

# SPRING 2022 Health and Wellness Newsletter



## Your Guide to Getting Quality Health Care

Learn about the programs and services offered at Molina Dual Options MI Health Link Medicare-Medicaid Plan!

The spring 2022 version of Molina Dual Options MI Health Link Medicare-Medicaid Plan's Guide to Getting Quality Health Care (the Guide) is now available. You can find the Guide on our website at [MolinaHealthcare.com/MHMDualsPublications](https://MolinaHealthcare.com/MHMDualsPublications). You can view or print a copy.

The Guide helps you learn about the programs and services offered to you. You can read about our:

### Quality improvement program

- Molina Dual Options uses surveys and tools to review all of the services and care you receive each year
- We want to hear how we're doing. We collect information on services such as shots, well-check exams and diabetes care

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All newsletters are also available at [MolinaHealthcare.com/Duals](https://MolinaHealthcare.com/Duals).

To get this information in your preferred language and/or accessible format, please call Member Services **(855) 735-5604**, TTY: 711, Monday – Friday, 8 a.m. to 8 p.m., ET. The number is on the back of your Member ID card.



- We help you take better care of yourself and your family. Some of the ways we do this is by:

- Mailing or calling to remind you and your child to get well-check exams and shots
- Telling you about special services
- Helping you learn about any ongoing health problems

### **Population health management**

- Molina Dual Options has services to keep you healthy and take care of any health condition you may have
- We have programs on care management, transitions of care, pregnancy and more. These programs:
  - Tell you how you can get extra help
  - Give you tips to stay healthy
  - Help you find and get services
  - Help coordinate your move from one setting to another

- Connect you to community resources if you have an ongoing health condition
- Tell you how to enroll and opt in or out of these programs

### **This Guide gives you details about how we:**

#### **1. Protect you. We:**

- Protect your privacy
- Work with network doctors to make sure you get safe health care
- Review new studies to make sure new services are proven to be safe
- Give you the steps to file a grievance (complaint) if you have problems with your care or our service

#### **2. Make choices about your health care. We:**

- Look at new services offered as part of the benefits we cover
- Tell you about your rights and responsibilities as a member

### 3. Help you with health care actions. We:

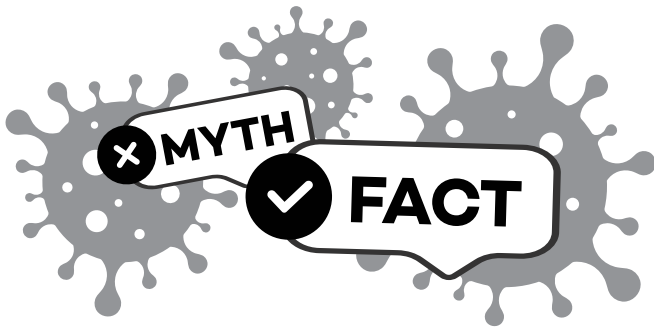
- Guide you in how to get health care after hours or during an emergency
- Help you find answers to drug benefit questions
- Give you details about mental health, behavioral health and substance use services
- Give you tips on how to get a second opinion from another doctor
- Show you how to get care outside the Molina network
- Give you the steps to appeal a denied service or a claim when it's not paid
- Tell you how to find information about network doctors in the Provider Online Directory
- Help you learn how to fill out an Advance Directive to make health care decisions if you cannot speak for yourself

### 4. Meet your communication needs. We:

- Offer you TTY/TDD services if you need help with hearing or speech
- Offer language translation services if you need them
- Tell you how to use online tools such as the member portal

You can print out the Guide and any other information you need from our website. To get the Guide in your preferred language or accessible format, call Member Services at **(855) 735-5604** (TTY/TDD: 711). You can call Monday through Friday, 8 a.m. to 8 p.m., ET. You may also ask us to mail you a copy of the materials.





# COVID-19 Vaccine Myths Busted!

## ✘ MYTH

**The ingredients in COVID-19 vaccines are dangerous.**

## ✔ FACT

Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts. COVID-19 vaccines do NOT contain ingredients like preservatives, tissues, antibiotics, food proteins, medicines, latex, or metals.

