

Molina's myhealthmylife

a newsletter just for Michigan members

Fall/Winter 2025

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Thank you for being a Molina Member! As part of your health care family, we want to make sure you're able to get the care you need, when you need it. In this newsletter, please find helpful information about illnesses, benefits, and the programs we offer. Thank you for being the best part of Molina Healthcare!

Tips to Stay Healthy this Winter

Whether it's snowy or gray outside this winter, all that frosty air comes with a bite. Falls are more common (slipping on ice), depression increases due to the weather, and many people skip their healthy habits as the year ends. Also, when the weather gets colder and snowier, people tend to huddle inside together, sharing food, hugs, and a lot more. A perfect breeding ground for colds and the flu. So, while you're enjoying winter, take some extra steps to protect yourself from seasonal threats:

Members over the age of 50 who get a flu vaccine and complete the attestation form in the My Molina Member Portal may be eligible for a \$25 gift card!



1. Get your shots (vaccines)

Make sure you and your family, including children over six months, are up to date on vaccinations. This includes the COVID booster and an annual flu shot. If you have a chronic disease (including hypertension, asthma, and heart disease) or are over the age of 65, ask your doctor if you're a candidate for the pneumonia vaccine or high-dose COVID-19 vaccine. If you are 50 years or older, also ask about getting the Respiratory Syncytial (RSV) vaccine.

2. Wash your hands

Frequent handwashing is the single best way to prevent spreading illness from person to person or from person to thing. The Centers for Disease Control and Prevention (CDC) recommends washing hands with soap and warm water for 15 to 20 seconds – about the time it takes to sing the “Happy Birthday” song twice. Hand sanitizers can be a good substitute, but only when soap and water are not available.

3. Stick with a healthy routine

With holiday travel, frequent celebrations and large meals, it's not uncommon for people to give up diet and exercise in the last few months of the year. You can support your immune system by sticking with your healthy habits. Get enough sleep, eat a healthy diet, and make time for exercise. Staying active during the winter can help prevent colds and relieve seasonal depression.

4. Keep it clean

Whether you're traveling or staying close to home, take steps to clean your area. Carry disinfecting wipes in your travel bag, wash your hands frequently, and keep the air inside clean by wiping down surfaces regularly and using an air purifier.

5. Protect against falls

Slippery ice and snow make falls more common this time of year. Surfaces covered with black ice can be especially dangerous. Watch your steps, wear suitable footwear, and give yourself extra time when traveling.

6. Go outside

It may be hard to drag yourself outside once the temperature begins to dip but getting outside and in the sunshine is important to health and well-being. Our bodies make vitamin D when exposed to sunlight. Vitamin D helps support our immune system. Going outside also helps boost our moods. Just make sure to bundle up before you go outside to walk or play.

7. Hydrate

You may not feel as thirsty when it's dark, damp, and dreary out, but it's still important to stay hydrated when it's cold outside. Make sure to drink plenty of fluids daily (around 15.5 cups for men and 11.5 cups for women). Fluids can come from water and other beverages and food. Food usually makes up 20% of daily fluid intake. Eating water-rich fruits and vegetables like oranges, salad greens, and squash can help you reach your daily limit.

**See our healthy recipe section on page 7 for a cozy meal.*

8. Take care of your skin

When you're bundled up in layers, it's easy to forget about your skin. It's the largest organ of your body and it's also an entry point for infections. Protect yourself by using moisture-rich creams and lotions, especially after a bath or shower, to lock in moisture.

The most important thing to remember as we head into the cold season is to focus on self-care. Work on managing your stress levels and getting enough sleep. These small steps can go a long way in protecting yourself from illness and disease.

Adult Vaccinations

Stay Safe and Healthy

Did you know that vaccines can help prevent illnesses that make adults very sick and lead to hospital visits? Vaccines are an important way to protect your health.



What Vaccines Do Adults Need?

Many adults are not up to date on vaccines that can prevent serious sickness. Below is a list of vaccines that can help keep you healthy and out of the hospital. These include vaccines for:

- Flu (Influenza)
- RSV (Respiratory Syncytial Virus)
- Pneumonia
- Shingles
- COVID-19

Did you know that many illnesses that cause adult hospitalizations and ED visits are preventable with vaccines?

What Are the Side Effects of Vaccines?

