



Molina Health care means treating the whole you

Molina is invested in providing high-quality health care. We put the health and well-being of our members first. We have given quality care to Californians for over 40 years.

We are dedicated to:

- Treating our members with kindness and respect
- Lifting barriers to needed care
- Making sure all members get the support they need to attain the best health outcomes

We believe:

Healthy people can help themselves and others. Healthy people build stronger and more vibrant communities.

To learn more about our benefits, call Molina Member Services at **(888) 665-4621 (TTY: 711)**.



Crisis resources

Do you need to talk to someone? Below are a list of resources you may find helpful:

National Suicide and Crisis Lifeline (open 24/7)

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers. They give free and confidential emotional support to people in suicidal crisis or emotional distress. They are open 24 hours a day, 7 days a week in the United States.

- Call or Text **988**
- Chat online: suicidepreventionlifeline.org/chat

211

Dial 211 to speak with a caring, trained community specialist. They will help you find support and services in your area.

Trans Lifeline

Call if you need someone to talk to. Call even if you're not in crisis.

- Call **(877) 565-8860**
- Or visit translifeline.org

Trevor Project

Information & support to young people 24/7; to reach, you may:

- Call **(866) 488-7386**
- Text **'START'** to **678-678**
- Chat at thetrevorproject.org/get-help/

Call 911 in an emergency.

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Be free. Be well. Be you.

At Molina, we take pride in caring for the whole you.



Finding the right provider

A primary care physician (PCP) is a health care provider. They serve as the first point of contact for your care.

Your PCP provides a wide range of health services such as:

- Preventive care
- Finding and treating serious and ongoing health concerns
- Managing chronic conditions
- Referrals to specialists

Having a regular PCP is important. It can help maintain your health and prevent illness.

If you need help finding a PCP who is right for you, call Member Services at: **(888) 665-4621 (TTY: 711)**.

You may also find a PCP using our Online Provider Directory. You can search for providers who are best for you.

MolinaProviderDirectory.com/CA.

* Please call Molina Member Services to confirm the provider is accepting new members.



We are here to see the community thrive

Some of our members face unique health disparities. They face higher:

- Rates of depression
- Risks for certain types of cancers

You are not alone. Molina is here to help you through your health care journey. You will be given specialized case management services. Just ask.

We have care managers who are sensitive to the needs of our members. They can help you reach your unique health care goals.

Visit MeetMolinaCA.com to learn more or call us at **(888) 665-4621 (TTY: 711)**.

To get this information in other languages and accessible formats, please call Member Services at **(888) 665-4621 (TTY: 711)**.



Individualized health care

Molina provides special medical care made for each member.

We want to care for your health and wellness in a way that fits your needs so you can stay healthy and feel your best.



Please call Member Services at **(888) 665-4621 (TTY: 711)** to confirm your benefits.

Some services may require prior authorization (PA).

