

# Molina's myhealthmylife

A newsletter just for Molina Healthcare of Nebraska members

Spring 2024

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**Want to earn rewards?**

Check out **page 6** for details!

# Take advantage of your benefits!

## Molina offers additional benefits to support your health and wellness.\*

- Members can get transportation to certain non-medical locations and resources like Women, Infants, and Children (WIC) appointments, the pharmacy, grocery store and more.
- Eligible members can request doula assistance during labor and delivery to provide emotional and physical support to the mother and her family.
- Earn gift cards through our Healthy Rewards program for completing healthy behaviors like preventive screenings.
- Additional benefits are listed in the Member Handbook.

*\*All value-added benefits and rewards may have exclusions or limits.*

## Save these numbers:

### Member Services

(844) 782-2018 (TTY: 711)

Monday-Friday

8 a.m. to 6 p.m. CT

### 24-hour Nurse Advice Line

(844) 782-2721 (TTY: 711)

### 24-hour Teladoc

(800) TELADOC (835-2362)

(TTY: 711)

### Nebraska Department of Health and Human Services

Toll-free: (855) 632-7633 (TTY: 711)

Omaha: (402) 595-1178 (TTY: 711)

Lincoln: (402) 473-7000 (TTY: 711)

Monday-Friday

8 a.m. to 5 p.m. CT



# Move more for your health!

**Spring is the perfect time to get moving!**

It can be hard to find time in your day to move. Everyone needs physical movement to stay healthy.

Move Your Way – by the Department of Health and Human Services – offers tools to help you and your family move.

Move Your Way offers an interactive tool to build a weekly activity plan.

Visit [health.gov/moveyourway](https://health.gov/moveyourway) for resources. No matter who you are, you can find safe, fun ways to get active – to move your way!



# Get well, stay healthy

Did you know one of the best ways to stay well is by getting annual checkups and regular screenings? This helps your doctor catch potential problems early while you have the best chances for the best outcomes.

Below is a guide for how often you should get screenings and services. Make an appointment if you or anyone in your family hasn't received these this year.



Visits needed	When they are needed
Adult preventive visits	Age 19 and older (yearly)
Well-baby visits	Six or more visits before 15 months
Baby immunizations	Series of shots before 2nd birthday
Well-care visits	Ages 3–19 years
Prenatal visits	Series of visits all the way up to delivery
Post delivery visit	7–84 days after delivery
Mammogram (checks for breast cancer)	Women 40–74 years (yearly)
Pap test (checks for cervical cancer)	Female members 16–64 years, as recommended by your doctor
Colonoscopy (checks for colon cancer)	Ages 45–75 years, as recommended by your doctor
Diabetic testing (A1c test, kidney test and eye exam)	Ask your doctor how often you need these tests
Behavioral health visit	1–7 days after discharge
Flu shot	Yearly
Dental visits	Once every six months
Vision visits	Yearly

# 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 visit.

## These tips can help you with that!

1. Make a list of your questions and concerns.
2. Bring a list of your medicines, even vitamins and herbal supplements.
3. Bring a friend or family member if you can.
4. Be open and honest with your doctor and office staff.
5. Call Member Services if you need transportation or have language needs.
6. Know your and your family's medical history.
7. Arrive on time.
8. Bring your member ID card and your state Medicaid ID card. You can also access your member ID card through the My Molina® app or [MyMolina.com](https://www.mymolina.com).





## Complete your Health Risk Screener!

Completing a Health Risk Screener (HRS) is very important. It helps us better understand your needs so we can create a plan of care that works for you and connects you to supports and services that can help.

After you take your HRS, call Member Services to let us know you completed your HRS, and we will send you a \$25 gift card. You can reach us at **(844) 782-2018 (TTY: 711)**, Monday-Friday, 8 a.m. to 6 p.m. CT.

### **Haven't done the HRS yet?**

You can call Member Services and take one over the phone. You can also fill out a copy on the member portal at [MyMolina.com](https://www.mymolina.com).