Vaccines work well to stop illnesses, but sometimes they cause side effects. Common side effects include:

- Soreness where the shot was given
- Mild fever
- Tiredness
- Muscle aches

These side effects usually go away quickly. Rarely, some people may have serious reactions, like allergies. If this happens, a doctor can help. Remember, vaccines' benefits are far greater than their risks.

Are Vaccines Safe?

Yes! Vaccines are tested carefully to make sure they are safe. Health experts keep checking them even after they are being used. For example, the flu vaccine has been safely given to millions of people for over 50 years.

Does Health Insurance Cover Vaccines?

Most vaccines recommended for adults are covered by health insurance. Michigan Medicaid covers all adult vaccines at pharmacies or doctors' offices.

Did you know 60% of adults skip vaccines? Adults can get many of the vaccines that are recommended at the same time to save time.

Vaccines You Should Know About

Flu (Influenza) Vaccine

The flu is a sickness that affects your breathing. It can be mild or very serious, leading to hospital stays or even death.

- Who is most at risk? Adults over 65, people with health problems (like asthma, heart or kidney disease, diabetes), pregnant women, and those with a high body weight.
- Who should get the vaccine? Everyone 6 months and older should get the flu shot every fall before flu season starts.
- How effective is it? The flu vaccine lowers the chance of getting the flu by 30-50%. If you do get the flu, it makes it less likely to get very sick or end up in the hospital.

RSV Vaccine

RSV is a virus that causes cold-like symptoms. While most recover quickly, older adults and young kids can get very sick.

- Who should get the vaccine? Adults aged 50-74 with health risks, adults 75 and older, and pregnant women at 32-36 weeks during September-January.
- How often is it needed? The RSV vaccine is a one-time shot for adults.

Pneumonia Vaccine

Pneumonia is a lung infection that can be very serious. It can lead to hospital stays or even death.

- Who should get the vaccine? Adults over 50, and adults under 50 with higher health risks.
- How often is it needed? Depending on the vaccine type, you may need one or two doses.

Worried about your memory? Did you know that new evidence shows that the Shingles vaccination decreases your risk of developing dementia?

Shingles Vaccine

Shingles is caused by the same virus as chickenpox. It leads to a painful rash and can cause serious problems for older adults.

- Who should get the vaccine? Healthy adults aged 50 and older.
- How often is it needed? Two shots given 2-6 months apart, once in your lifetime.

COVID-19 Vaccine

COVID-19 is a virus that can cause fever, chills, sore throat, and more. It can be very serious for older adults and people with health problems.

- Why is it important? The COVID-19 vaccine helps prevent sickness, hospital stays, and long-term problems from the virus.

Vaccines are your best defense against many diseases. Talk to your doctor to make sure you're up to date!

Because we want you to be safe and healthy, we are offering up to \$100 to adults (age 50+) who qualify to get their RSV, Pneumonia, and/or Shingles shots! Earn \$25 for each vaccine and get a \$25 bonus if you get all three between October 1, 2025 and September 30, 2026. Learn more about this offer and learn where to get your shots at [MyMolina.com](https://www.molinahealthcare.com).



I'm sick, where should I go for care?

Knowing where to go can be a hard decision when you or your loved one is hurt or feels ill. Use the guide below to help you decide the best way to seek care.

Primary Care Physician (PCP)

Call your PCP when you have an issue that needs medical care:

- Colds or cough
- Flu
- Regular checkups
- Earaches
- Sore throat
- Medicine or refills
- Diarrhea

Urgent Care or Virtual Health

Urgent care centers and Teladoc are great options if you need care after hours. When it's not an emergency but you need care right away:

- Severe cold or flu symptoms
- Ear pain
- Sore throat
- Stomach flu or virus
- Wound that needs stitches
- Sprain, strain or deep bruise

Emergency Room (ER)

Call 911 or go to the nearest ER when you think your life or health is in danger:

- Very bad bleeding
- Chest pain or pressure
- Head injury or trauma
- Very bad stomach pain
- Sudden dizziness or trouble seeing

To find an Urgent Care or Emergency Room closest to you, please visit MolinaProviderDirectory.com/MI.



Need a ride to your health care visits?

Molina Healthcare of Michigan can help you get to your medical visits for **FREE!** We can give you a ride, or we can pay you for gas if you drive yourself. Here are some of the visits we can help with:

- Dental Visits
- Doctor's Visits
- Foster Care Medical Appointments
- Lab Visits
- MDHHS Approved Services and Programs
- Mental Health Services
- Non-emergency hospital services
- Picking up Prescription Medications
- Substance Abuse Services
- Urgent Care Clinics
- Other Medicaid covered services

Call Transportation Member Services today at (888) 898-7969, 24 hours a day, 7 days a week (TTY: 711), to schedule your ride.

