

# Molina's myhealthmylife<sup>®</sup>

A newsletter just for New York members

Spring/Summer 2025

## WHAT'S INSIDE

Autism Awareness

2

Prenatal and  
postpartum care

5

Healthy recipe!

9





# What you should know about autism

Autism Spectrum Disorder (ASD) is a condition that affects how people communicate, socialize and behave. People with ASD might find it hard to talk to others, play with friends or follow routines.

The Centers for Disease Control and Prevention (CDC) says about 1 in 36 children and 1 in 45 adults in the U.S. have autism. Boys are more likely to have autism than girls. Even though doctors can tell if someone has autism when they are 2 years old, most children don't find out until they are over 4 years old.

Signs of autism usually start before the age of three.

These signs can include:

- Not making eye contact
- Not pointing at things
- Having trouble learning to talk, walk or play
- Not playing with other children
- Repeating words or actions
- Getting very upset over small changes
- Having unusual reactions to sounds, smells, tastes, looks or feels

Some children with autism are not identified early in childhood. Getting services as early as possible can make a difference in the development of a child with ASD. **Click here** to learn more about accessing services for ASD.

There are many ways to help children with autism thrive and have a great quality of life. **Click here** to learn more about different interventions for autism.

## Sources:

- [Autismspeaks.org/autism-statistics-asd](https://autismspeaks.org/autism-statistics-asd)
- [CDC.gov/autism/signs-symptoms/index.html](https://www.cdc.gov/autism/signs-symptoms/index.html)
- [CDC.gov/autism/treatment/index.html](https://www.cdc.gov/autism/treatment/index.html)



# Celebrating women's health



National Women's Health Week starts each year on Mother's Day. This week encourages women and girls to make their health a priority. Taking care of yourself includes caring for your physical, mental, social and emotional health. You can do a lot – from practicing healthy habits to making and keeping all health care appointments. Practice healthy behaviors to get the care you need.



## **Talk with your health providers.**

Regular check-ups are important. Talk to your doctor to find out about screenings and exams you may need and when. You can also use the covered preventive services and other services available to women at no cost. [Click here](#) to learn more about screenings and exams.



## **Enjoy a healthy and balanced diet.**

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthy eating habits.

- Include a healthy diet that includes fruits, vegetables, whole grains, fat-free or low-fat milk and other dairy products, and lean meats.
- You can add to or substitute dairy products with lactose-free versions and fortified soy beverages and yogurts.
- Your eating plan should be low in salt, saturated and trans fats and added sugars.
- Avoid drinking too much alcohol. Too much alcohol use has immediate effects that increase the risk of many harmful health conditions and can lead to chronic diseases. If you choose to drink alcohol, do so in moderation, which is one drink or less a day for women. Check your drinking habits and plan to drink less alcohol.



## Get active!

A healthy balanced diet is an essential part of a healthy lifestyle.

- Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 hours and 30 minutes a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day.
- Get out and about and enjoy the warm weather. Physical activity is one of the most important things you can do for your health. It has many benefits, like lowering your risk for heart disease, the leading cause of death for women.
- Adults should do at least 2 hours and 30 minutes of aerobic physical activity that requires moderate effort each week. You don't have to do it all at once. Do strengthening activities at least twice a week that include all major muscle groups.
- More than one out of four older people fall each year, and women fall more often than men. Strength and balance training can help reduce falls.



## Prioritize mental health

What you can do:

- Take five. Take a deep breath and relax. Even five minutes to take care of yourself can help.
- Be active. Take a walk, stretch or exercise.
- Connect with others. Reach out to friends and family.
- Seek support from friends, family and trusted organizations. Talk about your feelings with others. Reach out to clergy or others in your faith community.
- Get help from a professional. Talk to a health care provider about how you are feeling.
- Call the 988 Suicide & Crisis Lifeline. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988.
- Take time to unwind and enjoy your favorite activities.
- Keep your mind and body healthy. Research shows that positive mental health is associated with better overall health and well-being.



