

# Molina's myhealthmylife<sup>®</sup>

A newsletter just for Molina Healthcare of Nevada members

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seasonal allergies

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### Renew your Medicaid

All members must renew their Medicaid every year. Renew on time so you do not lose your coverage.

Visit [Renew My Medicaid](#).

### Get moving this spring

- Spring is a great time to be active. Try walking, biking, or gardening.
- Start with 10 to 15 minutes a day. Ask a friend to join you. Drink water.
- Small steps can help you stay healthy.

# Tips for allergies

Allergies can make you feel stuffy or itchy.

You can feel better by:

- ✓ Checking pollen levels
- ✓ Keeping windows closed
- ✓ Showering after being outside
- ✓ Keeping your home clean

Take allergy medicine as directed.

If you still feel sick, talk to your doctor.



## Your ID card is digital

You can now get your member ID card on your phone.

Use the **My Molina® app** or go to **MyMolina.com**. It is fast and easy.

You will still get a paper card in the mail.

## Your main doctor



Your primary care provider (PCP) is your main doctor. They help you stay healthy.



Check your ID card to see your PCP. You can change your PCP at any time.



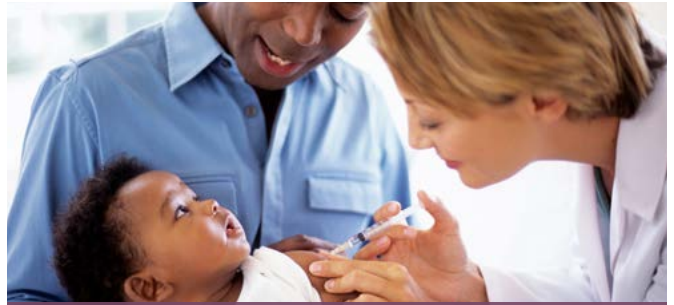
Schedule a yearly checkup, even if you feel well.



# Why shots are important



**Shots help protect you from serious diseases.**



**Kids and adults need shots at different ages.**



**Your doctor or pharmacist can help you know what you need.**



**Shots are covered at no cost to you.**



**For the full CDC recommended vaccine schedules:**

**Children & teens:**

**[Recommended Vaccinations for Children](#) | [Vaccines & Immunizations](#) | [CDC](#)**

**Adults:**

**[Recommended Vaccinations for Adults](#) | [Vaccines & Immunizations](#) | [CDC](#)**

# Stay safe in the sun

Too much sun can harm your skin.

- Use sunscreen with SPF 30 or higher
- Reapply every 2 hours
- Wear a hat and sunglasses

**Check your skin for changes.**

**Talk to your doctor if needed.**

## Avoid tick bites

Ticks live in grass and wooded areas.

- Stay on clear paths
- Wear long sleeves
- Use bug spray

Check your body after being outside.  
Remove ticks with tweezers.

Call your doctor if you feel sick.





## Care for members under age 21

Members under age 21 can get many services, including:

- Checkups
- Vision care
- Dental care
- Hearing care

Getting care early helps children stay healthy.

## Pregnancy care

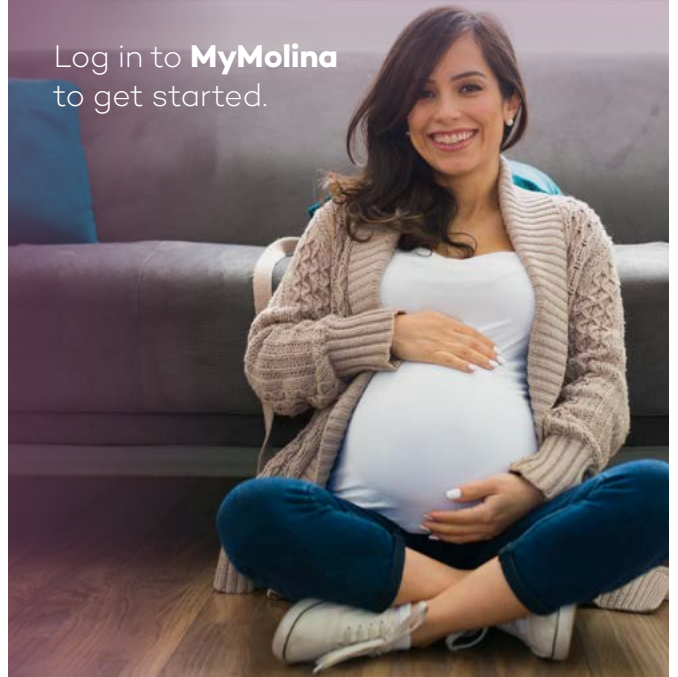
Are you pregnant? We are here to help.

Tell us you are pregnant right away. See your doctor as early as you can.

You may earn rewards, such as:

- ✓ Baby items
- ✓ Gift cards

Log in to **MyMolina** to get started.



## Boost your mood

- ✓ Spending time outside can help you feel better.
- ✓ Fresh air and sunlight can lower stress. Take a short walk or sit in the sun.
- ✓ Even a few minutes can help.





# We want to hear from you

You may get a survey from Press Ganey.  
Your feedback helps us improve your care.

To learn more, call Member Services:  
**(833) 685-2102** (TTY: 711)  
Monday to Friday, 8 a.m. to 6 p.m.

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