Tips for Effective Scheduling:

- Call at least **72 hours (3 business days)** before your appointment to schedule your ride or schedule mileage (gas) reimbursement if you have a car, a friend, a family member, neighbor, or volunteer willing to drive you to your medical appointment.
- You can schedule transportation up to 30 days in advance
- For Dialysis, Chemotherapy, Radiation and Physical Therapy, transportation can be scheduled up to 90 days ahead
- Have your Medicaid or Member ID number and card ready
- Have the address, phone number and name of the doctor or office ready
- Let us know if you need special help with transportation like a wheelchair van, cane, walker, or help getting in and out of the car, or door to door help
- Be ready and waiting **1 hour** before your pick-up time
- If you need to cancel your ride, please call **(888) 898-7969** as soon as possible

Who do I call when I need to be picked up from my doctor's visit?

- Call Transportation Member Services at **(888) 898-7969** when you are ready to be picked up
- It may take up to 1 hour for the driver to arrive, so wait in a safe spot where you can see the driver.



Healthy Recipe

Sausage-Stuffed Butternut Squash

This sausage-stuffed butternut squash recipe will be a new favorite in your home because it's filling, healthy and surprisingly easy to make.

Total Time with prep: 30 minutes.

Ingredients

Butternut squash: You'll need 1 butternut squash that weighs about 3 pounds for this recipe.

Italian turkey sausage: We recommend using Italian turkey sausage with the casings removed.

Onion: For the medium onion, you can use a white or a yellow onion, either one works just fine.

Garlic: The 4 garlic cloves can be minced with a knife, or passed through the garlic press. You can also use frozen garlic cubes if you have them.

Italian cheese blend: Italian cheese blends are a mix of cheeses that can include mozzarella, provolone, Asiago, Parmesan and Romano.

Crushed red pepper flakes: Red pepper flakes add a welcome kick to this dish and are highly recommended unless one of your diners is quite spice-averse.

Directions

Step 1: Prepare the Squash

Preheat the broiler, then cut the squash lengthwise in half, discarding its seeds. Place the squash in a large microwave-safe dish, cut side down, and add a 1/2 inch of water. Microwave the squash, covered, on high until it softens, which will take 20 to 25 minutes. Remove the squash and let it cool slightly.

Step 2: Cook the sausage

Meanwhile, in a large nonstick skillet, cook and crumble the sausage and onion over medium-high heat until the meat is no longer pink, 5 to 7 minutes. Then, add the garlic, stir and cook for 1 more minute.

Step 3: Stuff the squash

Leaving 1/2-inch-thick shells, scoop the flesh from the squash and stir it into the sausage mixture. Then place the squash shells on a baking sheet and fill them with the sausage mixture. Sprinkle on a healthy helping of cheese.

Step 4: Broil the Squash

Broil the squash 4 to 5 inches from the heat until the cheese is melted, 1 to 2 minutes. If desired, sprinkle the squash with pepper flakes. To serve, cut each half into 2 portions.



Sausage-Stuffed Butternut Squash Variations

Add sweetness: While cooking the sausage, drop in some fresh spinach, diced apple and dried cranberries. After broiling, top with a few toasted pecans for a meal that perfectly balances sweet and savory.

Use ground beef: If you don't have Italian sausage on hand, but do have ground beef, feel free to swap it in.

Add bell pepper: Chopped bell pepper makes a tasty and colorful addition to this recipe. Add it along with the onion.

Use a spicy sausage: If you like some heat when you eat, make this meal with spicy Italian sausage. You can also use red pepper flakes for extra spice!

High Blood Pressure and Your Kidneys: What you Need to Know

Your kidneys are small but powerful organs. They act like filters, cleaning waste and extra water from your blood so your body stays healthy. But did you know that high blood pressure (also called hypertension) can harm your kidneys over time?

What is High Blood Pressure?

Blood pressure is the force of your blood pushing against the walls of your blood vessels. When it's too high for too long, it makes your heart and blood vessels work harder. This extra pressure can damage many parts of your body, including your kidneys.

