

# Summer 2020 Health and Wellness Newsletter



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## COVID-19 Molina Member Information

### Helping You Understand Coronavirus or COVID-19

Molina wants to keep you informed about staying safe during COVID-19.

Until there is a vaccine, taking safe steps is in your hands. For up-to-the minute COVID-19 information during the upcoming months, visit [CDC.gov](https://www.cdc.gov).

You can also call Molina's 24-Hour Nurse Advice Line at 1 (888) 275-8750 (English); 1 (866) 648-3537, (Spanish); TTY/TDD: 711, and get information to help put your mind at ease.

### Signs and symptoms of COVID-19

- ✓ Fever (temperature greater than 100.0)
- ✓ Cough, sore throat
- ✓ Shortness of breath or difficulty breathing
- ✓ A constant feeling of being tired
- ✓ Muscle or body pain
- ✓ New loss of taste or smell
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea

Older people and those with underlying medical problems, such as lung disease, heart problems or diabetes, are believed to be more at risk to develop serious illness.



If you or someone in your household has signs of COVID-19, call your doctor first. Your doctor is your best resource for next steps.

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

\* For your test to be free, you must have a doctor's order, and the test must be done in an approved location.

# Things to remember when you leave the house

The closer you are to people in public, and the longer you are around groups of people, the higher the risk of COVID-19 spread. Limit your errands and the number of people who go with you. Do not make errands a family event!

**Here are some other important CDC suggestions to think about before you go out!**

- ✓ **Face masks work in stopping the spread of COVID-19.** So, wear a face mask when you leave the house. Wear a face mask when you go to the grocery store, the pharmacy, your workplace or ride the bus. Even if it is a quick errand, wear a face mask.
- ✓ Always take along hand sanitizer, with at least 60 percent alcohol. Sanitize your hands before and after you touch railings, grocery cart handles, door handles, keypad entries, cash, elevator buttons, etc.
- ✓ Avoid standing or sitting close to anyone. Safe social distancing means keeping 6 feet between you and others.
- ✓ Do not touch your eyes, nose or mouth.
- ✓ When coming in from being outside — **everyone should wash their hands with soap and water for 20 seconds.**



If there is a COVID-19 outbreak in your community, **stay home** as much as possible, even if you are healthy. This helps you reduce your risk of getting sick and helps reduce the risk of spreading COVID-19 to others.

## Safe ways to fill your prescriptions!

Molina wants you to get the prescriptions you need in the safest way possible.

- ✓ Get free transportation to the pharmacy. Call 1 (866) 907-1493 to schedule a ride.
- ✓ Many pharmacies, such as CVS, are offering free delivery of most prescriptions.
- ✓ You must use your ForwardHealth ID card to access prescriptions.

The State of Wisconsin covers your transportation and prescriptions. Call Wisconsin Medicaid Customer Service at 1 (800) 362-3002 for more information.



## Take care of your mental health during COVID-19

Feelings of increased stress and confusion during this COVID-19 time, can happen. These feelings can include:

- ✓ Trouble sleeping
- ✓ Feeling of anxiety
- ✓ Feeling less safe
- ✓ Feeling more body aches or headaches than usual
- ✓ Increased drinking or drug use
- ✓ Increased irritability or arguing with people close to you
- ✓ Social isolation

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## Molina reminds you of some steps you can take to improve your mental health.

- ✓ Keep in contact with your mental health providers safely in-person or through telehealth services.
- ✓ Connect with your support system with phone calls, texting, email and social media.
- ✓ Try exercise, meditation, or practice preferred religious beliefs to help decrease stress.
- ✓ Limit how much time you spend per day watching or reading news.
- ✓ Practice slowing down your breathing when you feel stress and anxiety building: breathe in for 4 counts, hold it for 4 counts, and breathe out for 8 counts. Do this several times until you feel more relaxed.

## Talk to your doctor from home

If you need health care during COVID-19, Molina suggests telehealth, a new way of talking to a doctor right from your own home. With telehealth you use your phone or mobile app to talk to your doctor. Call your doctor's office or clinic and ask if they use telehealth.

**Remember: you can only use telehealth with a doctor who is in the Molina Medicaid Provider Network.**



## Food safety during COVID-19

After shopping, handling food packages, or before preparing or eating food, always wash your hands with soap and water for at least 20 seconds.

### Here are other suggestions from the CDC.

#### ✓ Fresh Produce

- Do NOT wash produce with soap, bleach, sanitizer, alcohol, disinfectant or any other chemical.
- Gently rinse fruits and vegetables under cold running tap water.
- Scrub uncut firm produce (melons, cucumbers, potatoes) with a clean brush, even if you don't plan to eat the peel.
- Salt, pepper, vinegar, lemon juice and lime juice have not been shown to be effective at removing germs on produce.

#### ✓ Handling Packaged Foods

- When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of purchasing.
- **Do not** use disinfectants designed for hard surfaces, such as bleach or ammonia, on food packaged in cardboard or plastic wrap.
- Keep reusable cloth bags clean. Wash and dry them on the warmest appropriate settings.

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## Keep up on your child's vaccinations!

The CDC and the American Academy of Pediatrics recommend every child receives routine vaccinations during the COVID-19 outbreak. Children not protected by vaccines may be more likely to get diseases like measles and whooping cough.

Children need to be protected against vaccine-preventable diseases. Well-child visits and vaccinations are important. Make sure your children are protected. **Getting your child vaccinated on time has never been more important.**

Schedule preventive care services for children and adolescents. Make sure they are school ready with the required vaccines, even if schooling is done from home.

- ✓ Call your doctor's office to find out what shots are needed and schedule the necessary appointments.
- ✓ Ask what extra safety steps your doctor's office is taking to make sure your child and you are safe. Ask what safety steps you must take before bringing in your child.
- ✓ All newborns should be seen by a pediatric doctor shortly after hospital discharge (3-5 days of age).



## Annual flu shot—a must for 2020!

Make plans to get vaccinated early in fall, before flu season begins. Everyone, 6 months of age and older, should get a flu shot.

The CDC recommends people get a flu vaccine by the **end of October**. A flu shot is your best defense against the “ugly” of the flu. You can make a flu appointment any time during the flu season, even as late as January. Call your doctor's office in September or October and ask about getting a flu shot. This year more than ever, make plans to get the flu shot.



Visit [Molinahealthcare.com](https://molinahealthcare.com) to view the updated 2020 Medicaid Member Handbook. Learn all the benefits available to you and your family.

The link is: <https://molinahealthcare.com/WIWellness>

Welcome to **Molina Healthcare.**  
Your Extended Family.



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Wisconsin Member Handbook  
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