

Molina's myhealthmylife

Health and Wellness Newsletter

Winter 2025



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To get this information in your preferred language or accessible format, please call Member Services.

The number is on the back of your member ID card.



Managing the Holidays: Staying Healthy and Happy

The holiday season is a time to celebrate family and friends and enjoy tasty food and drinks. It can also lead to overeating and drinking, which can impact our physical and mental well-being. Rich holiday foods and drinks can lead to health issues such as weight gain and affect our blood sugar levels. It can also affect our mood and lead to feelings of guilt and anxiety.

Tips for Healthy Holiday Celebrating:

- **Set Healthy Boundaries:** It is ok to treat yourself, but set limits on portions where you can. Choose smaller plates, and limit desserts so you can still enjoy the flavors without overdoing it.
- **Focus on healthy choices first:** Fill your plate with healthy choices first, such as vegetables and lean proteins.
- **Stay hydrated:** Drink lots of water, especially if you are enjoying alcoholic drinks. Drink alcohol in moderation. Increased alcohol drinking during the holidays can blur the line between social drinking and dependence.
- **Stay active:** Make activity part of your holiday routine. Whether it is a walk with family after meals, fun outdoor games, or dancing at a holiday party, keeping active can help balance the extra calories.
- **If you have diabetes,** check your blood sugar more often. If you would like to speak with a Dietitian for guidance, please call **(833) 269-7830**. They can help you with a personal eating plan.
- **Make time for yourself:** The holiday season can be busy and stressful. Take time for self-care and do something you enjoy just for yourself.



Mental Health Check-In

Stress and overindulgence during the holiday season can impact our mental well-being. If you or a loved one is feeling overwhelmed, anxious, or isolated, it is important to seek support. Reach out to your provider or call Member Services to help find a mental health provider.

- **Practice Relaxing:** Use meditation or deep breathing exercises to lower stress.
- **Stay Connected:** Keep in touch with loved ones and avoid isolation.
- **Eat Well and Stay Hydrated:** Keep a balanced diet and drink plenty of non-alcoholic, sugar-free fluids to support your recovery and mood.
- **Prioritize Rest:** Get plenty of sleep and take part in self-care activities like taking a walk, deep breathing, listening to calming music, stretching, or enjoying a hobby.
- **Seek help if needed:** Reach out to a mental health expert if you are feeling overwhelmed.

We care about you and want to make sure you get the support you need. To find a covered mental health provider near you, [click here](#). If you need help, call Member Services. They are here to support you. The number is on the back of your Member ID card.

For digital mental health support for kids, teens, young adults, adults, and families, [click here](#).



Baby Steps with Molina

Having a baby is exciting! You want to keep your baby safe and healthy—and that means taking care of yourself too.

Did you know?

- Your baby will become a Molina member during their first month. You can learn more in the Benefits and Services section of your Member Handbook. [Click here](#) to access it.
- Your postpartum coverage lasts 12 months after the baby is born. During this time, you should keep getting:
 - Yearly check-up with your doctor (PCP)
 - Sick visits (doctor or urgent care)
 - Mental health visits (up to 24 visits with no approval needed)
 - Eye exams and glasses
 - Dental care
 - Prescription drugs
 - And more!

More help for pregnant members

You may be able to get extra items like a free breast pump, car seat, or meals. Visit [Molina Help Finder](#) to see what you can get.

Take Care of Your Teeth and Eyes with Molina

Molina Healthcare helps you stay healthy from head to toe—that includes your teeth, gums, and eyes!

Dental care

We cover:

- Check-ups and cleanings
- X-rays
- Fluoride treatments
- Tooth repair and root canals
- Tooth removal and emergency care
- Dentures and more

Vision care

We cover:

- Yearly eye check-ups for members ages 2 and up
- One free pair of glasses every year

Adults aged 21 and older can even get free glasses from Zenni!

You can pick from over 55 styles online and try them on using your phone or tablet. Your glasses will be sent right to your home.

To order:

1. Go to Molina.Zennioptical.com.
2. Type in your member ID.
3. Add your eye doctor's prescription.
4. Pick your favorite frames.



To find a dentist or vision care provider:

- Find a Provider using the online [Provider Directory](#).
- Call Member Services. The number is on the back of your Member ID card.

Look great. See better. Smile bright—with Molina!

Stay healthy — Get your flu shot!

We are in flu season, and getting a flu shot is the best way to stay healthy. A flu shot protects you from the flu and helps keep your family safe, too. Everyone 6 months old or older should get a flu shot yearly! Those with certain allergies may need to talk to their doctor first.

The flu shot is covered. Call your Primary Care Provider (PCP) today to make an appointment or visit a local pharmacy to get one. Need help setting up an appointment? Call the Member Services number on the back of your Member ID card. We also cover at-home flu and COVID tests. Ask your doctor or pharmacist for help getting these tests.

If you have any questions, please call the 24-hour Nurse Advise Line at **(888) 275-8750**.



Health and Wellness Programs and Services

Molina offers a range of health and wellness programs and services to help our members get and stay healthy. Programs and services such as:

- Diabetes prevention
- Weight management
- Smoking cessation
- Pregnancy program
- Doula services
- Transportation services
- Behavioral Health
- Substance use support, and more.

To learn more, [click here](#).



Warm and Easy Winter Dinner Idea

Slow cooker vegetable and bean soup

Healthy, low-cost, and great for leftovers!

Ingredients:

- 1 can of beans (any kind—black, pinto, or kidney), drained and rinsed
- 1 can of diced tomatoes
- 1 cup of chopped carrots (fresh or frozen)
- 1 cup of chopped potatoes (or frozen hash browns)
- 1 cup of frozen peas or corn
- 4 cups of low-sodium broth (or water with a bouillon cube)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning (or any herbs you like)
- Salt and pepper to taste

Directions:

1. Put everything into a slow cooker.
2. Stir it all together.
3. Cook on **low for 6 to 8 hours or high for 3 to 4 hours.**

No slow cooker? Simmer in a pot on the stove for about 30 minutes, until the veggies are soft.

Tip: Add cooked chicken or turkey for extra protein.

Good news—Your ID card is now digital!

No more waiting for the mail or worrying about losing your card. Now you can keep your ID card on your phone. It's fast, safe, and always with you!

How to Get your digital ID card

The fastest way to get your ID card is online—you don't have to wait for the mail. Get your digital ID card anytime, anywhere through the My Molina® mobile app or My Molina® member portal.

On the My Molina mobile app

1. Download the free My Molina app from the [Apple App Store](#) or [Google Play](#).
2. Log in to the app.
3. Tap the “ID Card” icon.
4. View your ID card right away. Save it on your phone and show it at your appointments. You can also print it or ask for one by mail.

On the My Molina member portal

1. Go to [MyMolina.com](#) and log in.
2. Click on “My ID Card” at the top of the page.
3. View your ID card right away. Save it on your phone and show it at your appointments. You can also print it or ask for one by mail.

Please note: You will still get a paper ID card by mail. The digital version is a new, easy option!

You can still use your paper ID card. But digital ID cards are fast, simple, and always with you!



