

SUMMER 2022

Health and Wellness Newsletter



Get the Care You Need

See your provider for a yearly checkup.

Molina wants you to stay up to date with your preventive health screenings and services. It is important to talk to your doctor about what health screenings you need. Visit your provider even if you feel healthy.

Why are health screenings important?

Health screenings may help stop certain diseases before they start. They may also help find health problems early. If you have a health problem, your provider can help you manage it.

Your age, health, family history, and other factors affect how often you need to visit your provider. Regular preventive visits may help keep you healthy.

Get rewarded for getting your needed healthcare screenings. See the information on our incentives below.



In This Issue

Get the Care You Need	1-2
Manage Your Diabetes	2-3
Back to School	3-4
How to use the Avēs Provider Directory	5
Non-Discrimination and 1557	6-7

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.

Service	Who should get it	How often?	Member Reward
Pap smear/ HPV Tests	Female members age 21-64	1 every 3 years	\$100 Gift Card
Mammogram	Female members age 50-74	1 every 2 years	\$100 Gift Card
Prenatal Visit	Pregnant members in the first trimester or within 42 days of becoming a Molina member	1 prenatal visit in the first trimester	<ul style="list-style-type: none"> • \$50 Gift Card • Bump Box
Postpartum	Members who have recently delivered a baby	7-84 days after delivery	<ul style="list-style-type: none"> • \$50 Gift Card • Bump Box
Well Baby Visit	<ul style="list-style-type: none"> • Babies 0-15 months old • Babies 15-30 months old 	<ul style="list-style-type: none"> • 6 visits in the first 15 months • 2 visits between 15-30 months 	<ul style="list-style-type: none"> • \$10 Gift Card per visit up to \$60 • \$10 Gift Card per visit up to \$20

Your Molina benefits also cover transportation to and from the doctor. Please schedule your appointment today! If you need a ride to your doctor's visits or the pharmacy to pick up your medications, call Member Services.

Manage Your Diabetes

What is diabetes?

Diabetes occurs when your body either fights the effects of insulin or does not make enough insulin to keep a normal blood sugar level.

How can you manage your diabetes?

- Take your medicine as directed by your provider.
- Monitor your blood sugar levels at home and track your results.
- Check your blood pressure regularly.
- Exercise regularly; talk to your doctor about an exercise program.
- Maintain a healthy weight. If you need help handling your weight, talk with your Molina Case Manager or call Member Services. They can provide information on nutrition services.
- See your doctor regularly to manage your diabetes. The chart below may help you track your visits with your doctor.



Every Office Visit

- Blood Pressure
- A brief foot exam
- Weight check

Every 3-6 Months

- Blood test to measure blood sugar control (A1C)

Manage Your Diabetes

Every 6 Months

- Dental Visit to check teeth and gums

Once a Year

- Retinal eye exam with dilation
- Blood test to measure cholesterol levels
- Complete foot exam
- Urine test to measure protein from your kidneys

Back to School Checklist

- ✓ School supplies
- ✓ Clothes
- ✓ Back to School Check up
- ✓ **Vaccinations!**

The start of the school year is a great time to make sure that your child's vaccinations are up to date. Vaccines are the best tools that we have to prevent serious childhood illnesses.

Did you know that there is a vaccine that may prevent certain cancers?

The HPV vaccine prevents infections caused by the Human Papilloma Virus (also known as HPV). This is a virus that has been shown to cause certain cancers in the head and neck area.

HPV viruses have also been shown to cause cervical cancer.

This vaccine is available to all children ages 9-12 before they are exposed to the HPV virus.

Don't Lose your Health Coverage!

Medicaid members! Don't risk losing your health insurance. Update your address with Illinois Medicaid.



Illinois Medicaid needs to send you paperwork. To keep your health insurance, use an address where mail can always reach you.

Updating your address is easy, fast and free. Call **877-805-5312** from 7:45am-4:30pm or visit www2.illinois.gov/hfs/address. If you use a TTY, call **1-877-204-1012**.