## ✘ MYTH

**The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.**

## ✔ FACT

Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19. Getting sick with COVID-19 can cause severe illness or death, and we can't predict who will have mild or severe illness. If you get sick, you can spread COVID-19 to others. You can also continue to have long-term health issues after COVID-19 infection.

## ✘ MYTH

**COVID-19 vaccines cause variants.**

## ✔ FACT

COVID-19 vaccines do not create or cause variants of the virus. Instead, COVID-19 vaccines can help prevent new variants from emerging.

New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.

**✘ MYTH**

**The mRNA vaccine is not considered a vaccine.**

**✔ FACT**

mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body. This type of vaccine is new, but research and development on it has been underway for decades.

The mRNA vaccines do not contain any live virus. Instead, they work by teaching our cells to make a harmless piece of a “spike protein,” which is found on the surface of the virus that causes COVID-19.

**✘ MYTH**

**COVID-19 vaccines contain microchips.**

**✔ FACT**

COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

Learn more about the ingredients in the COVID-19 vaccinations authorized for use in the United States.

**✘ MYTH**

**Receiving a COVID-19 vaccine can make you magnetic.**

**✔ FACT**

Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination (usually your arm). COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

**✘ MYTH**

**COVID-19 vaccines can change your DNA.**

**✔ FACT**

COVID-19 vaccines do not change or interact with your DNA in any way.

The genetic material delivered by mRNA vaccines (Pfizer & Moderna) never enters the nucleus of your cells, which is where your DNA is kept.

Viral vector COVID-19 vaccines (Johnson & Johnson) deliver genetic material to the cell nucleus to allow our cells to build protection against COVID-19. However, the vaccine does not have the ability to mix its genetic material into our DNA, so it cannot change our DNA.

**✘ MYTH**

**A COVID-19 vaccine can make you sick with COVID-19.**

**✔ FACT**

Because none of the approved COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms (fever, chills, muscle pain, etc.). These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

**✘ MYTH**

**The COVID-19 vaccine for children is not safe.**

**✔ FACT**

The COVID-19 vaccine for children between the ages of 5 to 11 years has undergone thorough testing by both FDA and CDC. COVID-19 vaccines have and will continue to undergo the most intensive safety monitoring in U.S. history.

**✘ MYTH**

**It is safer for my child to build immunity by getting infected with COVID-19 than to build immunity by getting the vaccine.**

**✔ FACT**

Getting children ages 5 years and older vaccinated against COVID-19 is the best way to protect them from COVID-19. Children's risk of COVID-19 infection is similar to adults. When children get COVID-19, they may be sick for several days and miss school and other opportunities for learning and play with others. Children who are not vaccinated and get COVID-19 may also be at risk for prolonged post-COVID-19 conditions, hospitalization, multisystem inflammatory syndrome (MIS-C), or death.

**✘ MYTH**

**COVID-19 vaccines cause fertility and other reproductive issues.**

**✔ FACT**

There is no evidence that any of the COVID-19 vaccines cause fertility problems in women or men. In fact, COVID-19 vaccination is recommended for people who are pregnant, trying to get pregnant now, or might become pregnant in the future, as well as their partners.

For more COVID-19 Vaccine Facts visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

# Boost your Health in 2022!

## Did you know that all Michiganders 12 and over are eligible to receive the COVID-19 Booster?

Immunity decreases naturally over time and cold weather makes viruses even easier to spread. As we gather with friends and family, a booster can help keep you and your loved ones protected! With the Omicron variant surging around the country, everyone who is eligible should get a COVID-19 booster dose, if they haven't already.

## Have questions? We have answers!

### How do I know when I should get my booster?

- **Ages 12+ who were vaccinated with Pfizer** at least five months ago can receive a booster shot.
- **Ages 18+ who were vaccinated with Moderna** at least five months ago can receive a booster shot.
- **Ages 18+ who were vaccinated with Johnson & Johnson** at least two months ago can receive a booster shot. (If possible, the CDC recommends getting an mRNA vaccine—Pfizer or Moderna—as your booster to strengthen your protection.)

