

SPRING 2022

Health and Wellness Newsletter



Pregnancy and Your Teeth

What To Expect When You Are Expecting

About three out of four pregnant women have gingivitis. This is swelling of the gums. It makes them more likely to bleed. It can also lead to gum disease, infection, and even bone loss.¹ Changing hormones, morning sickness, and changed eating habits can cause this health issue. This is only the effect on pregnant mothers. Gum disease can also affect your baby before and after birth.

Kids whose mothers have tooth decay are three times as likely to have tooth decay.² That is why tooth care is so important. This includes brushing and treatment of tooth decay.

The trouble for children starts before they are born. Untreated gum disease affects your whole body. It can allow bacteria to move through your system. This can increase your risk of giving birth early or having a baby with a low birth weight.²

Visits to the doctor can be hard during this time. Did you know your dentist can give you care that no other doctor can? You should visit the dentist every six months. Rest assured that dental x-rays are safe. Most topical and dental pain medicine is safe too.³

Continued on Page 2.

In This Issue

Pregnancy and Your Teeth . . .	1-2
Heart Health	2-3
Updating Your Address	4
Non-Discrimination and 1557	5-6

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.

Continued from Page 1.

To keep your mouth in the best shape:²

- Brush twice daily with fluoride toothpaste.
- Drink tap water with fluoride.
- Ask your dentist how to manage or prevent dental problems.



Avêsis and Molina IL have created our Expectant Mothers program to help reduce the risks created by untreated gum disease. Pregnant Molina members can call **855-704-0439** to help set up dental care. This program helps pregnant Molina members schedule their dental visits. Once members receive dental care, they can also receive a diaper bag kit that includes oral health tools for their baby.

Heart Health

One way to stay healthy is to cut down on your risks for developing heart disease. Some risks are out of your control, like age or family history. Other risks may need supervision, such as conditions like diabetes and obesity.

What is cholesterol and why does it matter?

Cholesterol is a waxy, fatlike substance formed in the liver. Some of our cholesterol comes from the foods we eat. It is then carried through blood on proteins (HDL and LDL). It is important to do what you can to lower bad cholesterol and raise good cholesterol. When the body has too much LDL cholesterol, plaque can build up on the walls of blood vessels. This may block blood vessels. If the blocked artery can't supply blood to the heart or brain, a heart attack or stroke can happen.



Tips for Heart Health

Your diet can affect your bad cholesterol. Avoid fast foods, processed foods, red meats, fried foods and other foods with saturated fats. Eat more beans, nuts, whole grains, apples and citrus fruits and fatty fish. Staying at a healthy weight can help your cholesterol as well. If diet and exercise do not get you to your cholesterol goals, you may need to take a medicine that is prescribed by your doctor. These medications can be very effective. If you need help with your diet and want to talk to a nutritionist, Molina offers these services as part of your Molina coverage. Call Member Services for more information.

What can I do?

Schedule an annual wellness visit with your primary care provider (PCP). When you are at your visit, you can talk to your doctor about your heart health. Most adults should have a cholesterol check at least every 4-6 years. If risks are high, your doctor may ask for checks more often. The check is done through a “fasting blood draw.” It is important to discuss the results of the check with your doctor. Your doctor can help you set LDL and HDL goals. If you need help scheduling an appointment or finding a PCP, call member services.

Continued on Page 4.



Continued from Page 3.

Blood Pressure

Blood pressure is also very important to heart health. High blood pressure may put pressure on all your organs and may cause strokes, kidney failure and/or other serious problems. If you have hypertension, or high blood pressure, you may be eligible for a **FREE** blood pressure monitor. Call Member Services for more information. Keep an eye on your blood pressures daily and report them to the doctor.

What else can I do to stay ahead of heart disease?

- If you smoke, quit. Talk to your doctor about medication to make it easier. Molina can help you quit smoking, for more information call **866-687-7861**.
- Be physically active. Exercise is one of best things you can do for heart health. Talk to your doctor about how much exercise is safe if you have a serious heart condition.
- Plan meals in advance and eat healthy foods.

Manage stress. Stress has a direct effect on your body chemistry. Getting enough sleep and exercise are two ways to help.



Updating Your Address with Illinois Medicaid (HFS)

Have you moved in the last two years? Do you have a new mailing address?

Don't take a chance on losing your health insurance.

Please make sure you update your address and phone number with Illinois Medicaid! The Illinois Department of Healthcare and Family Services (HFS) needs to send you paperwork for you to keep your benefits.

Please be sure to use an address where mail can always reach you. It is important to complete the paperwork sent to you from Illinois Medicaid. Medicaid pays for your healthcare, like your doctor visits and medications.

By updating HFS with your new address and phone number, you can avoid interruptions of your health coverage, and receive important updates.



If you are a Molina Member and need to update your address:

1. Visit [Molinahealthcare.com](https://www.molinahealthcare.com), go to Members, select your state (Illinois) and language. After that click the “Update Now” button under the messaging “Don’t Risk Losing Your Health Insurance. Update your address.” This will lead you to the HFS website where you can complete the Medicaid Address Form.

OR

2. Call **877-805-5312** from 7:45 a.m. to 4:30 p.m. The call is free. If you use a TTY, call **1-877-204-1012**. Or please visit www2.illinois.gov/hfs/address.

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.