

Molina's myhealthmylife

a newsletter just for Illinois members

Spring 2026



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24/7 care: You're never alone

Your Teladoc Health Services:

You can access Teladoc Health Services from anywhere you are by phone, video, web, or the app. All Teladoc services are confidential at no cost to you.

24/7 Care

Need care for non-urgent and common conditions? Get same-day virtual visits from anywhere. Board-certified health professionals can diagnose, treat and even prescribe medicine if needed.

Common conditions you can get help with:

- Allergies
- Flu
- COVID-19
- Pink Eye
- Rashes
- Sore throats
- Bronchitis
- Sinus Infections
- Ear Infection

Mental Health

Have real conversations and see progress with a Licensed therapist, Psychologist or Psychiatrist of your choice. Available 7 days a week from the privacy of your home.

- Anxiety and depression
- Sleep issues
- Trauma and PTSD
- Relationship conflicts

In your language

Teladoc helps you in different languages, including American Sign Language. They do this by having 3-way calls with an interpreter who helps you understand.

How to Access Care

Visit teladocHealth.com/molina

Call (800) TELADOC (835-2362) (TTY: 711)

Download
the app



Teladoc[®]
HEALTH

Women's Health



Preventative Care

The month of May is Women's Health Month. Women's Health Month raises awareness about women's unique health needs. It reminds women, non-binary, and transgender individuals to take care of themselves, get preventative care, and make healthy choices.

It's important to go to the doctor (primary care provider or other health provider) and dentist at least once a year for an annual exam. At these visits, your doctor may check your blood pressure, cholesterol, mental health, and older women might get a test to see how strong their bones are.

They may also do screenings to check for cancer. Two common screenings are cervical cancer screening and breast cancers screenings.

Cervical Cancer Screening

Cervical cancer is preventable and treatable. Two tests—Pap smear (CCS) and HPV test—can find issues before cancer develops. Women ages 21-64 should get a Pap smear every 3-5 years, depending on health history.

Breast Cancer Screening

Breast Cancer Screenings (Mammograms) are recommended for women 50-74 every two years, or earlier if you have a family history. Early detection makes breast cancer more treatable. Limiting alcohol and staying active may also reduce risk.

Maternal Health

If you are pregnant or thinking about having a baby, take good care of yourself during pregnancy and after your baby is born.

Getting Ready:

- Go to all your doctor's visits.
- Talk with your doctor about tests like HPV, chlamydia, and tests for your baby.
- Take any medicines and prenatal vitamins your doctor gives you, like folic acid.
- Ask your doctor about getting vaccines, like flu, RSV, MMR, and Tdap.
- Make healthy choices: stop smoking and/or drinking, eat healthy foods, and exercise.
- Go to the dentist for check-ups.
- Ask for help if you feel scared or sad.
- Sign up for a birthing class to learn about childbirth.
- Pick a doctor for your baby with your doctor's help.
- Get a room or space ready for your baby.



When Should You Get Help:

Call your doctor right away if you have:

- Bad headache, dizziness, or trouble seeing
- Fever of 100.4°F or higher
- Swelling, trouble breathing, or chest pain
- Bad nausea or vomiting
- Heavy bleeding or leaking fluid
- Thoughts about hurting yourself or others
- Strong contractions that don't stop after you rest

Molina can help you with mental health help:

- Talking to a therapist
- Getting help in a crisis
- Medicines for mental health
- Help with substance use problems.



**If you need help right
away, call Molina
Behavioral Health:**

English: (888) 845-8750

Spanish: (866) 648-3537

After your baby arrives, it's important to continue getting care after delivery. Please schedule your post-partum visit between 7-84 days after your baby is born.

Well-Child Check-Ups

Taking your child for regular check-ups and shots is important, even if they seem healthy. These visits help make sure your child is growing and developing like they should.

Well-child visit schedule: Your child's doctor might suggest more visits if needed.

- All children should have 6 or more visits with their health care provider during their first 15 months of life.
- All children should have 2 or more visits with their health care provider between 15-30 months of life.
- All children should have 1 or more yearly visits with their health care provider between 3 years and 21 years old.

These visits may include:

- Check-ups
- Shots (vaccines)
- Lead screenings
- Seeing how kids grow and develop
- Guidance for parents

Vaccines:

Getting regular shots, called vaccines, protects kids from dangerous diseases. In the United States, vaccines help stop sicknesses like measles, mumps, and rubella from spreading. It is very important for children to get all their vaccines, including the flu shot, to stay healthy. Your doctor or nurse can tell you which shots your child needs.

