

Molina's myhealthmylife

A newsletter just for ConnectiCare members

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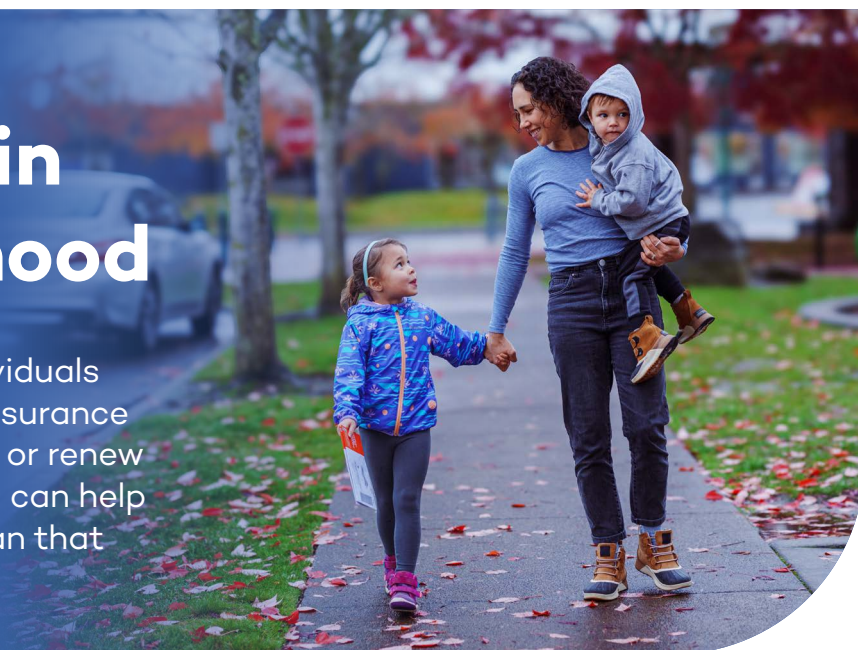
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ConnectiCare in your neighborhood

Fall is the time for Connecticut individuals and families to review their health insurance options, compare plans and enroll in or renew coverage for the upcoming year. We can help you choose and enroll in a health plan that works best for you.



Plan to visit us at these enrollment fairs for in-person health insurance support:

DATE	TIME	LOCATION
October 24, 2026	9 a.m. – 3 p.m.	Norwalk Library
October 27, 2026	2 p.m. – 8 p.m.	Russel Library - Middletown
October 28, 2026	2 p.m. – 8 p.m.	First Cathedral Church - Bloomfield
November 2, 2026	2 p.m. – 8 p.m.	Burroughs Community Center - Bridgeport
November 4, 2026	2 p.m. – 8 p.m.	Stratford Library
November 7, 2026	9 a.m. – 3 p.m.	LEAD Community Center
November 10, 2026	2 p.m. – 8 p.m.	Meriden Public Library
November 14, 2026	9 a.m. – 3 p.m.	New London Library
November 17, 2026	2 p.m. – 8 p.m.	St. John's Polish National Catholic Church - Manchester

The ConnectiCare Center in Farmington at 175 Scott Swamp Road also offers one-on-one, in-person health insurance customer service with evening and Saturday hours. Our friendly associates can help you learn more about your insurance coverage, understand your benefits, find local primary and specialty care providers, manage claims and more. Walk-ins are welcome; appointments are preferred by calling (877) 523-6837. The ConnectiCare Center in Manchester will close on October 16, 2026.

Fall health tips

Fall brings cooler air, shorter days and new routines. A few simple habits can help you feel your best this season.



Get ready for cooler weather

- Dress in layers to stay warm during morning and evening hours.
- Keep moving with walks, stretching or indoor activities.
- Wash your hands often to help avoid colds and flu.



Eat and drink well

- Enjoy fall foods like squash, apples and soups.
- Watch portion sizes during holidays and gatherings.
- Drink water even when you do not feel thirsty.



