

Molina's myhealthmylife

a newsletter just for New Mexico members

Winter 2024

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Get help anytime, anywhere!

Our team wants to make sure you can get the care you need to stay healthy. We work hard to help everyone get good health care, no matter how much money they have or where they live. We want to make it easy for you to get care whenever and wherever you need it. We team up with many organizations to make health care better for you and your family.



BeMe

BeMe is an app for teens with mental/behavioral health issues. It's an online tool that can help teens feel better when stressed or anxious.

How it works: The app has self-help tools, mental health coaches, and the ability to connect teens with others going through similar things.

Why it's important: It's private and at no cost. Teens can use it without worrying about their information being shared. It connects them to counselors and therapists when extra support is needed. This service is for members 13 to 19.

How it helps the community: BeMe helps teens learn how to handle their mental/behavioral health issues safely and comfortably, which can prevent bigger problems later. Visit beme.com/MHNM.



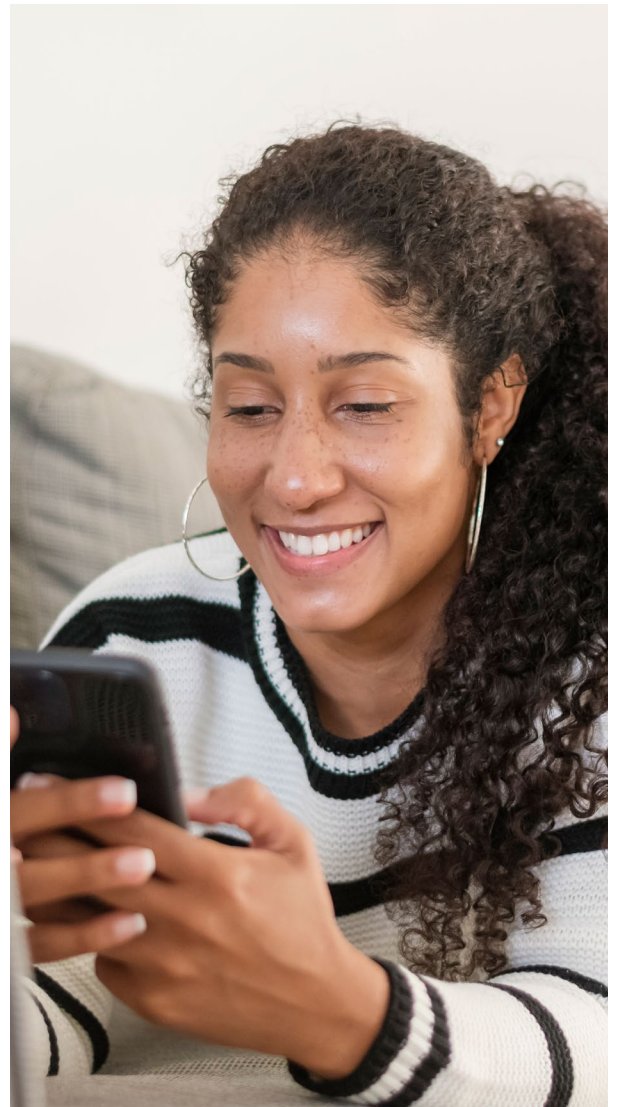
Brave Health

Brave Health is a service that helps people with mental/behavioral health issues, like stress, anxiety and substance use, through online appointments.

How it works: People can talk to therapists, psychiatrists or counselors on their phone or computer. They help with things like feeling sad, anxious or struggling with other mental/behavioral health issues.

Why it's important: Just like a physical illness, mental/behavioral health issues need to be treated. It's available for members 13 and up.

How it helps the community: Brave Health makes it easier for people to get mental/behavioral health care from home, especially if they don't have a mental/behavioral health provider nearby. Visit BeBraveHealth.com.



What is Teledentistry.com?

INTRODUCING



TELEDENTISTRY
Your Dentist, Anytime Anywhere®

Teledentistry.com gives you 24/7 access to a dentist 365 days a year through the convenience of your phone or video conference on your smartphone or computer.

It's a simple and convenient option for emergency dental care at no extra cost.

When can I use teledentistry.com?

- When you need dental care now
- If your dentist is unavailable
- If you're considering the ER or urgent care
- When on vacation, on business or away from home

How does teledentistry.com work?

- Download the Teledentistry.com app
- Access the Teledentistry.com app
- Request a video conference



Flu recommendations for 2024-2025

Getting the flu shot helps protect you from getting the flu. The Advisory Committee on Immunization Practices (ACIP) says everyone 6 months and older should get a flu shot every year if they can. This is important for people who could get very sick from the flu. This includes:

- Older people
- Young kids
- Pregnant people
- People with health problems like asthma, heart disease or diabetes

If you live with someone who is high risk, you also need the flu shot.

For the 2024-2025 flu season, the flu shots in the United States will have three types of flu viruses. The shots will protect against:

- One type of flu A(H1N1)
- One type of flu A(H3N2)
- One type of flu B/Victoria



PO Box 3887, Albuquerque, NM 87190

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ATTENTION: If you need language assistance services, they are free of charge, and are available to you. Call (866) 440-0127 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (866) 440-0127 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yáníítí'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jik'eh, éí ná hólq, kojí' hódíílnih (866) 440-0127 (TTY: 711)

Such services are funded in part with the State of New Mexico

Our grateful gathering

Molina Healthcare of New Mexico held many events all over the state to help the community during the holiday season. We had events in Albuquerque, Roswell, Clovis and Portales. At each event, we gave away 100 Thanksgiving meal bags at no cost to the first people who came. Mesa Verde and Dennis Chavez Community Centers also gave flu shots to attendees. We were happy to work with La Casa Family Health Center at the events in the eastern part of the state.

“Molina Healthcare is happy to work with Mesa Verde and Dennis Chavez Community Centers to give 200 holiday meal packages to our Albuquerque community,” said Martha Cardenas Morales, Senior Growth and Community Engagement Specialist for Molina. “Molina knows it can be hard to provide meals or have gatherings during the holidays, and we want to help make it easier for local families.”

The Thanksgiving meal bags contained cans of green beans, cream of mushroom soup, fried French onions, mashed potatoes, gravy, rolls and pumpkin pie ingredients.



Public Health Pharmacist Clinic
One Stop 822 7162
Walk-ins are welcome

The Services PHPC Provides



- | Services | Vaccines |
|--------------------------------|--------------------------|
| 1. TB Test | 1. Covid 19 |
| 2. CPR Class | 2. Flu Shot |
| 3. Smoking Cessation | 3. Hep A |
| 4. STI | 4. Hep B |
| 5. Sleep Hygiene | 5. Hib |
| 6. Reproductive Health Program | 6. MMR |
| 7. Juv. Abundant | 7. Shingles |
| 8. Low Health Club | 8. Pneumonia |
| | 9. Praxer 13 |
| | 10. Pneumococcal Vaccine |
| | 11. Tetanus |
| | 12. Tetanus Vaccine |
| | 13. Varicella |
| | 14. Meningococcal |
| | 15. Shingles Vaccine |