### Do I need to get the same vaccination I had before?

The Centers for Disease Control and Prevention (CDC) states, you may choose which COVID-19 vaccine you receive as a booster shot. Some people may prefer the vaccine type that they originally received, and others may prefer to get a different booster.

### Where should I go to get my booster?

CDC guidelines state, you don't have to go to the same vaccination site you originally went to for your booster. Any location that is currently administering the vaccine is capable of providing the booster.

### You can find a COVID-19 vaccine or booster near you by:

- Visiting [Vaccines.gov](https://www.vaccines.gov)
- Text your zip code to 438829
- Call **(800) 232-0233, TTY:711**



### Are booster shots the same formula as existing vaccines?

Yes! COVID-19 booster shots are the same formulation as the current COVID-19 vaccines. However, in the case of the Moderna COVID-19 vaccine booster shot, it is half the dose of the vaccine people get for their initial series.

### What are the risks to getting a booster shot?

Fever, headache, fatigue and pain at the injection site were the most commonly reported side effects, and overall, most side effects were mild to moderate. However, as with the two shot or single-dose initial series, serious side effects are rare, but may occur.

**For more information about side effects and the booster talk to your Primary Care Physician.**

# We Treat Hep C

## You are Not Alone!

Just a few months ago, the Michigan Department of Health and Human Services (MDHHS) and Molina Dual Options began our “We treat Hep C” campaign to help Michiganders get tested and treated for Hep C. Hepatitis C is a liver infection that can lead to serious liver damage. It’s caused by the hepatitis C virus. It can cause few symptoms, so most don’t know they are infected. The virus spreads through an infected person’s blood or body fluids.

What happens if you are tested and you are positive? Like many, you may not have known you were sick and now you have a ton of questions. About 2.4 million people in the U.S. have the disease. This is a common and curable disease among people 18-79. People born between 1945 and 1965 or baby

boomers, are 5 times more likely to get the Hep C virus and have long term effects if left untreated.

## First, Next, and Looking ahead

First you will need to make sure you have a provider. Hep C is curable. It is important to choose a provider who is able to treat your condition. You will want a provider you are comfortable with since you will likely be seeing them regularly through the management of your Hep C disease. Next, your provider will want to know what kind of Hep C virus you have. Your doctor may order a few tests to understand the **genotype**. This test will help you find out which of the six kinds (genotypes) of Hepatitis C you have. You may be ordered to have routine blood work to determine how your liver is working called a **liver function panel**. If a concern







is found, you may need to have diagnostic imaging like an **Ultrasound, CT scan, or MRI**. Lastly, some may need a liver biopsy to ensure your liver is working properly. These test results will help the doctor decide which treatment is right for you. Next, your provider and you will consider your treatment options. Treatment for Hep C is very manageable these days. Today's treatment using simplified direct-acting antivirals (DAA) is easier for patients to manage at home. Now people can get rid of the virus by simply taking a pill at home, for just a few weeks. Be sure you have the support that you need from friends, family or even a support group. A support group is beneficial to your overall wellbeing.

## **Get Tested!**

**You can manage your health. A cure is possible. The road begins with getting tested!**

Take a second and talk with your provider about getting a simple blood test to determine if you have Hep C. Do you need help finding a doctor? Just call Member Services at **(855) 735-5604**, TTY:711, Monday- Friday, 8 a.m. to 8 p.m. ET. For more information please contact the AbbVie Nurse Ambassador Program at **1-877-628-9738**.

# Bridge2Access Committee

## Interested in joining the Bridge2Access Committee Council?

Our Molina Dual Options Member Advisory Council is looking for new members. If you're interested in joining, email [mhmmemberengagementcommunications@MolinaHealthcare.com](mailto:mhmmemberengagementcommunications@MolinaHealthcare.com) explaining in 100 words or less why you want to participate. We'll review your email and let you know if you're selected.