Some parents and caregivers might feel confused or worried about getting their kids vaccinated. These feelings can happen because of things people see online, hear from friends, or not knowing who to trust. If kids do not get the shots their doctor recommends, they can catch dangerous diseases and get very sick. If you have any questions or worries, doctors, nurses, and healthcare providers are the best people to ask. They can give you clear answers and help you make good choices, so your family stays healthy.

To learn more, check out [let's talk shots!](#)



Recommended immunization schedule:

Here’s a look at the standard shot schedule recommended by the [American Academy of Pediatrics](#).

Below is a key to help you understand the recommended immunization schedule for your child:

- **WCV:** Well-Child Visit
- **HepB:** Hepatitis B
- **RV:** Rotavirus
- **DTaP:** Diphtheria, Tetanus, acellular Pertussis
- **Hib:** Haemophilus influenzae type b
- **PCV:** Pneumococcal conjugate vaccine
- **IPV:** Inactivated Poliovirus Vaccine
- **MMR:** Measles, Mumps, Rubella
- **Varicella:** Chickenpox vaccine
- **Hep A:** Hepatitis A

	Birth	1 month	2 months	4 months	6 months	8 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
RSV	✓	1 dose during RSV season				✓	1 dose during RSV season for those at high risk					
HepB	✓	✓			✓							
RV			✓	✓	✓							
DTaP			✓	✓	✓			✓				✓
Hib			✓	✓	✓		✓					
PCV			✓	✓	✓		✓					
IPV			✓	✓	✓							✓
COVID-19					✓	As recommended for age group						
Influenza					✓	Yearly						
MMR							✓					✓
Varicella							✓					✓
HepA							✓	Dose 2: 6 months after dose 1				

**Two shots needed starting at 6 months of age to protect against the flu virus

Doctors may choose different types of vaccines that have different dosages. If your child has a special condition, doctors may suggest different timing and dosages. Talk to your child's doctor for more information.

Lead Screening:

Lead is found in many places, even inside our [homes](#). Kids under six are most at risk for lead poisoning. Kids can get lead in their bodies by eating or drinking things with lead, using dishes made with lead, or breathing in [dirt and dust](#) from old paint or dirt, or toys with lead paint.

Risk for Pregnant Individuals

Lead builds up in bones and can be released during pregnancy, harming unborn babies by causing early birth, organ damage, learning and behavior problems, or miscarriage.

What should I do if I think my child, or I have been exposed to lead?

Ask your doctor for help. They can do an easy blood test to find out if you have been exposed to lead. You can also call the National Lead Information Center at 1-800-424-LEAD (424-5323) and the U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline at 1-800-426-4791.

Additional Support Services

Doula Services, Telehealth, Lactation, and Breast Pump Assistance

For details about Doula Services, Telehealth, Lactation Consultants, or help with ordering a breast pump contact Molina's Member Services at (855) 687-7861 (TTY: 711).

Rewards Program

Molina's Rewards Program lets eligible members earn [Member-Rewards](#) gift cards, your choice of a car seat or a Prenatal Bump Box, and a New Mom Bump Box for completing certain health visits and preventative care screenings.

Nurse Advice Line

Have questions about your pregnancy?
Call the Molina 24-Hour Nurse Advice Line at (888) 275-8750; TTY: 711

No-Cost Transportation

Molina provides transportation to and from your pregnancy appointments at no cost. To schedule a ride, call (844) 644-6354; TTY: 711. Please schedule your ride at least three days before your appointment.

Online Resources

The Molina website offers many resources for pregnant members. For more information, please visit [Women's Wellness-Maternity](#)



Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of age, color, disability, national origin (including limited English proficiency), race, or sex. Discrimination on the basis of sex includes sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes.

To help you effectively communicate with us, Molina Healthcare provides services free of charge and in a timely manner:

- Molina Healthcare provides reasonable modifications and appropriate aids and services to people with disabilities. This includes: (1) Qualified interpreters (including qualified sign language interpreters). (2) Written Information in other formats, such as large print, audio, accessible electronic formats, and Braille.
- Molina Healthcare provides language services to people who speak another language or have limited English skills. This includes: (1) Qualified oral interpreters. (2) Information translated in your language.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact Molina Member Services at 1-855-687-7861 or TTY/TDD: 711, Monday to Friday, 8:00 a.m. to 5:00 p.m., local time.

