

Molina's myhealthmylife

a newsletter just for Kentucky members

Fall 2024



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Automatic Refills of As Needed Medicines by Your Pharmacy is Not Best Practice

Passport by Molina Healthcare is aware that some pharmacies automatically refill medicines that you may be taking just on an “as needed” basis without your approval. Pharmacies auto-refilling medicines is not a best practice because these are medicines that most people don’t need refilled every month.

Keeping extra medications that you don’t need to use right now is not a good idea. Medicines can fall into the wrong hands, expire, and lose their effectiveness when stored at home for a long time. Sometimes, having extra medicines in the home can lead to confusion on what to take, how and when.

We want you to take charge of your health care. Talk to your pharmacist about the medicines you only take “as needed.” Ask the pharmacy not to auto refill your prescription. Your pharmacy should ask you when you want a refill instead, and you can approve refills when you are running low on the medicine at home and need to take it.

This advice does not apply to medicines you take every day.



Healthy Eating

– Diabetes and hypertension

Healthy Eating can sometimes be a challenge, but if you can think of it as making healthy changes rather than using the word “diet”, it can feel like a more positive lifestyle change.

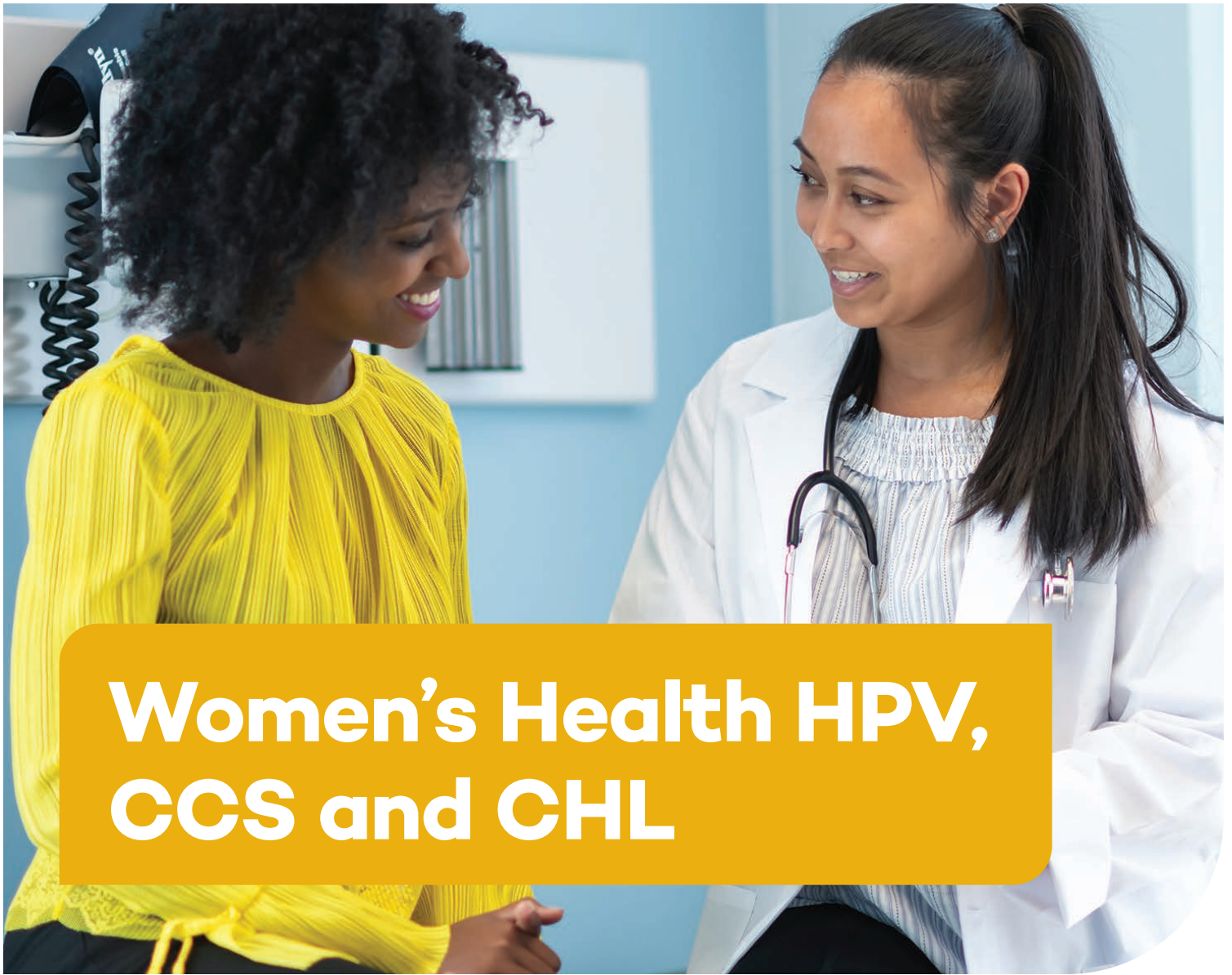
Healthy eating includes a variety of good foods within moderate amounts. Try balancing using healthy foods like non-starchy vegetables, lean protein, fruits, calcium, and Vitamin D. It is always suggested to limit sugar.