How High Blood Pressure Affects the Kidneys

Your kidneys have tiny blood vessels that filter your blood. If the pressure is too strong, those blood vessels can get weak, stiff, or clogged. When this happens, your kidneys can't filter as well. This may lead to kidney disease or even kidney failure, which means your kidneys stop working the way they should.

Signs to Watch For

Kidney problems don't always cause symptoms at first. That's why regular check-ups are important. Your doctor may do simple blood or urine tests to check how well your kidneys are working.

How You Can Protect Your Kidneys

- Check your blood pressure regularly and follow your doctor's advice.
- Take your medicine as prescribed.
- Eat healthy foods like fruits, vegetables, whole grains, and lean proteins.
- Cut back on salt, which can raise blood pressure.
- Stay active—aim for at least 30 minutes of exercise most days.
- Drink water and limit sugary drinks.
- Don't smoke and limit alcohol.

The Good News: High blood pressure can be controlled, and kidney damage can often be slowed down or prevented with healthy habits and medical care. Taking small steps every day adds up to big benefits for your kidneys and your overall health. Schedule an appointment with your Provider to make sure your kidneys are healthy. Check it, protect it—see your doc and perfect it!





Diabetes Education

Do you know if you are at risk for Diabetes or Prediabetes?

Diabetes is a serious health condition when your body has high blood sugar levels. Diabetes can lead to serious health problems like heart disease, stroke, and kidney problems.

Prediabetes is also a condition when people have high blood sugar levels. The blood sugar levels are not high enough to be diabetes yet. People with prediabetes also have an increased risk of heart disease, stroke, and kidney problems.

Who is at risk for Diabetes?

According to the Centers for Disease Control and Prevention (CDC), You are at risk for prediabetes and diabetes if you are:

- Overweight or obese
- Family history of Type 2 diabetes
- Had diabetes during pregnancy
- Gave birth to a baby over 9 pounds

How Can You Decrease Your Risk of Developing Diabetes?

The CDC suggests:

- By losing a small amount of weight.
- Getting regular physical activity, such as 30 minutes of brisk walking 5 times a week.

What is the Diabetes Prevention Program (DPP)?

- A coach-led lifestyle change program to prevent diabetes.
- Coaching includes how to eat healthy and become more active.
- DPP also helps manage stress and stay motivated.
- People who go through the DPP have a lower chance of developing diabetes.

Talk to your Primary Care Physician (PCP) to see if the DPP is right for you. It is a free benefit for Molina Medicaid members.

People who have diabetes are not able to join the DPP.

For more information on the DPP, visit: cdc.gov/diabetes-prevention/index.html

Still have questions?

Contact your Primary Care Physician (PCP) or call Member Services toll-free

(888) 898-7969 / TTY: 711 during our regular business hours: 8 a.m. – 5 p.m., Monday – Friday.

Annual Assessment

Be Sure to Complete Your Annual Assessment!

Be your healthiest self and complete a Health-Related Assessment (HRA).

An HRA must be completed within 90 days of enrollment, annually, or when a significant change in health occurs.

The HRA evaluates the following areas:

- Physical Health
- Behavioral Health
- Cognitive State
- Functionality
- Basic Needs (Food, Transportation, Housing)



Don't Lose Your Medicaid Coverage

It's important to keep your Medicaid coverage up to date.

Thank you for being part of the Molina Healthcare family. The Michigan Department of Health and Human Services (MDHHS) must occasionally re-determine if you are eligible for Medicaid benefits. This is called Redetermination. The Redetermination process includes a full review of all areas that determine your eligibility for benefits.

What can I do right now?

- Be sure your address, phone number and email are up to date online at newmibridges.michigan.gov
- You can also call your local MDHHS office
- If you don't have an MI Bridges account, please register at newmibridges.michigan.gov



Complete your redetermination paperwork when you get it to avoid losing your coverage!

How to Renew:

For most members, your renewal month will be the same month you first applied for Medicaid healthcare coverage.

There are many ways to complete redetermination paperwork:

- **Online:** Log in to newmibridges.michigan.gov, and follow the steps below.

Step 1: Go to newmibridges.michigan.gov.

Step 2: Click on the blue "Login" button.

Step 3: After logging in, you should click on the blue Renew Benefits.

Step 4: Click Renew Benefits. The Benefits Renewal Overview should page display. On the Renew My Benefits page, all programs that have a redetermination that could be submitted should show on the page. The due date of each program redetermination will show in the Due file.

