

# Molina's myhealthmylife®

A newsletter just for Iowa members

Fall 2025

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# Stay healthy—get your flu shot!



Flu season is here! Protect yourself and your family by getting a flu shot. It's covered at no cost to you. Call your primary care provider (PCP) or visit a local pharmacy.

Need help?

Call **(844) 236-0894 (TTY: 711)**.

Earn \$10 in Healthy Rewards for each Molina household member once the flu shot is received! Claim through your member portal or by calling Member Services at **(844) 236-0894**.

**Don't forget:** Medical experts recommend flu and COVID-19 shots for everyone 6 months and older.

## Staying healthy in school tips

Get ready for a healthy school year:

- Make sure your child's vaccinations are up to date.
- Schedule annual well-child visit—Molina covers them!
- Encourage healthy eating, regular exercise and good sleep habits.

Set your child up for success this school year!

### No-cost YMCA membership

Molina Healthcare of Iowa is proud to collaborate with the YMCA to offer a no-cost membership as part of our value-added benefits to members. The YMCA membership gives you access to state-of-the-art facilities and programs, as well as a sense of well-being and belonging.

It's a great way to stay healthy and active!

- Membership is available to members of all ages
- Member must have completed an annual physical or well-child visit each year

# What to do when you're sick

Not feeling well? Here's where to go:

- Call your PCP for minor issues like colds, flu or earaches.
- Use urgent care for non-emergencies needing quick attention, like sprains or deep cuts.
- Visit the ER for life-threatening emergencies, like very bad bleeding or chest pain.

**Need advice?** Call our 24/7 Nurse Advice Line at **(844) 236-2096**.

**Having a mental health crisis?** If you are having a crisis, we can help you. Molina has partnered with Your Life Iowa, the statewide crisis line that supports behavioral health (BH), Substance Use Disorder (SUD), gambling and other mental health needs and may be accessed by members 24/7 year-round by contacting 988. You may also call Your Life Iowa 24 hours a day, 7 days a week at **(855) 581-8111**. When you call, a live person will answer the phone and be ready to help you! You can also text at **(855) 895-8398**.

## We want to hear from you!

Your feedback matters! If you receive a CAHPS® survey, please fill it out and return it. Your responses help us improve services like telehealth, prescriptions and member support. Thank you for helping us serve you better!





## Download the My Molina® mobile app

Get easy access to your health plan on your smartphone. With the My Molina® app, you can:

- View and share your ID card.
- Find providers and change your PCP.
- Check your benefits and prescriptions.

Download it today from the Apple app or Google Play store!

## Join our Stakeholder Advisory Board

Molina Healthcare of Iowa's Stakeholder Advisory Board is for members and their caregivers who receive long-term services due to disability or chronic illness and the providers who serve them. It's a chance to share thoughts, ideas and solutions to improve the health plan.

Email if you would like to join the board: [IowaMemberServices@MolinaHealthcare.com](mailto:IowaMemberServices@MolinaHealthcare.com)

Earn a \$25 Healthy Reward for members for every meeting attended.



## Tips to stay healthy this fall

Medical experts suggest simple ways to feel your best this season:

- Wash your hands often
- Get plenty of sleep
- Stay active and enjoy fresh air
- Drink water and eat healthy meals

Taking care of yourself helps keep everyone healthy!

Did you know that each household is eligible for a \$30 OTC Nations voucher every three months to use for health and wellness items, such as cold medicine, Tylenol and cough syrup? Visit [MolinaIA.NationsBenefits.com](http://MolinaIA.NationsBenefits.com) to learn more.

## School meal programs

Schools in your area may offer free or low-cost meals for students. Check with your child's school or visit [Nutrition.gov/child-nutrition-programs](http://Nutrition.gov/child-nutrition-programs) to learn more.

## Take your Health Risk Assessment

A Health Risk Assessment (HRA) is a survey that tells us about your health and what you might need. It only takes about 15 minutes, and it helps us plan how to keep you healthy and feeling good. Plus, you can earn \$25 in Healthy Rewards after completing the HRA for each household member enrolled with Molina! Claim through your member portal or by calling Member Services at **(844) 236-0894**.

### How to take your HRA:

- Call the number on the back of your Molina ID card and answer the questions over the phone.
- Ask for a link to the survey by text or email.
- Fill it out online or send it back if it comes in the mail with a pre-paid envelope.

Let us know how you're doing today and start your journey to better health!

Thank you for being a Molina member!