## Practice healthy habits

- If you have periods, keep good habits during them, like changing your pads or tampons regularly and tracking when they happen. Learn about your periods and talk to a doctor about your concerns. Reach out to local health or social services if you need help getting menstrual products.
- Menopause is a normal change when a woman's periods stop. Menopause happens when a woman has not had a period for 12 months in a row. If you are going through menopause, learn ways to help with your symptoms.
- Get enough sleep to stay healthy. Sleep affects how you feel and perform during the day. Adults need at least seven hours of sleep each night. Good habits, such as following a regular sleep schedule, including weekends, make getting the sleep you need easier.

### Sources:

- [CDC.gov/womens-health/features/nwhw.html](https://www.cdc.gov/womens-health/features/nwhw.html)
- [Womenshealth.gov/healthy-living-age](https://www.womenshealth.gov/healthy-living-age)

# Prenatal and postpartum care

Getting good care during and after pregnancy helps keep moms and babies healthy.

Steps to take include:

- Visit the doctor regularly while pregnant and after having the baby. This keeps everyone healthy.
- Tell your doctor about any health problems you or your family have had.
- Talk about any medicines, vitamins or herbs you are taking.
- Eat good food and take vitamins with folic acid to help prevent birth defects.
- Stay active unless your doctor says it's not safe.
- Learn about any problems during pregnancy and what signs to watch for.
- Ask your doctor where to go for emergency care.
- Plan the baby's birth and discuss it with your doctor.



Doctors say moms should visit their doctor at least twice in the first 12 weeks after giving birth. It's important to check that everything is healing well and to get help with breastfeeding if needed.

## You can earn rewards!

You can get a \$50 gift card just for going to your prenatal care provider for a check-up after you have your baby. Make sure to go for your check-up between 7 and 84 days after delivery.

To learn about all the benefits and rewards, visit the [MHNY/AbM](#) member portal.

To learn more about member rewards, [click here](#).

Scan this QR code to download **My Molina®** mobile app



## Sources:

- [CDC.gov/pregnancy/](https://www.cdc.gov/pregnancy/)
- [ACOG.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care](https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care)



# The ABCs of hepatitis

May is Hepatitis Awareness Month. This month is about teaching people about three types of hepatitis: A, B and C. It's important to get tested, vaccinated and treated on time. Hepatitis is a big health problem. Many people don't know they have it. Share this message so everyone knows that hepatitis A and hepatitis B can be stopped, and hepatitis C can be cured.

## Why it's important

Hepatitis A and hepatitis B can be stopped with vaccines and hepatitis C can be cured.

## Hepatitis A

Hepatitis A usually makes people feel sick for a short time. Getting a vaccine is the best way to stop getting sick from it.

## Hepatitis B and hepatitis C

Many people with hepatitis B or hepatitis C don't have any symptoms. They might not know they have the virus. If not treated, both infections can cause liver problems like liver damage, cirrhosis, liver cancer and even death. The only way to know if you have hepatitis B or hepatitis C is by getting tested.

There is no cure for hepatitis B, but there are treatments that can help keep you from getting liver cancer. There is no vaccine to stop hepatitis C, but people can be cured with medicine. Most people with hepatitis C can be cured with medicine taken for just 8-12 weeks. Testing is the first step.

Click on the link [“ABCs of Viral Hepatitis”](#) to learn more about the three most common types of viral hepatitis in the US.



## Sources:

- [CDC.gov/hepatitis-awareness/about/index.html](https://www.cdc.gov/hepatitis-awareness/about/index.html)
- [CDC.gov/hepatitis-awareness/abcs/index.html](https://www.cdc.gov/hepatitis-awareness/abcs/index.html)

# National Mental Health Awareness Month



Millions of people in the U.S. are affected by mental illness each year. Understanding how common mental illness is helps us support those who need help. These facts can raise awareness and fight against the stigma of mental illness.

Fast facts:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. children aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10 to 14

## Mental health care matters

Getting treatment for mental health, like therapy, medicine, and self-care, can help people recover from mental illness. Even though starting to look for help can be confusing or hard, it's important to begin. If you or someone you know needs help, talk to your doctor who can connect you with resources.

