

SUMMER 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.

Eyes on Good Health

Summer is here, it's important to take extra care of your eyes. The sun's UV rays, higher temperatures, and outdoor activities can pose risks to your eye health. Here are six tips to keep your eyes healthy this summer.

1. Wear Sunglasses

Sunglasses aren't just a fashion accessory. They are necessary when protecting your eyes from the harmful effects of UV rays. Continued exposure to UV rays can lead to cataracts, macular degeneration, and even cancer. Look for sunglasses that block 100% of UVA and UVB rays. Wraparound styles prevent UV rays from entering the sides of your glasses.

2. Stay Hydrated

Hydration is crucial for maintaining overall health, including eye health. Dehydration can lead to dry eyes, which can cause irritation and discomfort. If you are spending time outdoors in the heat, drink plenty of water throughout the day.

3. Wear a Hat

A wide-brimmed hat can provide extra protection against the sun's rays. It helps shade your eyes and face, lowering the risk of UV damage. This is important during peak sun hours, typically between 10 a.m. and 4 p.m.

4. Use Protective Eyewear

Wear the correct eyewear if you enjoy swimming, playing sports, or doing yard work. Chlorine can irritate your eyes, so consider wearing swim goggles. For sports and outdoor work, use safety glasses to protect your eyes from injury.

5. Schedule an Eye Exam

Regular eye exams are essential for maintaining good eye health. They can help detect issues early and ensure your vision remains sharp. Summer is a great time to schedule an eye exam.

6. Manage Screen Time

As days heat up spending more time on digital devices can cause eye strain. This is known as digital eye strain or computer vision syndrome. Follow the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something 20 feet away. This can help reduce eye strain and keep your eyes comfortable.

Avēsis has you covered

The senses play a big role in overall health and wellbeing. Avēsis offers services and products that make it easier for everyone to experience life completely, take control of their health, and easily find trusted information and care.



The Avēsis vision care program gives you the freedom to choose a provider you like at the office you prefer. You'll get the maximum financial benefit when you use a participating provider; however, we offer some out-of-network benefits depending on your plan. Reimbursement is based upon your group's benefit schedule.

Back to School Appointments

Keep your child's health up to date and complete an annual wellness visit this fall. School-aged children are likely required to complete a back-to-school physical to enroll in school or play a sport this upcoming year. Appointments will vary based on the child's age and needs, however, typically the doctor will¹:

- Check your child's height, weight, and blood pressure.
- Check your child's heart, ears, nose, and throat.
- Evaluate your child's muscles, joints, and spine.
- Discuss your family's medical history and any other health concerns.

Tips for a Successful Appointment with Your Child:

- Your child's annual back-to-school physical is a good time to talk to their doctor about any routine shots they may need, including this season's flu shot. Plan ahead and arrive with questions you may have about your child's shots.
- Need help finding a doctor for your child? Call Molina Member Services at 855-687-7861, TTY: 711. Representatives can help you find a doctor Monday through Friday, 8 a.m. to 5 p.m.
- Bring your child's Molina ID Card to their appointment. If you do not have their card, call Member Services for a replacement. While you wait for it to come by mail, you can also access an ID card via the MyMolina app.
- Be patient. You can expect to receive a routine appointment within 5 weeks of request.



Transportation

Need help getting to a medical appointment, the pharmacy, or an appointment at the Women, Infants and Children (WIC) office? Call Molina's transportation support at (844) 644-6354 for reservations, TTY/Illinois Relay Service: 711.



¹Source: <https://physiciansimmediatecare.com/services/physicals/back-to-school-physicals/>

Protect Yourself Against Respiratory Viruses this Fall and Winter

Each year, respiratory viruses are responsible for thousands of hospitalizations in the U.S.² Protect yourself and your loved ones this fall and winter by following these steps:

- 1. Stay up to date on your shots.** A flu shot is recommended for everyone six months of age and older, including pregnant women. The flu shot does not protect against COVID or other viruses. Talk to your doctor about getting the COVID shot this season. You can visit your doctor or pharmacies such as CVS or Walgreens to receive flu and COVID shots.
- 2. Practice good hygiene.** Cover your mouth and nose with a tissue when you cough or sneeze, wash your hands, and regularly clean highly touched surfaces such as countertops and doorknobs.
- 3.** If you are sick, **prevent the spread of germs by wearing a mask.**
- 4. Get tested.** Visit your healthcare provider and talk to them about a PCR test for COVID, Flu, and RSV in a single test. The results may help determine how to treat your symptoms and prevent the spread of germs.