### All committee members must be:

- A current Molina Dual Options member, family member or legal guardian of a member
- A Michigan resident
- At least age 21
- Able to attend meetings at least four times a year

### For more information:

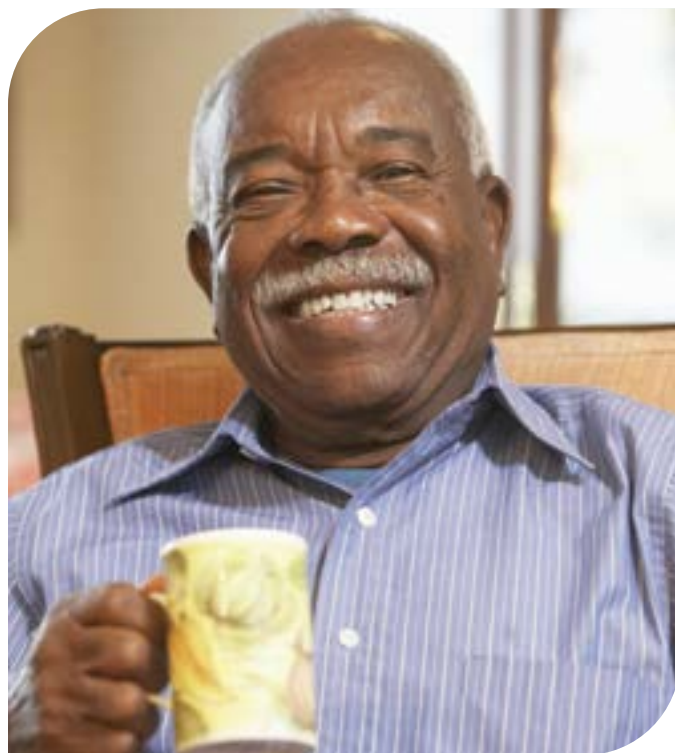
If you have questions about the Bridge2Access Committee or its members, call Member Services at **(855) 735-5604** TTY: 711, Monday – Friday, 8 a.m. to 8 p.m., ET.

### The objectives of the Bridge2Access Committee are:

- To provide a place for members to review new ideas, concepts, programs and initiatives to improve the quality of care
- To act as advocates for issues that impact membership
- To assist in the planning, implementation and evaluation of culturally and linguistically appropriate health education and outreach activities
- To demonstrate compliance with NCQA and HEDIS standards for involving members by identifying and prioritizing opportunities for improvement
- To contribute to the development of health education programs to improve quality of care

### Committee member will enjoy:

- **Free transportation** is provided to and from committee meetings for members
- **Lunch provided** at each meeting
- **\$25 gift card** provided for each meeting attended



# Let's Get Cooking!

## Italian Stuffed Peppers

Bell peppers are a low-calorie, high-flavor vegetable containing folate, fiber, and iron, making it a great source for nutrition. They're also a great base for a variety of fillings and sauces. This versatile, easy recipe could be made as Mexican stuffed peppers with salsa and taco seasoning, instead of tomato sauce and Italian seasoning.

## Ingredients

- 4-6 bell peppers (red, green, yellow, and orange all work)
- 1- pound ground Italian sausage or ground turkey
- 1 cup cooked quinoa, wild rice, or whole grain of your choice (an easy way to use leftovers!)
- 1 (15-ounce) jar or can tomato sauce
- 1 cup frozen spinach
- 1 tablespoon Italian seasoning
- ½ cup shredded low-fat mozzarella

## Instructions

1. Preheat oven to 350° F and grease an 8-inch glass baking dish or casserole.
2. Cut the tops from peppers, scoop out seeds, and rinse.
3. In a medium skillet, cook beef or sausage about 10 minutes, or until browned. Remove from heat and drain the meat, then return to pan.
4. Stir grains, 1 cup of the tomato sauce, spinach, and seasonings into the cooked meat.
5. Nestle peppers, standing up, into the baking dish. Stuff them with the meat, grain, and spinach mixture until full.
6. Pour remaining tomato sauce over the peppers and top with shredded mozzarella. Cover the baking dish tightly with aluminum foil.
7. Bake 20 minutes covered. After 20 minutes, remove the foil and bake about 10 minutes longer, until cheese is melted and bubbly.



