

STI Awareness Week was held April 14-20. This is an ongoing opportunity to raise awareness of sexually transmitted infections (STIs) and how they impact our lives.

Did you know that there are more than 20 million estimated new cases of STIs each year in the U.S?² Protect yourself by following these simple steps:

- “Prepare Before You’re There.” A lot of people may not think they can get an STI. Protect yourself and have a plan for your sexual health before you go out or date someone new. Talk to your partner(s) about staying sexually healthy together.
- Use Condoms. Visit <https://www.cdc.gov/std/saw/pbyt/resources.htm> for resources on locating free condoms.
- Get Tested! Talk to your doctor about which STI test(s) are right for you.
- Birth Control. Birth control does not protect against STIs, but this can be a good time to talk to your doctor about your options.



Maternal Health

Pregnant or thinking of becoming pregnant?
Take care of yourself!

It is never too early to work on improving your overall health, especially if you plan to become pregnant. Take these steps to prepare³:

1. See your doctor – they will discuss your health history and give advice.
2. Start taking prenatal vitamins – these are important for preventing issues and helping your baby develop healthily.
3. Stop drinking alcohol and smoking – these can cause problems such as birth defects or infant death.
4. Maintain a healthy weight – if you are over or underweight, talk to your doctor about getting to a healthy weight to have a successful pregnancy.



¹Source: <https://www.cdc.gov/std/saw/index.htm>

²Source: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections>

³Source: <https://www.cdc.gov/preconception/planning.html>

Did you know that maternal health risk factors affect women of color differently than White women? 40% of Black women experience maternal mental health symptoms.⁴ This is nearly twice the rate of all women. Mental health conditions (such as depression, anxiety, death by suicide, and substance use disorders) are the leading cause of death among new moms.

What should you do?

- Talk to your doctor to learn the signs of depression and postpartum depression and what to do if you experience symptoms.
- If you already take antidepressants, talk to your doctor. Do not stop taking antidepressants without talking to your doctor first.
- Know that you are not alone! Molina is here to help call Member Services **(855-687-7861, TTY:711)** to see if you qualify for case management.

See your OB/GYN (a doctor who specializes in treating pregnant women) early. Molina will reward you for completing a prenatal visit within your first trimester. Qualifying members can earn a \$50 gift card of their choice and a prenatal Bump Box. Need an OB/GYN? Call Member Services **(855-687-7861, TTY:711)** for help finding a doctor!

Why Babies and Children Need the Measles Vaccine



Measles is a very contagious disease that can cause serious problems for babies and children under 5 years old. Measles is very easy to catch from other people who have it, especially if they cough or sneeze near your baby. Measles can cause babies to have a high fever, a rash, a cough, and red eyes. It can also lead to ear infections, pneumonia, seizures, brain damage, or even death.

The good news is that there is a vaccine that can protect babies and children from measles. The vaccine is safe and effective. It is given as a shot when babies are 12 to 15 months old. A second shot is given to children when they are 4 to 6 years old.

If a baby does not get the MMR vaccine on time, they can still catch up later. If a baby misses their first dose, they could get it as soon as possible. If a child misses their second dose, they can get it as long as it has been at least 28 days after the first dose.

The vaccine not only protects children from measles, but also from two other diseases: mumps and rubella. Mumps can cause swelling of the glands, fever, and headache. Rubella can cause birth defects if a pregnant woman gets it. The vaccine that protects babies from these three diseases is called MMR (Measles, Mumps, Rubella).

The MMR vaccine is very important for babies because they are more likely to get sick from measles than older children or adults. Babies also have a higher risk of complications from measles. That is why it is recommended that all babies get the MMR vaccine on time. The MMR

⁴Source: <https://www.marchofdimes.org/black-maternal-mental-health-week>

vaccine is one of the best ways to keep your baby healthy and prevent measles outbreaks. By vaccinating your baby, you are also protecting other people who cannot get the vaccine, such as people with weak immune systems. You are helping to stop the spread of measles and save lives.

If you have a baby, talk to your doctor or healthcare provider about the MMR vaccine. Make sure your baby gets the vaccine at the right age. You can also check your baby or child's immunization record to see if they have received the vaccine. If you have any questions or concerns about the vaccine, ask your doctor or healthcare provider. You can get the MMR shot at your doctor's office, or local health department at no cost to you. You can also call Molina Member Services at the number on the back of your card to find a provider or a location nearest you. We are here to help you and your family!



The Importance of Lead Screening

Contact with lead is poisonous and can be very harmful to the body, especially for children below 6 years old. This is because their brains are still developing. Their bodies take in lead more easily than adults. This can cause slowed growth, behavioral, learning, speaking, and hearing difficulties, as well as anemia and stomach pain.

Lead poisoning in adults, including pregnant people, can cause high blood pressure, and kidney or reproductive problems. Lead poisoning can be passed on to the unborn child during pregnancy.

Sources of lead exposure:

- Eating or drinking food or water containing lead
- Using items that have lead such as cooking utensils or playing with toys containing lead
- Breathing air containing lead dust
- Lead-based paints (most houses built before 1978)

Children under the age of 6 are more at risk from lead poisoning. This is due to their hand-to-mouth behavior. Eating things like toys and dirt can be harmful.

A blood test is the best way to find out if you or your children have been exposed to lead. A simple blood test will show the level of lead in the blood. If the lead level is above the approved level, the doctor will advise treatment to remove lead from the blood. This includes avoiding lead exposure, keeping a diet high in iron and calcium, or using medical treatment (chelation therapy) to remove lead from the blood.

Lead exposure is avoidable. Stopping lead exposure before it happens is the best way to make sure nobody gets hurt by it.

Steps to prevent lead exposure:

- Make your home lead safe (click for additional Information: [Protect Your Family from Lead in Your Home \(English\) | US EPA](#)):
 - Have a lead inspector check your home if it was built before 1978
 - Check your drinking water
 - Repair your house safely, reducing lead dust
- Make sure the products you use do not contain lead:
 - Children’s toys
 - Kitchen utensils
 - Medicines and cosmetics
 - Avoid food that may contain lead
- Take steps to stay healthy:
 - Eat a well-balanced diet containing calcium, iron and vitamin C to help keep lead out of the body
 - Make sure children wash their hands and face after playing with toys, outside or with pets whose paws may have touched soil
 - Remove shoes when you enter the house

Be safe when working with lead. Use separate clothes and shoes while working with lead. Change out of these clothes before leaving work and going into your home.

Recommendation: If you are at risk or have been exposed to lead, talk to your doctor to find out if a blood test is needed. The Center for Medicare and Medicaid Services (CMS) requires all children enrolled in Medicaid to get tested for lead at 12 and 24 months of age. If not tested at those ages, CMS advises to test at between 24 - 72 months.

Data Source: [Lead | Washington State Department of Health & Overview of Childhood Lead Poisoning Prevention | Lead | CDC](#)

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://www.hhs.gov/civil-rights/filing-a-complaint/index.html>, 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
<https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

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).



Molina Healthcare of Illinois
2001 Butterfield Road, Ste. 750
Downers Grove, IL 60515

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.