

# Molina's myhealthmylife

A newsletter just for Molina Healthcare of Florida members

Summer 2025

## Did you know Molina now covers Behavior Analysis Services?

**What is Behavior Analysis?** Behavior Analysis Services provide therapy to members to reduce unwanted behaviors and build healthy behaviors, such as social and self-care skills, in people with developmental differences.

**Who can receive behavior analysis services?** Any person under the age of 21 who has functional impairments requiring medically necessary behavior analysis services. If your child qualifies for behavioral analysis services, your child can begin to learn important life skills that can help them thrive.

### What are the steps to get Behavior analysis services?

- Go to your doctor and get a written order for behavior analysis services.
- Have an evaluation completed by a qualified practitioner.
- Visit the online Molina Provider Directory at [MolinaProviderDirectory.com/FL](https://MolinaProviderDirectory.com/FL) and choose a behavior analysis provider or call Member Services for a referral at (866) 472-4585 (TTY: 711).
- The behavior analysis provider will work with Molina to obtain the prior authorization to begin services.
- The provider and you will be sent the outcome of the authorization review.

## Pregnant? Learn more about prenatal care

If you are pregnant or thinking about extending your family, Molina is here for you at every stage. It's important to let us know of your pregnancy as soon as you find out! Let us help connect you with prenatal care, benefits, and rewards as soon as possible. The first trimester is a very critical time for both mom and baby! Molina Healthcare offers a \$70 OTC benefit per household per month for pregnant members. This is for specific over-the-counter items purchased at a pharmacy that is part of Molina. We also offer pregnancy support such as free diapers for 1 year and pregnancy/postpartum assistance service.



Call Member Services if you have questions about your benefits at (866) 472-4585 (TTY: 711).

## Healthy Behavior Programs

We offer programs to help keep members live a healthier life (like losing weight or quitting smoking). We call these healthy behavior programs. Recipients can earn rewards while participating in these programs. Our plan offers the following healthy behavior programs:

Program Name	Program Description	Coverage/Limitations
Adult Preventive Care Program	receive preventive services as early as possible to avoid health complications.	<ul style="list-style-type: none"><li>• \$20 gift card once each calendar year</li></ul>
Alcohol or Substance Abuse Program	Member education on available substance use programs and treatment with care coordination support.	<ul style="list-style-type: none"><li>• \$25 gift card for completion of initial 12-week milestone</li><li>• \$25 gift card for completion of 24-week milestone.</li></ul>
Diabetes Program	member outcomes and closing gaps with members diagnosed with Diabetes	<ul style="list-style-type: none"><li>• \$20 CVS gift card for completion of an A1c blood test with a result under 8% <u>and</u> completion of your annual retinoid eye exam.</li></ul>
Hospitalization for Mental Health Program	Focus on improving member outcomes after a behavioral health episode	<ul style="list-style-type: none"><li>• \$20 CVS gift card for attending a follow up appointment with a behavioral health professional within 7 days of discharge from an inpatient facility for a mental health episode.</li></ul>
Pregnancy Rewards Program	Focus on improving birth outcomes by supporting compliance with prenatal and postpartum care.	<ul style="list-style-type: none"><li>• \$20 gift card for attending 1st-trimester prenatal visit</li><li>• \$20 gift card for completion of postpartum visit</li></ul>
Smoking Cessation Program	addiction/dependency using coping techniques and cessation aides.	<ul style="list-style-type: none"><li>• \$25 gift card for completion of initial 12-week quit program</li><li>• \$25 gift card after 6 months of non-smoking</li></ul>
Weight Loss Program	weight loss and promotion of healthy eating and exercise.	<ul style="list-style-type: none"><li>• \$25 gift card for completion of initial 12-week program</li><li>• \$25 gift card for meeting weight loss goals during 12-week program</li></ul>

Call (866) 472-4585 (TTY: 711) for more information.

