

Member Health Education

Newsletter - 2023



WHAT'S INSIDE

Prediabetes – Taking action can make a big difference	2
Getting ready for your doctor's appointment	3
Understanding advance directives	4
Talk to a doctor or nurse anytime	5
Caring for you and your baby	6
Worried that you're feeling down for too long?	7
Download the My Molina mobile app	9
Follow us on social media	10

Prediabetes – Taking action can make a big difference



Having prediabetes means your blood glucose (sugar) levels are higher than normal – but not high enough to be diagnosed as diabetes. Prediabetes can lead to type 2 diabetes (the most common form of diabetes) which puts individuals at risk for:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet or legs

Who is at risk for prediabetes and type 2 diabetes?

If you have these risk factors, you may be at higher risk for prediabetes and type 2 diabetes:

- You are overweight
- You are 45 years of age or older
- Your parent or sibling has type 2 diabetes
- You are physically active fewer than 3 times per week
- You ever gave birth to a baby that weighed more than 9 pounds
- You ever had diabetes with pregnancy (gestational diabetes)

Race and ethnicity may also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for developing type 2 diabetes.

What to do if you get diagnosed with prediabetes

If you are diagnosed with prediabetes, know that small changes to your lifestyle will lower your risk. Your doctor can help you create a plan and set goals that work for you. Recommended lifestyle changes may include:

- Be more active
- Lose extra weight
- Stop smoking

Remember, with prediabetes taking action with early treatment and lifestyle changes can be the best medicine.

Sources: Centers for Disease Control and Prevention, American Diabetes Association

How to Prepare for Your Doctor's Appointment

Having a plan and knowing what to expect can help you make the most of your doctor's visit.

These tips can help you with that!

1. Make a list of your questions and concerns
2. Bring a list of your medicines, including vitamins and herbal supplements
3. Bring a friend or family member, if you need help communicating
4. Be open and honest with your doctor and office staff
5. Let your doctor's office know if you need translation services or transportation
6. Know your and your family's medical history
7. Arrive on time
8. Bring your Molina member ID Card



Be prepared with an Advance Directive



The idea of not being able to make your own medical decisions is uncomfortable to imagine. Yet, there is a possibility it could happen. The best way to be prepared is to complete an advance directive and share it with your doctor and your family.

What is an advance directive?

An advance directive is a legal document that puts your choices for health care into writing. There are physical and mental health advance directives. Advance directives tell your doctor and family what kind of health care you do or do not want if, for example:

- o You lose consciousness
- o You can no longer make health care decisions
- o Your judgement is impaired and/or you are unable to communicate effectively
- o You cannot tell your doctor or family what kind of care you want
- o You want someone else to decide about your health care if you can't
- o You want to donate your organ(s) after your death

There is also a Physician Orders for Life Sustaining Treatment (POLST) form for anybody who has a serious health condition and needs to make decisions about life-sustaining treatment. Your provider can use the POLST form to represent your wishes as clear and specific medical orders.

You can cancel an advance directive at any time. To learn more about advance directives and mental health advance directives, or get help filling out the documents, please contact Molina, your provider, or an Ombuds*.

*An Ombuds is a person who is an available option to provide free and confidential assistance with resolving concerns related to your behavioral health services (mental health or substance use). They can help if you have a behavioral health grievance, appeal, or fair hearing to resolve your concerns. The Ombuds is independent of your health plan. Ombuds assistance is provided by a person, or a person whose family member, has received behavioral health services. Ombuds know the services well and can help people resolve problems. To find an ombuds near you, visit: MolinaHealthcare.com/waombuds.

Questions about your health?

Get care anytime, anywhere.

Health issues can happen any time, even on nights and weekends. As a Molina member, you can talk to a qualified health care provider 24/7.

Call our 24-hour Nurse Advice Line!

Our Nurse Advice Line is a covered service that is available 24/7.

- **Speak to a nurse when you:**
 - Have a medical question any time of the day or night
 - Think of a question after you visit your doctor
 - Feel sick and aren't sure what to do
 - Feel sick or hurt and don't know where to go for care