Stick to your routine

- Try to eat, sleep and take medicine at the same time each day.
- Use reminders on your phone or calendar if your schedule changes.



Tips for members with diabetes and heart disease

Season changes can affect your health. These reminders can help you stay on track:

- Check blood sugar or blood pressure as your doctor tells you.
- Cooler weather may change how your body responds to food and activity.
- Balance carbs if you have diabetes and limit salty foods if you have heart disease.
- Stay active in safe ways like indoor walking or light exercise.
- Refill medicines early before holidays or travel.
- Call your care team if you notice changes in your numbers or how you feel.

Small steps can make a big difference. Take care of yourself this fall to protect your health all year long.

We want to hear from you

We're working hard to offer you quality service and care. We value your opinion and want to hear from you! You may get a CAHPS® survey in the mail. If you receive one, please fill it out and return it. Your feedback will help us meet your needs.

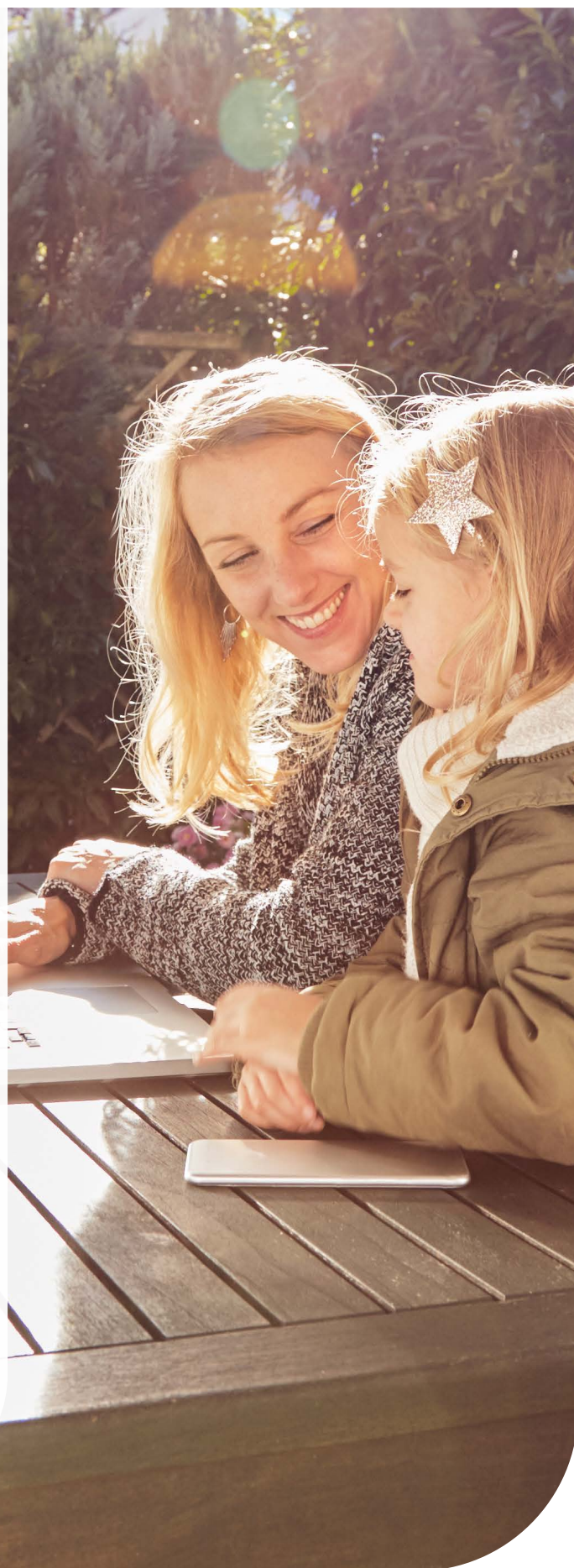
What is the CAHPS survey?