# Telehealth lets you see a doctor without leaving home.

Stay connected on the go. Ask your doctor if they provide telehealth visits!  
If your doctor doesn't already offer telehealth, try Teladoc, free to Molina members

Use **Teladoc** to:

- Save Time – Talk to a US licensed doctor in minutes instead of waiting hours or days.
- Save Money – Call a doctor at any time without missing work.
- Feel Better – Get a diagnosis, treatment and prescription when needed.
- Talk to a doctor – 24/7 about infections, allergies, cough or flu, sore throats, rashes and more

**Online:** Go to [Teladoc.com](https://Teladoc.com)



**Mobile app:** Download the app and click "Set up your account." Visit [Teladoc.com/Mobile](https://Teladoc.com/Mobile) to download the app.

Call **Teladoc** at (800)-Teladoc, (800-835-2362) for help registering your account over the phone.

## Care management is here for you!

We have a voluntary care management program for members with ongoing health problems and resources to help caregivers. This includes help with rides, setting up appointments and connecting you to resources to help you live healthier.

For more information, please call our Healthcare Services department at (866) 472-4585 (TTY: 711).

## Molina Help Finder

As a member, you can access support at no cost! Molina Help Finder can help you find community resources when you need them. When you use the Molina Help Finder online tool, you can search for local programs and resources to meet your basic needs like:



**Food**



**Emergency shelter**



**Education**



**Job training**



**Work**



**Child care**



**Mental health support**



**Transportation**

**And more...**

We want you to get the information you need in your language. That's why Molina Help Finder is available in more than 120 languages.

Call us at (866) 472-4585 (TTY: 711). If you have any questions — we're here to help!



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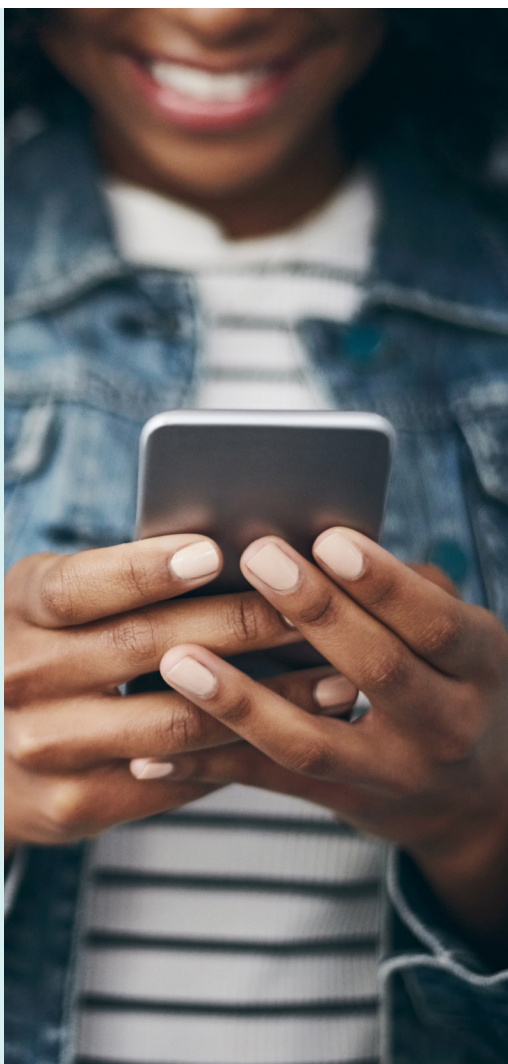


Molina Healthcare of Florida is a Managed Care Plan with a Florida Medicaid contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the Managed Care Plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, and/or co-payments/co-insurance may change. Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call 1-866-472-4585 (TTY: 711). **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-472-4585 (TTY: 711). **ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-866-472-4585 (TTY: 711). **CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-472-4585 (TTY: 711).

## The My Molina® member portal and mobile app

Download the My Molina mobile app or access your member portal online. The My Molina mobile app and member portal can help you:

- Find or change a doctor
- Find a pharmacy
- Talk to a nurse through our 24-hour Nurse Advice Line



**Download the  
no-cost app or go  
to MyMolina.com  
to get started!**