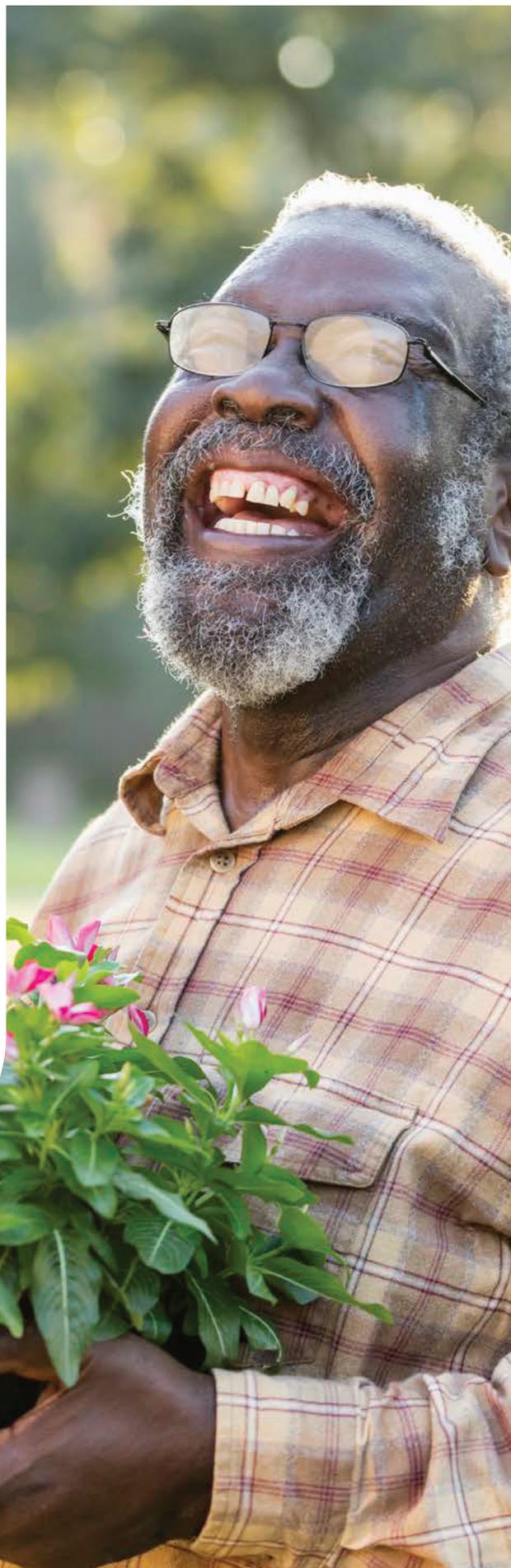
Get Virtual Urgent Care, Open 24/7

Talk to a board-certified doctor on your phone, tablet or computer. No appointment needed. Teladoc doctors can diagnose, treat and prescribe medication for a wide range of non-emergency conditions such as colds, sinus infections, pink eye, stomach bugs, sprains and more.

Keep these phone numbers handy!

24-hour Nurse Advice Line: English and other languages: (888) 275-8750, Spanish: (866) 648-3537, TTY: 711

Teladoc: (800) 835-2362, TTY: 711 (or visit member.teladoc.com/molinawa).



Caring for you and your baby



Getting ready for a baby's arrival is an exciting time. To take the best care of your physical and mental health during and after pregnancy, it's important to see your doctor for prenatal care (before birth) and postpartum care (after birth).

Prenatal Care

Prenatal care checkups help keep you and your baby healthy and reduce the risk of pregnancy complications. You can ask questions at these appointments and learn helpful information.

Did you know?

- It's important to start taking prenatal vitamins as soon as possible during pregnancy. Talk to your doctor about vitamins to take during pregnancy.
- Certain health conditions such as diabetes, high blood pressure and others, may be associated with a high-risk pregnancy that can cause problems for you and your developing baby. High-risk pregnancies are often identified during prenatal visits.

Postpartum Care

Be sure to see your provider after delivery. It is important to visit your provider between 1-12 weeks after you have your baby to make sure you are healing well. This is called postpartum care. At this visit, your provider will often talk to you about:

- How you and your baby are adjusting to life together
- Emotional concerns such as baby blues (it's normal to feel a little down), and about postpartum depression (which may be more serious and require treatment)
- Prevention, early diagnosis, or treatment of any complications
- Birth control options and family planning
- Breastfeeding questions or concerns

You should not skip your postpartum care appointment as it is an important time to focus on your recovery and this new stage of life.

For more important information on prenatal and postpartum care, see <https://www.molinahealthcare.com/members/wa/en-us/mem/Preventive-Care/Pregnancy-Care.aspx>.

You should not skip your prenatal or postpartum care appointments.

Worried that you're feeling down for too long?



Staying healthy includes taking care of both your body and your mind. Many people struggle with mental health, especially depression. Depression is more common than you may think, and it can affect children, teens and adults. If you or someone you love is suffering from depression, please reach out for help.

Can I get better?

Yes! There are many ways to treat depression including medicine and counseling with a therapist. You and your provider can work together toward mental wellness.

What is depression?

Depression is a medical illness that affects mood, thought, behavior and general health. Depression involves feeling sad, discouraged, or hopeless for weeks, months or longer.

What causes depression?

Depression occurs when the chemicals in the brain are out of balance, but there is no single cause for depression. There are many factors that can cause a person to develop depression, such as:

- Having blood relatives who have had depression
- Changes in family and/or personal life
- Bullying or a difficult social environment
- Traumatic or stressful life events
- Changes in hormones
- Taking certain medications. (Talk to your doctor if you have questions about whether your medications might be making you feel depressed.)
- Having a medical problem such as cancer, stroke or chronic pain
- Using alcohol or drugs

Dial or text 988 for free confidential help with mental health from the **988 Suicide & Crisis Lifeline**. Call 24 hours per day, 7 days a week.

