

SUMMER 2023

Health and Wellness Newsletter



It's not too early to get your flu shot!

Flu season usually starts in October and can last through May of the following year. It peaks between December and March.

The flu is a contagious respiratory illness that is caused by the influenza viruses. These viruses can infect the nose, throat, and lungs. Children, pregnant people, people over the age of 65 and those with certain chronic health conditions such as asthma, diabetes and heart disease are at high risk for developing complications from the flu.

The best way to decrease your risk of being sick from the flu or having a serious complication from an influenza infection is to get a flu shot!

The flu shot is available for anyone 6 months of age or older.

Common questions about flu shots

1. I had a flu shot last year. Do I need to get one again this year?

Yes, the flu shot needs to be given each year because the dominant strains of the influenza virus change each year.

2. Can I get the flu from the flu shot?

No. The flu vaccine contains inactivated virus or a particle that is designed to look like the flu virus. There is a nasal spray flu vaccine that does contain a live virus, but the virus has been changed so it cannot give you the flu.

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All newsletters are also available at [MolinaHealthcare.com](https://www.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.

3. I never get the flu, so why do I need to get a vaccine?

Consider yourself lucky for never getting the flu! However, if this is the year you get the flu, the flu vaccine can prevent you from becoming really sick and possibly cause you to miss work or worse yet, become hospitalized. Also, getting a flu vaccine helps you from spreading the flu to others who cannot get a flu vaccine, such as infants less than 6 months old or people with weakened immune systems.

4. I got a flu shot last year and I still got the flu. Why should I get a flu shot this year?

It takes 2 weeks after getting a flu shot for your body to make antibodies which help fight off an infection. Although the flu shot doesn't protect you 100% of the time from getting the flu. Depending on when you get

the flu shot, it reduces your risk of having a severe infection or being hospitalized with a complication.

5. Will the flu shot prevent me from getting COVID?

No. The virus that causes the flu is different from the virus that causes COVID. If you haven't gotten vaccinated (or a booster shot) with a bivalent COVID vaccine, don't delay! You can get a COVID vaccine at the same time as your flu shot.

6. Where can I get a flu shot?

You can get a flu shot at your doctor's office, local health department or pharmacy. You can also call Molina Member Services at **(855) 687-7861** to find a location nearest you.

Get your child's back-to-school physical!

Well-child visits are important to track your child's growth and development. During these visits their health care provider can give helpful advice on any needed immunizations (shots) and tests.

Your child's school may require an updated shot record before coming back to school. Check with your child's doctor to ensure they are up to date on their shots. If they are missing any shots, your doctor can help with getting back on track.

Birth	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	24 Months	30 Months
								Influenza**	
Hep B	Hep B				Hep B				
	Rotavirus	Rotavirus	Rotavirus						
	DTaP	DTaP	DTaP			DTaP			
	HiB	HiB	HiB		HiB				
	PCV	PCV	PCV		PCV				
	IPV	IPV			IPV				
					MMR				
					Varicella				
							Hep A		

■ Shaded boxes show shots that can be given during the listed age range.

*Your doctor may also recommend the COVID19 vaccine which is available to infants who are 6 months or older.

**Two shots starting at 6 months of age to protect against viruses that can cause the flu.

Get the care you need

See your doctor 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 doctor at least once a year, 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 keep you healthy.

Get rewarded for getting your needed healthcare screenings! See the information on our 2023 rewards below.



Service	Who should get it	How often?	Member Reward(s)
Pap Smear/HPV Tests (Cervical Cancer Screening)	Female members aged 21-64	1 screening every 3 years*	\$100 Gift Card
Mammogram (Breast Cancer Screening)	Female members aged 50-74	1 mammogram every 2 years*	\$100 Gift Card
Prenatal Visit	Pregnant members in their first trimester or within 42 days of becoming a Molina member	1 prenatal visit in the first trimester of pregnancy	<ul style="list-style-type: none"> • \$50 Gift Card • Bump Box
Postpartum Visit	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(s)	<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 of life • 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)

*A member's doctor may schedule these screenings more often, depending on the member's needs. Members can claim these rewards once per eligibility period.

After completing your screening(s), visit the Illinois Member Rewards page on MolinaHealthcare.com for information on how to claim your reward(s).

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

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).



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.