Mobile Unit

Molina's Mobile Health Unit is bringing care to you. We are now traveling across the state to serve communities. The unit can perform health and wellness screenings. Visit our website to learn more about the Mobile Health Unit and upcoming clinic days and locations.



²Source: <https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

How to Prevent Respiratory Illnesses This Season?

RSV (Respiratory Syncytial Virus) is a virus that causes symptoms similar to the common cold. However, it can develop into something more serious. RSV can infect people of all ages but is most severe in infants and young children.

Symptoms include:

- Runny nose
- Low appetite
- Coughing
- Sneezing
- Fever
- Wheezing
- Trouble Breathing

Most infections go away in a week or two. However, if symptoms become severe, contact your child's doctor right away. These symptoms may include:

- Signs of dehydration (not having enough wet diapers/urine, dry mouth or lips)
- Trouble breathing
- Gray or blue lips, tongue or skin
- Decreased activity or alertness
- Pulling belly or throat muscles when breathing

The Centers for Disease Control and Prevention (CDC) states that RSV causes approximately 58,000-80,000 hospitalizations in children under 5 years of age.

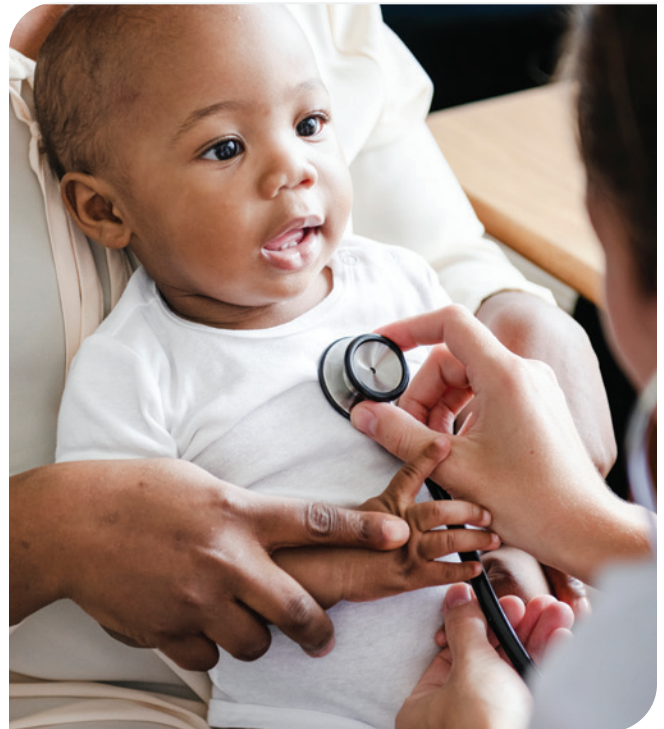
There are no good antiviral treatments for serious RSV infections at this time. The best treatment we have is through prevention. Luckily, we now have a vaccine for young children and a vaccine for pregnant individuals to protect their unborn babies.

The CDC recommends the FDA approved vaccine called nirsevimab (also known as Beyfortus) for all infants up to 8 months of age entering their first RSV season. The vaccine is recommended for children who are 8 months - 19 months who are at high risk for severe infection. The vaccine is given in a single injection in the child's thigh.

In addition, the FDA approved the Pfizer RSV vaccine (also known as ABRYSSVO) for pregnant women between 32 and 36 weeks gestational age. This vaccine gives the baby protective immunity during the pregnancy and prevents RSV infection in the unborn baby within the first six months of life.

Prevention is key! Ask your doctor if either of these vaccines is right for you or your infant!

Stay healthy and safe.



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.