What are symptoms of depression?

- Changes in sleep: You sleep more or less than normal
- Changes in eating habits: You eat more or less than normal. You may gain or lose weight.
- Poor focus: You cannot make decisions or finish reading a short article
- Loss of energy: You cannot complete daily tasks
- Lack of interest: You lose interest in doing things that you once enjoyed
- Low self-esteem: You think a lot about past failures
- Feeling guilty or hopeless: You think your life will never get better
- Changes in movement: You move slowly or frantically
- Thoughts of death: You often think of death or harming yourself. If you are having thoughts of death, or need someone to talk to, please call the 988 Suicide & Crisis Lifeline by dialing or texting 988, or call 911.

For more on depression, including treatment, and support: Click [here](#).

Need a ride to a health appointment?

(Apple Health Members Only) If you need assistance with nonemergency transportation for medical and behavioral appointments, please visit: hca.wa.gov/transportation-help.



Get smart health plan access with your smartphone. With the My Molina mobile app, you can easily see, print or send your ID card. You can 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.



Download the My Molina mobile app

Search for providers

Use our advanced search options to find providers that meet your needs.

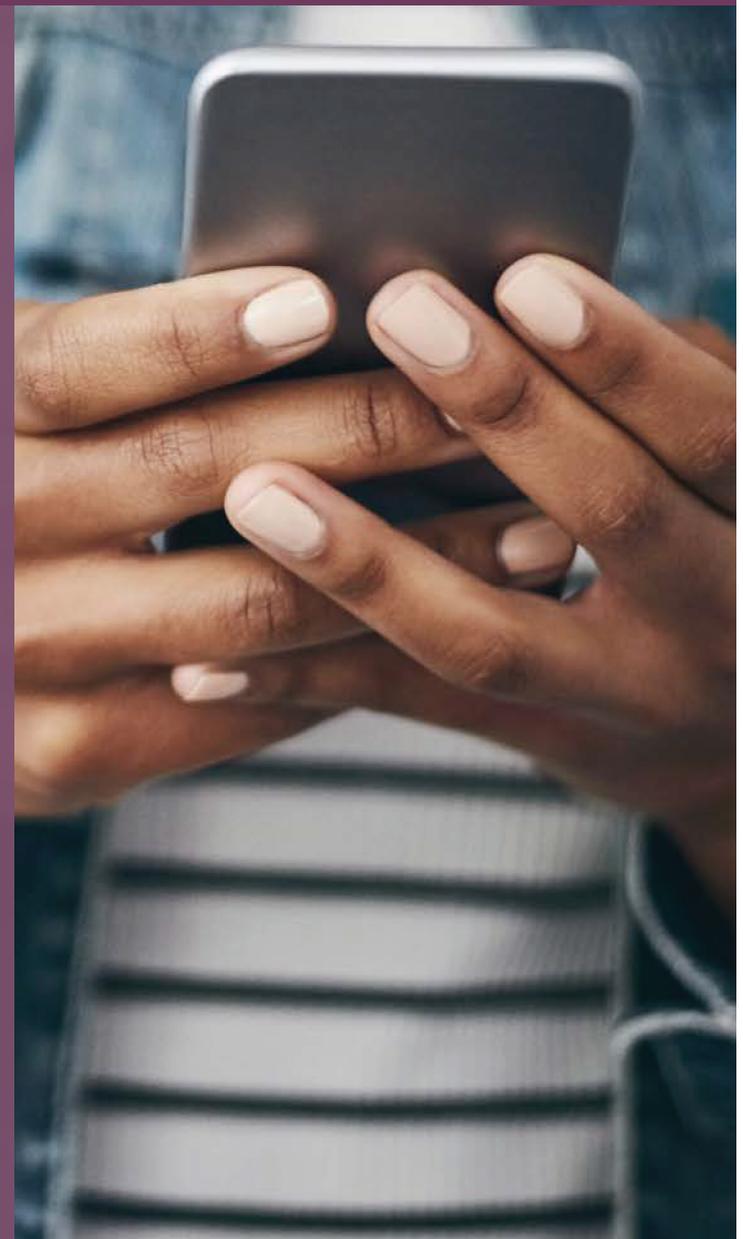
View your ID card

Change your PCP

Other features

- View benefits at a glance
- Contact your care manager
- Find a pharmacy near you
- Find an urgent care near you
- View medical records
- Call our Member Services team
- Receive important notifications

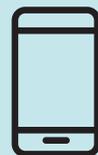
**To get started, scan
this QR code**





Follow us on social media!

Stay up to date on Molina News, Important Health Reminders, Plan Information, and Community Events.



If you have any questions, please contact us!

Apple Health: (800) 869-7165

Marketplace: (888) 858-1983

TTY: 711

