

Wellness, Prevention, and Health Management Programs and Services



Molina Healthcare offers these programs at no cost to you.



Health Management Programs

- Diabetes
- Asthma
- Depression
- Substance Use Disorder
- Hypertension
- COPD
- Heart Failure
- Nutrition Consults with a Dietitian

Call: **(833) 269-7830**

- Weight Management

Call: **(866) 472-9483**



Smoking/Vaping Cessation

- Nicotine Replacement Therapy is covered by Molina.
- For a list of group counseling, support groups, or classes please visit: bit.ly/3wJq2hL
- Telephonic counseling offered by **Kick It California**

smoking cessation

- **English:** (800) 300-8086 or **Text** "Quit Smoking" to 66819
- **Chinese:** (800) 838-8917
- **Vietnamese:** (800) 778-8440
- **Spanish:** (800) 600-8191 or **Text** "Dejar De Fumar" to 66819
- **Korean:** (800) 556-5564
- **Tobacco Chewers:** (800) 987-2908

vape cessation

- **English:** (800) 300-8086
Text "Quit Vaping" to 66819
- **Spanish:** (800) 600-8191
Text "No Vapear" to 66819



Diabetes Prevention Program – A mobile app program with coaches who give one-on-one nutrition, fitness, and well-being advice to members with a diagnosis of pre-diabetes.

- Medi-Cal and Marketplace members.

To learn more email Molina Healthcare at HealthEducation.MHC@MolinaHealthcare.com.



Motherhood Matters Pregnancy Program – The team will complete an assessment and help you with pregnancy resources.

- Call **(866) 891-2320**



Doula Services – Caring and helpful support during pregnancy and up to one year after pregnancy.

- Email us at MHCDoulaSupport@MolinaHealthcare.com or call our Motherhood Matters Program at **(866) 891-2320**.



Community Health Worker Program: Community health workers help you connect to resources in your community and your health plan. They can help guide you through your health care needs.

- Call **(844) 926-6590**



Dental Coordination – Call Member Services and connect with our Dental Coordinator. They can help connect you to your dentist. The number is on your Member ID card.



Housing Referral – Reach out to Member Services and connect with our Housing Specialist to get help with housing resources. The number is on your Member ID card.



Molina Help Finder – You can find resources such as food, goods, financial and legal help, and much more in your local area at: bit.ly/46uYOqr



Transportation Services – For Non-Emergency Medical Transportation, call **American Logistics** at least 3 business days before your appointment at **(844) 292-2688** or visit the website at: Molina.americanlogistics.com.



Health Education Materials

- All health education materials are posted on the Molina website at: bit.ly/3RYeGQr



Newsletters

- Health information newsletters are posted on Molina's website at: bit.ly/2liPHm9

Download the My Molina mobile app at no cost in the Apple App Store or Google Play - just search for "My Molina" or scan the QR code. With the app you can:

- Print your Molina IDcard
- Search for providers
- Change your provider
- Find a pharmacy near you
- Find an Urgent Care near you and much more.



To get this information in your preferred language or accessible format, call Member Services. The number is on the back of your ID card.