Helpful Tips:

- Pay attention to portion size. Use small plates, chew slowly, and do not put platters of food on table for easy reach. When eating out, ask for only half portions, and then ask for the other half of the meal to be put in a takeout holder right away, or even share it with a dinner partner.
- Read the nutrition facts on packaged food and know the number of calories, fat, sodium, and other nutrients per serving.
- When trying to manage blood sugar, do not eat too many carbohydrates or meals that are too large and do not skip meals. It is suggested that you eat 3 small meals and 2-3 healthy snacks throughout the day. It is important to not skip meals to help maintain stable blood sugar levels.

Always check with your primary care physician, or a registered Dietician about any diet changes, even if they are healthy changes. There are many resources that your provider may be able to offer.

Balancing your healthy eating habits does not mean you have to give up eating delicious foods, but gradual healthy adjustments can make a big difference.



Women's Health HPV, CCS and CHL

Cervical Cancer Prevention

Human papillomavirus, also known as HPV, is one of the leading causes of cervical cancer and can cause 5 other types of cancer. Luckily, there are vaccines available starting at age 9 for both girls and boys to prevent HPV. Cervical cancer can be caught early through routine screening by a pap smear or pap test which checks for abnormal cells. Girls should start seeing a gynecologist between the ages of 15- 20 years old. If you have a cervix, you need to start getting a pap smear at 21 years old and sometimes sooner. Talk to your doctor about when you should get the HPV vaccine and when you can have a pap smear test. At your yearly visit, your doctor may also order a universal urine screening for STI's such as Chlamydia and Gonorrhea.

Mammograms, colon cancer screening, and bone measurements

It is now recommended that you get a yearly mammogram starting at age 40. This test can find breast cancer at an early, treatable stage. You should continue to see your gynecologist for routine exams. Colon cancer screening, starting at age 45, is to catch colon cancer at an early treatable stage. For many people, this test can be done at home with a Cologuard every three years or a FIT test yearly. Another option for colon cancer screening is a colonoscopy, which is done every 10 years unless otherwise directed by your doctor. Ask your doctor which option is best for you. Starting at age 65 your doctor may also suggest a bone measurement test. This test is done to check for osteoporosis.



Healthy Rewards

- Complete a yearly Health Risk Assessment (HRA) to earn a \$25 gift credit.
- Members ages 9-12 who receive 1st HPV vaccine are eligible for a \$20 reward, members ages 9-12 who receive the 2nd HPV Vaccine receive an additional \$30 reward.
- Complete a yearly preventive visit with your primary care doctor and earn a \$25 gift credit.
- Women 16-24 years old who have a yearly chlamydia screening can earn a \$25 gift credit.
- Women 21-64 years old who get a yearly pap test can earn a \$25 gift credit.
- Women 45-75 years old who get a colon cancer screening test can earn a \$25 gift credit.
- Women 40-74 years old who get a yearly mammogram can earn a \$25 gift credit.
- Pregnant women who attend timely prenatal and postpartum visits can earn \$125 in maternity credits toward an infant, child or booster seat, formula, portable cribs, diapers and more.

