

Summer Tips

The summer months are more fun when we are safe. Here are some tips to help you and your family enjoy the outdoors this summer.

Drink Water



- Make sure you drink at least 8 glasses of water daily, even if you aren't thirsty. Try to limit drinks that are very sweet.

Provide healthy snacks



- Providing the right snacks to children will keep them healthy. Fruits and veggies are great choices!

Swim Safely



- Water safety is important. Always watch children around bodies of water.

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Protect Your Skin



sunscreen

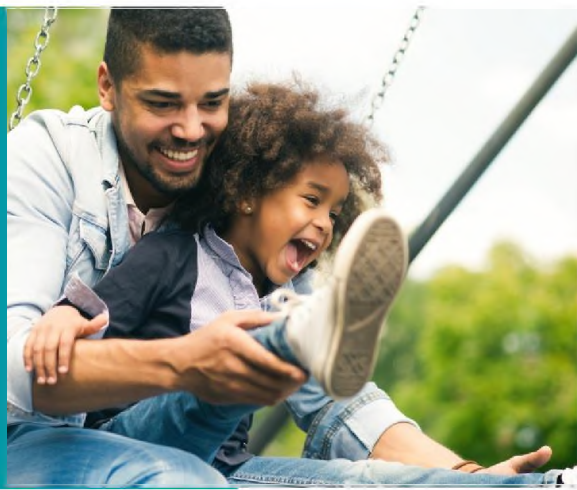
- The best way to protect your skin is to cover up with sunscreen, shade, and clothing. Wear sunscreen that is SPF 15 or higher. Sunscreens works better when reapplied every two hours.

Schedule Health Exams and Shots



- Schedule routine appointments for yourself and your family. Summer is a good time for visits to the doctor because school is out. Summer is also a good time to prepare for flu season by getting the flu vaccine.

What is a well child check-up?



A well child check-up is a doctor's visit for your baby, child or teen. The doctor will make sure your child is doing well. Check-ups are helpful, even if your child is strong and healthy. Going to the doctor is the best way to stop or treat health problems.

During your child's visit to the doctor, your child may have:

- A health exam
- Eyesight and hearing tests
- Height and weight measured
- Shots (if needed)

If you need help scheduling appointments, call Member Services at [\(866\) 472-4585](tel:8664724585) (TTY: 711).

Getting care with a primary care physician (PCP)

Seeing your primary care physician (PCP) is a great way to stay healthy. Your PCP is a doctor you can see when you are healthy or sick. To schedule a visit with your PCP:

- Call your PCP's office early in the day. Look for your PCP's name and phone number. You can find it on the front of your Molina Member ID card or call Member Services at [\(866\) 472-4585](tel:8664724585) (TTY: 711).
- Tell the person who answers that you are a Molina Member.
- Tell the person that you want to make an appointment with your doctor.
- Tell the person why you need to see the doctor.
- Write down the time and date of your appointment.

Health Education Programs

Have you heard about our health education programs?

At Molina, we have special programs to help you stay healthy. We have a team of nurses and social workers ready to serve you. They are called case managers. They will give you extra attention if you have conditions like:

- Asthma
- Chronic Obstructive Pulmonary Disease
- Diabetes
- High Blood Pressure
- High-risk Pregnancy
- Sickle Cell Disease
- Other serious illness

Are you ready to get the most from your membership? Download the My Molina[®] mobile app today!

My Molina[®] is your health care assistant, designed to make your life easier. It can give you the important information you need! The best part is My Molina[®] goes with you – wherever life takes you!

With My Molina[®], you can:

- See and use a digital version of your member ID card
- Look for doctors
- Change your primary care provider (PCP)
- Track your health goals
- Find out about extra benefits and rewards

And more!

With My Molina[®], you can access your information at any time or place! Get connected and stay there – even when you're on the move!



Molina Healthcare of Florida is a Managed Care Plan with a Florida Medicaid contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the Managed Care Plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, and/or co-payments/co-insurance may change. Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

● Questions about enrollment? Call Choice Counseling at [\(877\) 711-3662](tel:8777113662) (TDD: (866) 467-4970) Monday – Thursday 8:00 a.m. – 8:00 p.m., Friday 8:00 a.m. – 7:00 p.m.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call [\(866\) 472-4585](tel:8664724585) (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al [\(866\) 472-4585](tel:8664724585) (TTY: 711). ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele [\(866\) 472-4585](tel:8664724585) (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số [\(866\) 472-4585](tel:8664724585) (TTY: 711).