

Wellness, prevention and health management programs and services

Molina Healthcare offers these programs at no cost to you.

Lines of business the program applies to:

 Medi-Cal  Marketplace  DSNP  Medicare

Health management programs

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

- Diabetes
- Asthma
- Depression
- Substance use disorder
- Hypertension
- COPD
- Heart failure
- Nutrition consults with a dietitian

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

- Weight management

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.

To learn more email HealthEducation.MHC@MolinaHealthcare.com.

Healthy Beginnings 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 MHC DoulaSupport@MolinaHealthcare.com or call our **Healthy Beginnings Pregnancy Program** at **(866) 891-2320**.

Behavioral health and substance use

Call **(888) 665-4621** (Monday - Friday, 7 a.m. to 7 p.m.) for timely access to services or **(888) 275-8750** after hours for help getting the support you need.

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**



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 users:** (800) 987-2908

Vaping cessation

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



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.



Transportation services

For non-emergency medical transportation, call **American Logistics** at least three business days before your appointment at **(844) 292-2688** or visit the website at:

Molina.americanlogistics.com.



Molina Help Finder

You can find resources such as food, goods, financial and legal help and much more in your local area at: MolinaHelpFinderCA.com.



Health education materials

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

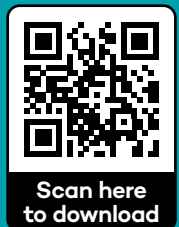


Newsletters

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 ID card
- Find a pharmacy near you
- Search for providers
- Find an Urgent Care near you and much more.
- Change your provider



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