CAHPS stands for the Consumer Assessment of Healthcare Providers and Systems. The survey asks about your experience with ConnectiCare and our providers.

In the past, we've used your responses to:

- Offer you a larger network of doctors and clinics. As a ConnectiCare member, you have more options for providers and facilities than health plans.
- Add extra customer service staff to help you. We want you to have a good experience with us.
- Work with providers to offer telehealth services so you can get the care you need, when and where you need it.
- Add more ways to get your prescriptions. Most prescriptions are now available through mail order, saving you a trip to the pharmacy.

We want to keep you happy and offer quality care and service! We look forward to hearing from you.



Stay well with a flu shot!

The flu season is here. Getting a flu shot is the best way to stay healthy. It also protects you and your family.



Who needs a flu shot?

Medical experts say everyone **6 months old** or older should get a flu shot every year. If you have certain allergies, talk to your doctor first.

For children

If your child has never had a flu shot before and is between **6 months and 8 years old**, they may need **two flu shots** this year for full protection. The second shot is called a **booster**. It helps your child's immune system learn how to fight the flu.

Babies are at the highest risk of getting sick from the flu. Children 6 months and 2 years old need two shots because the flu is new to their bodies. The first shot teaches the body. The second shot gives stronger protection. Ask your child's doctor if your child needs one or two flu shots this year.

No cost to you

The flu shot is covered at no cost. Call your primary care provider (PCP) or visit a local pharmacy.

Need help setting up an appointment? Call Member Services at phone number on the back of your ConnectiCare ID card.

We also cover **at-home flu and COVID tests**. Ask your doctor or pharmacist how to get these tests.

How to stay healthy

Medical experts advise you to:

- Know the flu symptoms, such as fever, cough, sore throat, runny nose or feeling very tired.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth.
- Keep things clean, like keyboards, phones and doorknobs.
- Stay away from people who are sick.
- If you get sick, stay home so others won't get sick.

Don't forget about the COVID-19 shot



- Everyone **6 months and older** should also get a COVID shot.
- The COVID shot helps protect you from serious illness and hospitalization.
- It's extra important for people **65 and older** and those at higher risk.
- Protection wears off over time, so getting this year's shot helps keep you safe.



Take charge of your health care

Learn how to make your health care simple and easy! Our **Guide to getting quality health care** tells you who to call for help, what services and programs we have and ways to stay healthy.

Guide to getting quality health care

2026

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ConnectiCare

Remember to bring your member ID card



It's important to remember to bring your current ConnectiCare member ID card to every visit for medical or pharmacy services. Presenting the ID card helps to ensure accurate and timely claim processing and payment. The card can be a physical ID card printed from your **member portal** or a digital ID card downloaded from the My-ConnectiCare® mobile app. Unless an emergency medical condition exists, providers may refuse service if a member cannot produce the proper identification and eligibility cards.

ConnectiCare

Medicare Advantage
[LOB]

[MemFIRST] [MemMI] [MemLAST]
ID: [MemID]

Some copays:
PCP: [OVCOPAY]
Specialist: [SPCOPAY]

RxBIN: [RXBIN]
RxPCN: [RXPCN]
RxGRP: [RXGROUP]
CMS: [ContNum]

ConnectiCare.com/Medicare

MedicareRx
Prescription Drug Coverage



Eating well to stay healthy

What you eat can help your body stay strong and fight germs. Choosing fresh, seasonal foods gives your immune system the vitamins and minerals it needs to work well.

Fall and winter foods

When it gets cooler, hearty foods can help. Sweet potatoes, carrots and squash have beta carotene to keep your immune system ready. Broccoli and cauliflower add fiber and vitamins. Citrus fruits are still great in the winter and easy to add to meals or snacks.

Protein and healthy fats

Protein helps build immune cells. Try beans, eggs, fish, chicken or tofu. Healthy fats from nuts, seeds and olive oil help your body use vitamins the right way.