Did you know that there is a COVID-19 vaccine available for ALL children ages 6 months and older?

After almost 2 years since the pandemic started, we finally have a vaccine to protect babies and young children from COVID-19. Getting a COVID-19 vaccine is a safe way to build up your child's immune system. In most cases it stops them from getting really sick from COVID-19 and needing to be in the hospital.

Help keep your child healthy this school year and talk to your child's doctor about what vaccines they should receive. Your Molina benefits cover all of these vaccines for your child. If you need help finding a doctor to get your child vaccinated, contact Molina's Member Services.

Finding a Dental or Vision Provider using the Avēsis Provider Directory

Steps to find a Provider using our portal

1. Click here: <https://www.fap.avesis.com/molinail/provider/search>.
2. Select your plan type.
3. Enter your location or click "Use my current location." If the latter, you may have to adjust browser settings.
4. Enter your accepted radius.
5. Optional: Enter Provider or Office Name.
6. Click Search.

You can:



- Narrow your search using the filters on the left
- Sort by distance or name
- Add providers to your favorites while you search, then click “My favorites” to see your narrowed list
- Download the full directory if you wish

If there are providers who meet your criteria, you should see something like this:

150 Results Found.

Before you visit any provider, we recommend you call ahead to confirm their network participation.

Clear All Filters Sort By: Distance Results Per Page: 10

Yes
 Accepting New Patients

Specialties

- Orthodontics and Dentofacial Orthopedics
- General Practice
- Dental Public Health
- Endodontics
- Oral & Maxillofacial Surgery
- Dentist
- Family Medicine - Family Medicine
- Periodontics
- Pediatric Dentistry
- Prosthodontics
- Student in an Organized Health Care Education/Training Program - Student in an Organized

COSANTINO, ASHLEE L, DDS
Lurie Group Westchester Outpatient Surgery
2301 Enterprise Dr
WESTCHESTER, IL 601545802
(800) 543-7362
Accepting New Patients
Within 3 miles
Pediatric Dentistry

JURADO, RAY J, DDS
Lurie Group Westchester Outpatient Surgery
2301 Enterprise Dr
WESTCHESTER, IL 601545802
(800) 543-7362
Accepting New Patients
Within 3 miles
Pediatric Dentistry

KUTTAB, JOHNNY, DDS
Lurie Group Westchester Outpatient Surgery
2301 Enterprise Dr
WESTCHESTER, IL 601545802
(800) 543-7362
Accepting New Patients
Within 3 miles
Pediatric Dentistry

QUADRI, FATIMA Z, DDS
Pillars Community Health
27 Calendar Ave
LA GRANGE, IL 605256327
(708) 745-5277
Accepting New Patients
Within 3 miles
General Practice

[My Favorites](#) [Print Page](#) [Download Full Directory](#)

Clicking on a provider will display a screen like this:

En español

COSANTINO, ASHLEE L, DDS

[Report Inaccurate Information](#)

Accepting New Patients
Yes

Specialties
Pediatric Dentistry

National Provider Identifier (NPI)
1790910065

License Number
019027926

Patient Minimum Age
0

Patient Maximum Age
999

Gender
Female

Languages Spoken
English

Accessible Location
Yes

Email Address
No Email Provided

Website Address
N/A

Office Hours

Mon	8:00AM-5:00PM
Tues	8:00AM-5:00PM
Wed	8:00AM-5:00PM
Thurs	8:00AM-5:00PM
Fri	8:00AM-5:00PM
Sat	CLOSED
Sun	CLOSED

2301 Enterprise Dr
WESTCHESTER, IL 601545802

no small provided [Get Directions](#)

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://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, 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 <http://www.hhs.gov/ocr/office/file/index.html>.

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).



Your Extended Family.

Molina Healthcare of Illinois
1520 Kensington Road, Suite 212
Oak Brook, IL 60523

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.