# Add Some Excitement to Your Water with Delicious Infusions!



## Rosemary Citrus Water

### Ingredients:

- 1 orange or blood orange
- Rosemary sprigs
- Pitcher of cold water

### Instructions:

1. Add sliced orange and several sprigs of rosemary to the bottom of a pitcher.
2. Cover with water and let sit in the fridge overnight. Enjoy!



## Cucumber Cooler

### Ingredients:

- 1 Cucumber Sliced
- Juice of 1/2 lemon
- 1 Tbs fresh grated ginger
- 15 fresh mint leaves
- Pitcher of cold water

### Instructions:

1. Add all ingredients to empty pitcher.
2. Fill pitcher to top with colder water and let sit in the fridge overnight. Enjoy!



## Strawberry Basil Lime Water

### Ingredients:

- 8-10 fresh strawberries sliced
- Juice of 1 lime
- 8 fresh basil leaves
- Pitcher of cold water

### Instructions:

1. Add all ingredients to empty pitcher.
2. Fill pitcher to top with colder water and let sit in the fridge overnight. Enjoy!

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# Spring Into Health!

- |           |          |
|-----------|----------|
| DAFFODIL  | HAPPY    |
| YOGA      | RAIN     |
| WELLNESS  | BIKE     |
| STRONG    | HEALTHY  |
| SWIMMING  | GARDEN   |
| WALKING   | LILY     |
| SPRING    | SUNSHINE |
| BUTTERFLY |          |

## Download My Molina Mobile App Today!

Get smart 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



Download My Molina



# 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:**

[www.MolinaHealthcare.alertline.com](http://www.MolinaHealthcare.alertline.com)

**Email:**

[MHMCompliance@MolinaHealthCare.com](mailto:MHMCompliance@MolinaHealthCare.com)

**Phone:** (866) 606-3889

**Fax:** (248) 925-1797

**Mail:**

Molina Healthcare of Michigan  
Attention: Compliance Director  
880 West Long Lake Road, Suite 600  
Troy, MI 48098-4504

**Or you can contact:**

**Online:** [www.michigan.gov/fraud](http://www.michigan.gov/fraud)

**Phone:** 1-855-MI-FRAUD  
(1-855-643-7283)

**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:**

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



**For more information,  
please visit:**  
[www.molinahealthcare.com/members/mi/en-US/mem/medicaid/overvw/quality/fraud.aspx](http://www.molinahealthcare.com/members/mi/en-US/mem/medicaid/overvw/quality/fraud.aspx).

**Or scan QR code below**





## Recent Changes to Contact Information?

Any changes in phone number, email, or address should be reported to the Michigan Department of Health and Human Services (MDHHS). You can do this by going to the MI Bridges website at [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges). If you do not have an account, you will need to create an account by selecting “Register”. Once in your account, when reporting changes, please make sure you do so in both the profile section and the Report Changes area. The Report Changes area is what the local office will use to update the address for your case.

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Molina Dual Options MI Health Link Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

You can get this document for free in other formats, such as large print, braille, or audio. Call (855) 735-5604, TTY: 711, Monday - Friday, 8 a.m. to 8 p.m., ET. The call is free.

Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, ethnicity, national origin, religion, gender, sex, age, mental or physical disability, health status, receipt of healthcare, claims experience, medical history, genetic information, evidence of insurability, geographic location.



Your Extended Family.

18625 West Creek Drive  
Tinley Park, IL 60477

## Questions About Your Health?

Don't Forget to Get Your Yearly Check-Up!

**Call our 24-Hour Nurse Advice Line  
(844) 489-2541, TTY 711.**

Your health is our priority!



### **Molina Dual Options is on Facebook!**

Get social with us and see how Molina Dual Options is impacting communities across Michigan— Like us on Facebook at

<https://www.facebook.com/MolinaHealthMI>

[MolinaHealthcare.com/Duals](https://MolinaHealthcare.com/Duals)