### **Get our full list of member rewards**

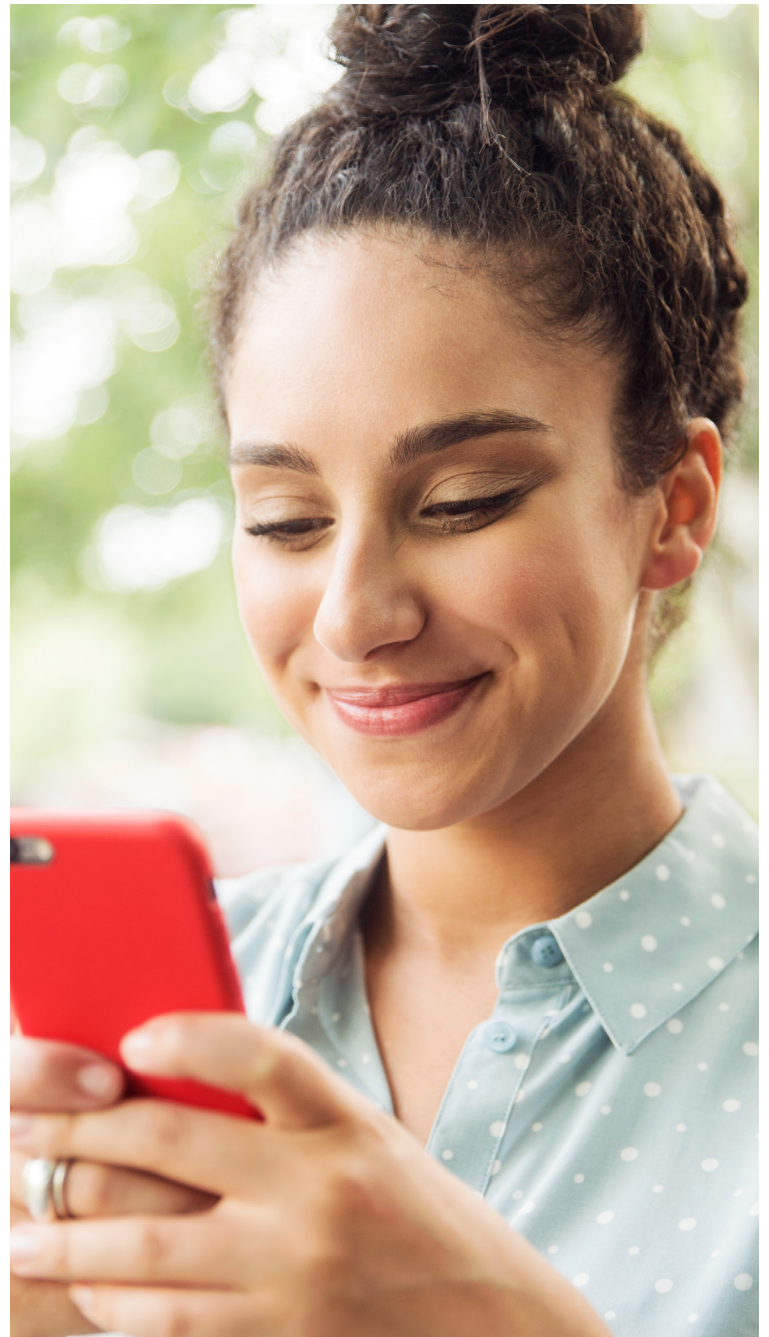
Filling out your HRS is just one way to earn rewards. To learn more about all of your healthy rewards, go to [MyMolina.com](https://www.mymolina.com).

# Molina One-Stop Resource Center is open in Omaha!

Molina is excited to offer in-person services to all Nebraska members at the Molina One-Stop Resource Center at 3301 Harney St., Omaha, NE 68131.

## At the Molina One-Stop Resource Center, you can:

- Have free internet access for employment related tasks.
- Enjoy private rooms to meet with your case manager.
- Get face-to-face assistance with accessing the member portal and value-added benefits.
- Receive in-person education about your benefits and available rewards.



## Follow us on social media!

Please follow us on our social media pages if you have not already. It is a great way to find health tips and helpful information about your plan benefits!

Facebook: [@MolinaHealthNE](#)



# Why are immunizations so important?

Immunizations are shots that help the body fight disease. Each shot fights a different disease – like chickenpox, measles or mumps. Kids need shots to keep them safe from disease and to get ready for school.

Talk to your doctor about which shots your kids need. Remember, these shots are covered at **no cost to you!**

