

# Your guide to Molina's extra benefits

Molina Healthcare (Molina) offers a wide range of extra benefits to members.

**Vision**—Up to \$100 for glasses or contacts every two years for adults 21 and over

**Mother-Baby Connections**—Text messages with important health information to help:

- Understand what is happening with your body
- Recognize warning signs
- Know what to expect during your delivery

You'll also get:

- Infant sleep sacks and diapers
- An invitation to baby showers hosted by Molina of VA (hosted quarterly per region)
- "Baby Basics" book
- Rides to WIC appointments, Lamaze and parenting classes

**Sports physicals**—Annual sports physicals from a primary care physician (PCP) for children ages 10–18

**Adult physicals**—Routine physicals from a PCP for adults 21 and over

**Bicycle helmet**—One bicycle helmet per year for children under 18

**Transitions of Care for foster children**— Backpack with supplies (personal hygiene items, community resource guides, area maps) for foster children leaving foster care

**Transitions of Care for adults**—Backpack with supplies (personal hygiene items, community resource guides, area maps, pill boxes) for adults with frequent or avoidable emergency room visits

**Smart phone**—Get a free smart phone with:

- 350 free minutes each month
- 4.5 GB of data each month
- Unlimited text messaging

**Complete Care Counts incentives**—Get up to \$50 in gift cards each year when you do things that help your health, like:

- Quit smoking
- Get your annual physical
- Go to all your doctor visits when pregnant
- See your doctor within a week after hospital discharge

**SaveAround coupon book**—coupon book with discount offers for various retailers.

**Community Connections**—Online search tool to help you find important services in your area, like housing, food, job training and more.

**Post-discharge meals**—After you get out of the hospital, you and one family member get three meals delivered each day for up to five days.

To learn more about any of these added benefits, please call Molina of VA Member Services at 1-800-424-4518 (TTY 711). You can call us from 8 a.m. to 8 p.m. local time, Monday through Friday.

This information is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at (800) 424-4518 (TTY: 711), toll free.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (800) 424-4518 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (800) 424-4518 (TTY: 711) 번으로 전화해 주십시오.

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.