Easy tips

- Fill half your plate with fruits and veggies
- Choose many colors each week
- Drink water often
- Get enough sleep and move your body

Small food choices each day can make a big difference in staying healthy all year long.

Get help with housing, food and utilities

Sometimes life gets tough. You may need help paying for food, finding a safe place to live or keeping your lights or water on. ConnectiCare offers a free tool to help you find support close to home. It is called Molina Help Finder.



Molina Help Finder connects you to local programs that can help with everyday needs, including:



- Food, including food pantries and meal programs



- Housing, such as shelters and help with rent



- Utilities, including help paying for electricity, gas or water



- Other needs, like rides to appointments and clothing assistance

Using Molina Help Finder is easy

Go to **MolinaHelpFinder.com** and enter your zip code. You will see free or low-cost programs near you. Choose the type of help you need and see what's available in your community.

The site is made for members and caregivers to use on their own. You do not need a referral. You also do not need to share your ConnectiCare ID number. The tool is private and simple to use.

Need extra help?

If you want help finding resources, ConnectiCare staff can guide you. A team member can look up programs with you and share contact details by phone, text or email.

Getting help with food, housing or utilities can support your health. Help is available when you need it. Molina Help Finder is one more way ConnectiCare cares for you beyond doctor visits.

Sleep habits that help you feel your best

Good sleep helps your body and mind stay healthy. Sleep hygiene means simple habits that make it easier to fall asleep and stay asleep.



Let's talk about

Easy tips

Why sleep matters

Sleep helps your brain learn and remember.
It helps your body heal and fight germs.
Good sleep helps you feel calm and have more energy during the day.

Helpful sleep habits

Go to bed and wake up at the same time each day. This helps your body know when it's time to rest.
Try a bedtime routine like reading or a warm shower.
Keep your room quiet, dark and cool.

During the day

Get sunlight in the morning.
Move your body with a walk or light exercise.
Try not to nap too late.
Stop coffee or soda in the afternoon.

Before bed

Turn off phones and TVs about one hour before sleep.
Bright light can keep your brain awake.
Eat a small snack if needed but skip big meals late at night.
Stop drinking alcohol for at least three hours before bedtime.

Small changes can make a big difference. Better sleep can help you feel healthier, happier and ready for the day.

Home safety tips to help prevent falls

Falls can happen at home, but small changes make a big difference. A safer home can help you stay steady and feel more confident each day.



Remove hazards

Keep hallways and walkways clear of clutter. Move boxes, newspapers and cords out of the way. Make sure paths are wide and easy to walk through.

Check your rugs and carpets

Loose rugs can slide and cause trips. Use non-slip backing or remove rugs that do not stay in place.

Good lighting

Make sure all rooms have enough light, especially hallways and the path to the bathroom. Use night lights if you get up after dark. Fix loose floorboards or uneven floors as soon as you can.

Bathroom safety

The bathroom is a common place for falls. Install grab bars in the shower or tub to help you get in and out safely. Use non-slip mats inside and outside the tub or shower. Keep items you use often within easy reach.

Take a little time to make these changes to help keep you safe at home and lower your risk of falls. If you need help finding resources or help making your home safe, please call Member Services at the phone number on the back of your ConnectiCare ID card.

Children and lead don't mix

Did you know even a small amount of lead can hurt your child's growth and brain development? Children exposed to lead may have learning problems and miss more school days. They are also less likely to finish school.



How are children exposed to lead?

- **Eating paint chips.** Older paint inside or outside the home may contain lead. Paint chips and dust can get into a child's mouth. Lead paint can taste sweet to children.
- **Playing in dirt.** Soil can contain lead. Children may be exposed when they touch, breathe or play in dirt.
- **Drinking water.** Old pipes, faucets and fixtures can release lead into drinking water.

Lead blood tests

Lead tests are covered at no cost to you. If your child is older than 24 months and has not had a test, ask their primary care provider (PCP) to do one at the next checkup.

If a test is high

Your child will get another test to confirm the result. If levels are still high, the doctor will contact the health department. You will be contacted to set up follow up care.