If you believe we have failed to provide these services or have discriminated in another way on the basis of age, color, disability, national origin, race, or sex, you can file a grievance with our Civil Rights Coordinator. You can file a grievance by phone, mail, email, or online. If you need help writing your grievance, we will help you. You may obtain our grievance procedure by visiting our website at: <https://www.MolinaHealthcare.com/members/common/en-US/Notice-of-Nondiscrimination.aspx>

Call our Civil Rights Coordinator at 1-866-606-3889, TTY/TDD: 711 or submit your grievance to:

Civil Rights Unit
200 Oceangate
Long Beach, CA 90802

Email: Civil.Rights@MolinaHealthcare.com

Website: <https://MolinaHealthcare.Alertline.com>

You can also file a civil rights complaint (grievance) with the U.S. Department of Health and Human Services, Office for Civil Rights, online through the Office for Civil Rights Complaint Portal 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
Phone: 1-800-368-1019
TTY/TDD: 800-537-7697

Complaint forms are available here: <https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>

- ENGLISH:** For free language assistance services, and auxiliary aids and services, call 1-855-687-7861 (TTY: 711).
- SPANISH:**
ESPAÑOL Para obtener servicios gratuitos de asistencia lingüística, así como ayudas y servicios auxiliares, llame al 1-855-687-7861 (TTY: 711).
- POLISH:**
POLSKI Aby uzyskać bezpłatną pomoc językową oraz dodatkowe wsparcie i usługi, należy zadzwonić pod numer 1-855-687-7861 (TTY: 711).
- CHINESE:**
中文 (简体) 如需免费的语言协助服务以及辅助工具和服务，请致电 1-855-687-7861 (TTY 用户请拨打 711)。
- KOREAN:**
한국인 무료 언어 지원 서비스와 보조 지원 및 서비스를 원하시면 1-855-687-7861 (TTY: 711)로 연락 주시기 바랍니다.
- TAGALOG:** Para sa libreng serbisyo sa tulong sa wika, at mga auxiliary aid at serbisyo, tumawag sa 1-855-687-7861 (TTY: 711).
- ARABIC:**
العربية اتصل على الرقم 1-855-687-7861 (الهاتف النصي): (TTY) 711 لتلقي خدمات المساعدة اللغوية المجانية والخدمات والمساعدات الإضافية.
- RUSSIAN:**
Русский Для получения бесплатных услуг языковой помощи, а также вспомогательных средств и услуг, позвоните: 1-855-687-7861 (телетайп: 711).
- GUJARATI:**
ગુજરાતી મફત ભાષા સહયોગ સેવાઓ અને સહાયક સાધનો તથા સેવાઓ માટે 1-855-687-7861 (TTY: 711) પર કોલ કરો.

- URDU:** زبان کی مفت معاونتی سروسز، معاونتی امداد اور سروسز کے لیے،
اردو 1-855-687-7861 (TTY: 711) پر کال کریں۔
- VIETNAMESE:** Để sử dụng dịch vụ hỗ trợ ngôn ngữ miễn phí cũng
Tiếng Việt như các dịch vụ và tính năng hỗ trợ thêm, hãy gọi
1-855-687-7861 (TTY: 711).
- ITALIAN:** Per i servizi di assistenza gratuiti in italiano
Italiano nonché per supporti e servizi ausiliari, chiamare
1-855-687-7861 (TTY: 711).
- HINDI:** नःशुलक भाषा सहायता सेवाओं और सहायक ऐड एवं
हदी सेवाओं के लिए 1-855-687-7861 (TTY: 711) पर कॉल
करें।
- FRENCH:** Pour bénéficier de services d'assistance lin-
Français guistique gratuits, ainsi que de services et
aides complémentaires, appelez le 1-855-687-
7861 (ATS: 711).
- GREEK:** Για δωρεάν υπηρεσίες γλωσσικής υποστήριξης, καθώς
Ελληνικά και βοηθητικά μέσα και υπηρεσίες, καλέστε στο
1-855-687-7861 (TTY: 711).
- GERMAN:** Kostenlose Sprachassistentendienste, Hilfsmittel
Deutsch und Dienstleistungen erhalten Sie unter 1-855-
687-7861 (TTY: 711).



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.