Sources

<https://www.cdc.gov/reproductive-health/women-health/>, <https://www.cdc.gov/reproductive-health/teen-pregnancy/teens.html>, https://www.cdc.gov/wtc/fs_cervical_cancer.html, <https://www.cdc.gov/breast-cancer/screening/>

A photograph of a family embracing outdoors. A woman in an orange top is hugging a man in a green shirt from behind. A young girl in a white top is hugging the woman. They are all smiling and appear to be in a festive outdoor setting with plants and a brick wall in the background.

Taking care of your Mental Health During the Holidays

While the holiday season is most often thought of as a happy, joyous time, it can be a source of worry and depression for many people.

Holiday depression and worry can come and go or last the whole season, can affect anyone, and can be caused by many reasons. Mental health during the holidays can be changed by stress, loneliness, grief, family issues, and seasonal depression.

Busy schedules, money issues, shorter days and darker nights, and grief can worsen mental health problems or even lead to new mental health issues.

Some symptoms of holiday depression and worry are:

- Sadness
- Worry
- Lack of energy
- Envy or jealousy
- New or increased substance use
- Being more tired than normal and/or sleeping problems
- Becoming angry easily
- Physical symptoms such as shakiness, headaches, increased heart rate
- Loss of interest in activities
- And many others

The holidays can be tough, but there are ways to cope and enjoy the season. Some ways are:

- Take pressure off yourself- only do what you can and want to do
- Limit time on social media
- Exercise – try to get at least 30 minutes a day.
- Eat healthy – aim for 5 servings of fruits and vegetables daily
- Limit alcoholic beverages
- Practice your faith for a source of comfort
- Talk with family and friends for support
- Seek professional help

The holidays can be challenging, but there are ways to get through the season and help is available. This season take charge of your mental health and take care of your whole self.

Source: <https://health.clevelandclinic.org/holiday-depression-and-stress>



Talking with People Who Have Different Values

Having conversations with family and friends around sensitive topics like politics, religion, racism, etc. can put a strain on relationships. As stated by the American Psychological Association, 66% of Americans feel stressed by today's political climate. With a major national election this fall, it's a good time to review tips for having positive discussions with people in our life who hold different values or opinions.



- **Find areas where you agree.** Before reacting to someone who has a different opinion, listen for shared concerns. For example, you may have different views on firearms, but share a concern for keeping your kids safe and healthy. Knowing what you share can make the areas of conflict less intense.
- **Be open and kind.** Avoid personal attacks and remember to treat the person as someone you care about even if you disagree with some of their values.
- **Keep calm and accept that you may not change the person's mind.** Use the conversation as a chance to share your views, but do not expect to change the other person.
- **Be proactive.** If you're concerned about difficult conversations at family or social gatherings, plan activities that focus on what you share in common. Play a game, watch a movie, or look at old photos together.
- **Know when to end the conversation.** If you sense a lot of tension around a topic, then it's probably best to end the conversation peacefully. Saying something like, "I don't want to argue with you, let's talk about something else" may be the best option.

Resources:

American Psychological Association "Managing conversations when you disagree politically: Helpful tips to guide conversations about sensitive topics in a more positive direction".

Managing conversations when you disagree politically (apa.org)

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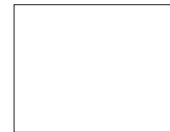
Passport representatives have been busy this summer connecting with members in the communities you live in!

For more information about where you can find us in the field, visit <https://PassportHealthPlan.com/Events>





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Flu & RSV

As students return to school and we get ready for fall and winter, get your whole family up to date on vaccines for common winter illnesses. Vaccines are shots that help the body fight viruses and disease. Each shot fights a different illness like influenza (flu), respiratory syncytial virus (RSV) and coronavirus (COVID). Flu and RSV are considered seasonal illnesses and its more common to get vaccinated for these during the fall or winter months. Coronavirus vaccines are updated more often and it's important to get the latest shot.

Infants, children, and older adults need shots so their bodies can fight harder against illness and prevent problems. Your doctor can tell you which shots you or your child needs to stay healthy. These shots are covered at no cost to you no matter where you go to get them.



Starting July 15, 2024, members ages 5 and older can get vaccines at your local pharmacy. To learn more about what vaccines are suggested at what ages you can visit:

<https://www.cdc.gov/vaccines/vpd/rsv/index.html>

<https://www.cdc.gov/flu/prevent/flushot.htm>

<https://www.cdc.gov/covid/vaccines/>