In New York State, you can call **988** for free, confidential mental health support. You can talk to a counselor by phone, text, or chat and get help with mental health and substance use services in more than 200 languages, 24/7. Anytime, any day, in almost any language, from phone, tablet or computer, **NYC 988** is your connection to get the help you need.

### Sources:

- [NAMI.org/about-mental-illness/mental-health-by-the-numbers/](https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/)
- [NYC.gov/site/doh/health/health-topics/nyc-well.page](https://www.nyc.gov/site/doh/health/health-topics/nyc-well.page)
- [OMH.ny.gov/omhweb/crisis/988.html](https://www.omh.ny.gov/omhweb/crisis/988.html)



# Asthma Awareness Month

May is National Asthma & Allergy Awareness Month!



## What is asthma?

- Asthma is a long-term disease that makes breathing hard. It can cause coughing, wheezing and chest pain.
- Asthma symptoms can be triggered by pollen, mold, dust, pet dander, cold air and exercise.
- There is no cure, but you can manage it with medicine and avoiding triggers.
- Asthma affects millions of people in the United States.

To learn more about asthma facts and figures, [click here](#).

## Managing asthma

- Work with your doctor to learn about asthma and keep it under control.
- Take your medicine as your doctor tells you. Learn which medicines you take, when to take them and how to use them correctly.
- Know what causes your asthma symptoms and try to stay away from those things.
- Be aware of changes in your asthma and follow your doctor's advice if your symptoms worsen.

For more tips on monitoring asthma, [click here](#).

### Sources:

- [AAFA.org/get-involved/asthma-and-allergy-awareness-month/](https://aafa.org/get-involved/asthma-and-allergy-awareness-month/)
- [AAFA.org/wp-content/uploads/2022/08/aafa-asthma-facts-and-figures.pdf](https://aafa.org/wp-content/uploads/2022/08/aafa-asthma-facts-and-figures.pdf)
- [NHLBI.nih.gov/resources/lmbb-monitoring-your-asthma-fact-sheet](https://nhlbi.nih.gov/resources/lmbb-monitoring-your-asthma-fact-sheet)
- [NHLBI.nih.gov/resources/lmbb-tips-talking-your-health-care-provider-about-asthma-fact-sheet](https://nhlbi.nih.gov/resources/lmbb-tips-talking-your-health-care-provider-about-asthma-fact-sheet)



# Healthy recipe!

## Cucumber Salad Sandwich

**Active Time:** 10 mins

**Total Time:** 15 mins

**Servings:** 2

### Ingredients:

- 1 cup chopped English cucumber
- $\frac{1}{8}$  teaspoon salt
- 2 tablespoons low-fat plain strained yogurt - such as Greek-style
- 2 tablespoons crumbled feta cheese
- 1 tablespoon herbs - such as dill, parsley or mint, chopped
- $\frac{1}{4}$  teaspoon lemon zest
- $\frac{1}{2}$  teaspoon lemon juice
- $\frac{1}{8}$  teaspoon ground pepper
- $\frac{1}{2}$  cup alfalfa sprouts
- 4 slices whole-grain bread, toasted if desired
- 2 thin slices of red onion



### Nutrition Facts (per serving)

293	Calories
6g	Fat
45g	Carbs
16g	Protein
8g	Fiber

### Directions:

1. Stir cucumber and salt in a medium bowl; let stand for 10 minutes.
2. In a large bowl, combine yogurt, feta, herbs, lemon zest, lemon juice, and pepper.
3. Drain the cucumbers; spread on a paper towel and pat dry. Add to the yogurt mixture; stir until well-coated.
4. Divide sprouts between 2 bread slices. Spread cucumber salad on top of the sprouts. Top each with an onion slice and another bread slice; cut in half. Serve immediately.

### Nutrition profile:

- Sesame-free
- Diabetes-friendly
- Nut-free
- Healthy pregnancy
- Soy-free
- Heart-healthy
- Vegetarian
- High-protein
- Egg-free

### Sources:

- [EatingWell.com](https://www.eatingwell.com)

ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call (800) 223-7242 (TTY: 711). ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al (800) 223-7242 (TTY:711). 请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 (800) 223-7242 (TTY: 711).