Step 5: Find Healthcare Coverage and click Start Renewal.

Step 6: Review the Benefits Renewal Overview page for important information about the renewal process. Click Continue.

Step 7: The Contact Information page should display. Each time you hit continue, your renewal packet is saved. If at any time you need to leave, it will be saved and you can pick up at the last saved page.

Step 8: In each section of the renewal, you will be able to add, change, or remove information.

Step 9: Click Continue to navigate to the next topic.

Step 10: Final Details page shows. Please type in anything you would like MDHHS to know. When you are done, you can click continue.

Step 11: Now, the Your Signature page should display. You will type in your name and click submit.

Step 12: Now, the Renew My Benefits Submitted page should display. You can click View Renew Benefits PDF to view a PDF of your redetermination. You can also navigate to Upload Documents to upload any verifications to support your renewal information.



- If you did not receive a redetermination packet, please contact your caseworker or your local MDHHS office.

Items you will need:

- Social Security numbers
- Birthdates
- Passport, alien card, or other immigration numbers for legal immigrants who need health care coverage
- Income information for all adults and all minors aged 14 or older who are required to file a tax return

What if I lose coverage?

You will receive:

- Notice when your enrollment ends
- Information on how to appeal
- Information about options for purchasing other health care coverage
- Visit healthcare.gov to learn more



If you are in need of additional resources, you may be eligible for a Public Benefit Program.

Please visit newmibridges.michigan.gov to apply for:

- Healthcare Coverage
- Food Assistance Programs
- Cash Assistance
- Women, Infants, and Children (WIC)
- Child Development and Care (CDC)
- State Emergency Relief (SER)

To locate Public Benefit Programs in your area, please visit MolinaHelpFinder.com.



Now is a great time to update your contact information!

Make any needed changes to your mailing address, phone number, and email at newmibridges.michigan.gov so you do not miss important communication about your health benefits.

Member Digital Advisory Council

We Want to Hear From You!

In the coming months, Molina Healthcare of Michigan will be launching a Digital Member Advisory Council. We want to hear about your experiences with Molina Healthcare.

Topics may include:

- Pre and Post Natal Care
- Vaccines
- Access to Care

Be on the lookout for more information to participate in Molina's Member Digital Advisory Council!

Earn rewards with Molina

Molina wants to help you get the most of your membership. Take a look at some of the great benefits and rewards you have as a member.

- Up to \$250 in well-child rewards for checkups, immunizations & more
- \$50 reward for completing an annual dental exam
- \$75 for pregnant or diabetic members who complete an annual dental exam
- Up to \$200 in maternity rewards for completing a first-trimester prenatal visit, STI screening and Pregnancy Risk Assessment
- Up to \$100 in women's health rewards for getting mammograms & Pap tests

You can claim rewards in the member portal. Sign up at [MyMolina.com](https://www.molinamichigan.com/MyMolina). Once registered, visit "My Wellness" and go to "My Healthy Rewards" to complete and submit the form.

Find a Doctor at Your Fingertips!

Use our Online Provider Directory to find a primary care provider (PCP) fast and at your fingertips! You can also locate a hospital, pharmacy, or specialist doctor for Medicaid plans.

It's easy! To find a doctor close to your home use our "Find a Doctor or Pharmacy" online directory at [MolinaProviderDirectory.com/MI](https://www.molinaproviderdirectory.com/MI). When you visit our site:

1. Select your plan/program
2. Select your city & state
3. Use the search bar to locate doctors, pharmacies, hospitals, and more!

Questions about your health?

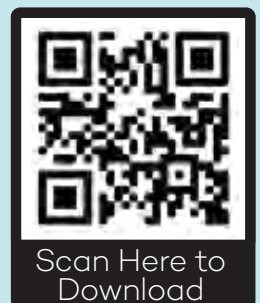
Download My Molina Mobile App Today!

Get health plan access with your smart phone. With the mobile app, you can easily see your ID card, print it or send it by email to your doctor. Search for new doctors, change your primary care provider (PCP) and much more. Anytime, anywhere.

Download the My Molina Mobile App today from the Apple App Store or Google Play Store.

Other Features:

- View benefits at a glance
- Check your eligibility
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Speak to a nurse through our 24-hour Nurse Advice Line
- Receive important notifications



Call our 24-hour Nurse Advice Line

Health issues can happen any time, even on nights and weekends. As a Molina member, you can talk to a nurse right away! Our 24-hour Nurse Advice Line is a covered service that is available 24 hours a day, 7 days a week.