**Here's a look at the 2024 shot schedule recommended by the Centers for Disease Control and Prevention (CDC):**

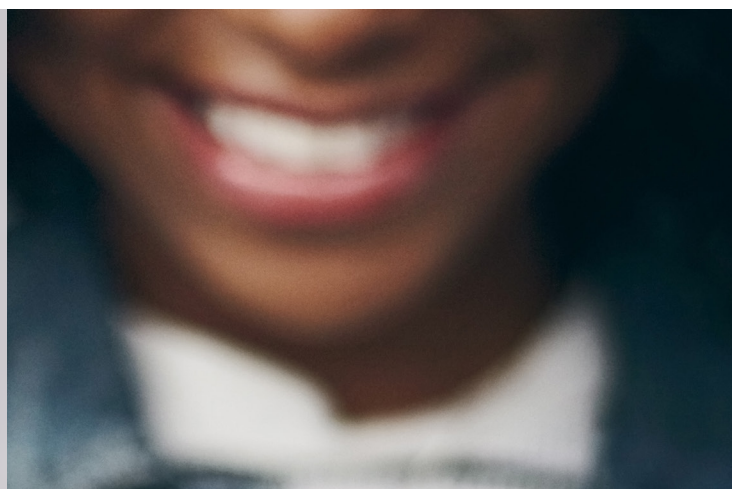


Shots your kids need	When they need them	
Hepatitis B (HepB)	<ul style="list-style-type: none"> <li>• 1st dose: Birth</li> <li>• 2nd dose: 1 to 2 months</li> </ul>	<ul style="list-style-type: none"> <li>• 3rd dose: 6 to 18 months</li> </ul>
Rotavirus (RV): RV1 (Two doses) RV5 (Three doses)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>• 3rd dose: 6 months</li> </ul>
Diphtheria, Tetanus, Acellular Pertussis (Dtap)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 months</li> </ul>	<ul style="list-style-type: none"> <li>• 4th dose: 15 to 18 months</li> <li>• 5th dose: 4 to 6 years</li> </ul>
Haemophilus Influenza Type B (Hib) (Three or four doses)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>• 3rd dose: 6 months</li> <li>• 4th dose: 12 to 15 months</li> </ul>
Pneumococcal Conjugate (PCV13)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>• 3rd dose: 6 months</li> <li>• 4th dose: 12 to 15 months</li> </ul>
Inactivated Poliovirus (IPV)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> </ul>	<ul style="list-style-type: none"> <li>• 3rd dose: 6 to 18 months</li> <li>• 4th dose: 4 to 6 years</li> </ul>
Influenza (IIV) or Influenza (LAIV)	Yearly shot (One or two doses): 6 months to 18 years	
Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> <li>• 1st dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>• 2nd dose: 4 to 6 years</li> </ul>
Varicella (VAR)	<ul style="list-style-type: none"> <li>• 1st dose: 12 to 15 months</li> </ul>	<ul style="list-style-type: none"> <li>• 2nd dose: 4 to 6 years</li> </ul>
Hepatitis A (HepA)	Two doses: 12 to 23 months	
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	11 to 12 years	
Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>• Two doses: 9 to 14 years</li> </ul>	<ul style="list-style-type: none"> <li>• Three doses: 15 years and older</li> </ul>
Meningococcal	<ul style="list-style-type: none"> <li>• 1st dose: 11 to 12 years</li> </ul>	<ul style="list-style-type: none"> <li>• 2nd dose: 16 years</li> </ul>
COVID-19	<ul style="list-style-type: none"> <li>• One or more doses of updated 2023-24 formula starting at 6 months</li> </ul>	



Get smart health plan access with your smartphone. With My Molina®, you can easily see, print or send your ID card. You can also look for new doctors, change your primary care provider (PCP) and much more – **anytime, anywhere!**

Download My Molina today **at no cost** from the Apple App Store or Google Play.



## Download the My Molina mobile app

### Search for providers

Use our advanced search options to find providers that meet your needs.

### Digital ID card

View both sides of your ID card. You can print it from the app or email a copy to your provider.

### Change your PCP

Search for and change your PCP using the doctor finder – all within the app!

### Other features

- See your benefits at a glance
- Check your eligibility
- Get in touch with your case manager
- Find a pharmacy near you
- Find an urgent care near you
- See medical records
- Call our Member Services team
- Talk with a nurse through our 24-hour Nurse Advice Line
- Get important notifications

**View our How-To video for the My Molina mobile app!**



# Focus on nutrition

## Remember to keep it simple!

Busy routines and a lack of time can make it hard to eat healthy. But did you know that simple and quick meals can still be healthy? Try these tips:

- Use bagged salads.
- Frozen fruits and vegetables make great, quick side dishes.
- Use canned chicken or tuna for a quick protein in a stir fry or salad.
- Try making overnight oats for a quick nutrition-packed breakfast (see the recipe below).



## Ways to get everyone involved in the kitchen

Kids love to help in the kitchen! Kids who help in the kitchen are more likely to try new foods, which encourages healthy eating habits.

### Kids can help with:

- Tearing leafy greens for a salad
- Picking a fruit or vegetable to go with dinner
- Stir ingredients in a bowl



## Blueberry banana overnight oats

Make it before going to bed so you can enjoy it for breakfast.

### What you need

One glass container. You might want to use a jar with a lid. The jar should be able to hold at least three cups.

### Ingredients

- ½ cup uncooked old-fashioned rolled oats
- ½ cup low-fat yogurt
- ½ cup low-fat milk
- ½ cup blueberries, fresh or frozen\*
- One small banana, sliced

*\*You can also use sliced strawberries or diced apples*



## Protect your vision

Eye exams at every age can help keep your vision strong and find common eye diseases early.

Don't forget it is important for children to get eye exams too!

Molina members under 21 years of age are eligible for one exam, lenses and frames every 12 months. Members age 21 and older are eligible for one exam, lenses and frames every 24 months.

Vision services and eyeglasses are covered benefits for Molina members.



Molina Healthcare of Nebraska (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-844-782-2018 (TTY: 711). (English)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-782-2018 (TTY: 711). (Spanish)

**HÃY CHÚ Ý:** Nếu quý vị nói tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí luôn có sẵn cho quý vị. Hãy gọi 1-855-687-7861 (TTY: 711). (Vietnamese)