How to reduce lead exposure

- Eat foods with calcium, iron and vitamin C
- Wash hands and toys after playing outside
- Take shoes off when coming inside
- Fix peeling paint safely
- Keep kids away from chipping paint
- Remove toys, jewelry, spices or makeup from outside the U.S. that may contain lead

Want to know more?

Visit the **Centers for Disease Control and Prevention.**

Budget-friendly fall veggie bowl

This warm fall meal is healthy, filling and easy on your budget. It uses simple foods you can find at low-cost stores or food pantries.

Ingredients

- 1 large sweet potato, diced
- 1 small bag frozen broccoli or mixed vegetables
- 1 can chickpeas, drained and rinsed
- 2 tablespoons vegetable or olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried herbs like thyme or Italian seasoning
- Salt and pepper
- Cooked rice or oatmeal

Directions

1. Heat oven to 400 degrees.
2. Place sweet potato on a baking sheet.
3. Add frozen vegetables and chickpeas.
4. Drizzle oil over everything.
5. Sprinkle garlic powder, herbs, salt and pepper.
6. Mix gently.
7. Roast for 30 minutes. Stir once halfway through.
8. Serve over rice or oatmeal.

Health benefits

This bowl is high in fiber which helps you feel full. Vegetables add vitamins for heart and immune health. Chickpeas give plant protein without high cost.

Why this meal saves money

Sweet potatoes and frozen vegetables cost less and last longer. Canned chickpeas are a low cost protein. Rice and oatmeal are very affordable and can be used for many meals.

Money saving tips

- Buy store brands when possible
- Use any vegetables you already have
- Pack leftovers for lunch the next day

This simple fall meal is comforting, healthy and kind to your wallet.

Keep your bladder healthy

People do not talk much about bladder health, but it matters to everyone. The bladder sits in the lower belly and holds urine until you go to the bathroom. As we age, the bladder can hold less urine, and the muscles can get weaker. This may cause leaks or more trips to the bathroom.



Here are simple ways to help keep your bladder healthy:

- Use the bathroom every 3 to 4 hours. Do not hold urine too long.
- Relax when you urinate. Sitting helps the bladder empty better.
- Take your time so the bladder can empty fully.
- Wipe from front to back to keep germs away.
- Urinate after sex to lower the risk of infection.
- Do pelvic floor exercises like Kegels each day.
- Wear cotton underwear and loose clothes.
- Exercise often to help your body and prevent constipation.
- Keep a healthy weight to lower bladder pressure.
- Watch foods and drinks that bother your bladder like soda, spicy foods citrus and tomatoes.
- Drink enough water so you urinate every few hours.
- Limit alcohol and caffeine. They can irritate the bladder.
- Avoid constipation with fiber water and movement.
- Quit smoking. Smoking can harm the bladder and raise cancer risk.
- Know your medicines. Some can affect bladder control.

Call your doctor if you have pain, burning, blood in urine, leaks or trouble starting or stopping urine. Early care can help you feel better and stay active.



175 Scott Swamp Road
Farmington, CT 06034

Help protect your health care benefits

At ConnectiCare, we work to protect your health care benefits and make sure you get the care you need. Fraud, waste and abuse happens when services or benefits are used the wrong way. This can take resources away from you.

What to watch for

You may want to report a concern if you notice:

- You or ConnectiCare are billed for services you did not receive
- Tests or treatments that do not seem needed
- Someone using your ConnectiCare ID card without okay
- A provider offering gifts or cash for using your ID card

Mistakes can happen. If something does not match your plan, ConnectiCare wants to know so we can help fix it.



How to report a concern

You can report fraud, waste or abuse safely and confidentially.

Call: (866) 606-3889

Online: MolinaHealthcare.Alertline.com

You do not need proof. Just share the details you have. ConnectiCare will not treat you differently for speaking up.

Thank you for helping protect ConnectiCare members.