Speak to a nurse when you:

- Have a medical question any time of the day or night
- Think of a question after you visit your doctor
- Feel sick and aren't sure what to do
- Feel sick or hurt and don't know where to go for care

Keep these phone numbers handy!

English: **(888) 275-8750**

Spanish: **(866) 648-3537**

TDD/TTY: 711



Molina Help Finder

We are part of your community. And we work hard to make it healthier. Molina Help Finder is your one-stop shop for finding low and no-cost community resources when you need them. Search for services near you using our online tool at MolinaHelpFinder.com. You can search for help and services to meet basic needs like:

- Food
- Housing
- Transportation
- Health
- Job training
- Childcare
- Education
- Work
- Legal
- And more

To learn more, please visit MolinaHelpFinder.com.



Learn more about your health plan!

Want to see a full list of your covered benefits and more details about your plan? Go to MolinaHealthcare.com/Medi-Handbook to read your Member Handbook.

Is your Primary Care Physician unavailable for a visit?

You've got Teladoc Health. Talk to a doctor anytime, anywhere by phone or video.

- Use your phone, the app, or the website to create an account and complete your medical history
- Request a time and a Teladoc Health provider will contact you
- The provider will diagnose symptoms and send a prescription if necessary

Get care now!

Download the app | teladochealth.com/molina | 1-800-TELADOC (835-2362)



Balance Billing

As a Molina Healthcare Medicaid Plan member, you do not have to pay for services that are covered by your health plan. As part of the Medicaid program your providers have agreed to accept Molina Healthcare Medicaid payments as payment in full.

Deductibles, coinsurance, or copayments are known as cost-sharing amounts. When you get a bill for these amounts it is known as Balance Billing. Please be advised that it is unlawful for providers to “balance bill” any patient who is a member of Molina Healthcare for any covered services. You have \$0 drug copay for drugs prescribed by your doctor if they are covered by your plan. There are some exceptions, please see below.

When do you have to pay?

Sometimes you must pay if you get services that are not covered by your plan. When this happens, we will send you a letter telling you that we denied something and that you have to pay.

Are you being Balance Billed?

If you think you are being balance billed call Member Services at (888) 898-7969, TTY (711), Monday – Friday, 8 a.m. to 5 p.m., ET. Please have the bill ready when you call.

Live Chat is now available!

Need help navigating through the member portal at [MyMolina.com](https://www.mymolina.com)? Want to learn more about My Molina Portal features? Or change your Primary Care Physician (PCP) and locate a Specialist? Let one of our expert agents help guide you through your questions with our new Live Chat feature on [MyMolina.com](https://www.mymolina.com)!

The Live Chat option is available on [MyMolina.com](https://www.mymolina.com) during business hours, Monday to Friday 8 a.m. to 5 p.m. ET.

We can't wait to chat with you!



Health Care Fraud, Waste and Abuse

Molina Healthcare of Michigan is focused on ensuring that fraud, waste and abuse does not occur. If you believe fraud, waste, and abuse has taken place, you can report it without giving your name. You can contact Molina anonymously by:



Online: [MolinaHealthcare.alertline.com](https://www.molinahealthcare.alertline.com)

Email: MHMCompliance@MolinaHealthcare.com



Phone: (866) 606-3889

Fax: (248) 925-1797



Mail: Molina Healthcare of Michigan
Attention: Compliance Director
1201 Woodward Avenue, Suite 900
Detroit, MI 48226

Or you can contact:



Online: michigan.gov/fraud



Phone: (855)-MI-FRAUD (855-643-7283)



Mail: Michigan Department of Health
and Human Services (MDHHS)
Office of Inspector General
P.O. Box 30062
Lansing, MI 48909

For more information, please visit:

[molinahealthcare.com/members/mi/en-US/mem/medicaid/overvw/quality/Pages/fraud.aspx](https://www.molinahealthcare.com/members/mi/en-US/mem/medicaid/overvw/quality/Pages/fraud.aspx)

If you need any member materials in another language, oral interpretation, or auxiliary aids and services, please contact Member Services at (888) 898-7969, Monday through Friday, 8 a.m. to 5 p.m. EST.



PO Box 298
Monroe, WI 53566-0298

<First Name> <Last Name>
<Street Address Line 1>
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<City>, <ST> <ZIPCODE>

