

# Molina's myhealthmylife<sup>®</sup>

A newsletter just for ConnectiCare members

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# Get moving and spring into action

Spring is a great time to get moving again after a long winter. Cold weather can make us stay inside more and sit for longer periods of time. As the days get warmer, it becomes easier to be active. Simple activities like walking, biking or gardening can help your body and mind feel stronger.

## How can I get started?



**Walking** is an easy way to start. You do not need special gear. You can walk in your neighborhood at a park or take the stairs instead of the elevator. Walking keeps your heart healthy and gives you more energy.



**Biking** is a fun way to stay active. You can ride with family or friends and explore new places. Biking builds strong muscles and can make you feel more confident.



**Gardening** is a great activity for spring. Pulling weeds, planting flowers and watering plants all help your body move. Being outdoors also helps reduce stress.



## Here are a few tips to get started:

- Start with 10 to 15 minutes a day.
- Invite a friend to join you.
- Pick a safe path or yard space you enjoy.
- Drink water before and after moving.
- Celebrate small moves and keep going.

Becoming active does not have to be hard. Small choices every day can lead to a healthier lifestyle. Spring is the perfect time to go outside and enjoy fresh air while taking care of your body.

# Tips to manage seasonal allergies

Seasonal allergies can make you feel stuffy, itchy or tired. The good news is that there are simple ways to feel better. Here are some easy tips to help you manage your symptoms.



## 1. Know what triggers your allergies

Many people react to things like pollen from trees, grass and flowers. When pollen levels are high, your allergies may get worse.

### Try this:

- Check the daily pollen report in your weather app.
- Keep windows closed on days with high pollen.
- Take a shower after being outside to wash pollen off your skin and hair.

## 2. Things you can do every day to help with allergies

There are things you can do every day to help keep allergy problems small.

### Try this:

- Use an air purifier at home if you have one.
- Change your air filters regularly.
- Keep your home clean and dust-free.

These small steps can help you breathe easier.

## 3. When to use antihistamines

Antihistamines are medicines that help with sneezing, runny nose and itchy eyes.

### Use them safely:

- Follow the directions on the label.
- Many antihistamines work best when you take them before your symptoms get bad.
- Some antihistamines can make you sleepy. Look for “non-drowsy” on the box if you need to stay alert.
- If you have other health conditions, ask your doctor or pharmacist which allergy medicine is safe for you.

## 4. When to see a specialist

Sometimes allergies are hard to control. An allergy specialist (also called an allergist) can help.

### See a specialist if:

- Your symptoms last most days of the week
- Your medicine doesn't seem to help
- You get frequent sinus infections
- You have trouble breathing, start wheezing or have asthma symptoms

A specialist can test what you're allergic to and help you find a treatment that works better.

## 5. You're not alone

Many people have seasonal allergies, and simple steps can help. If your symptoms are strong or you have questions about your medicines, your doctor can help you choose the right plan.

# Good news— Your ID card is now digital!

You may not need to call us or wait for the mail. Now you can keep your ID card on your phone. It's fast, safe and always with you!

To get your digital ID card, simply use the My-ConnectiCare mobile app or visit the ConnectiCare member portal at [member.connecticare.com](https://member.connecticare.com). You can also use our fast self-service phone or chat options.

## Why is a digital ID card so great?

- ✓ You get your card right away—no waiting for the mail.
- ✓ It's always on your phone when you need it.
- ✓ It helps the planet—no plastic card.
- ✓ It's simple and safe with our app or member website.

## Need a phone?

See if you are eligible for the FCC's Lifeline benefits! Visit [truconnect.com/molina](https://truconnect.com/molina) to sign up, or call (844) 700-0795 (TTY: 711) to learn more!

**Please note:** You'll still get a paper ID card by mail. The digital version is a new, easy option! It's easy. It's smart. Go digital today!



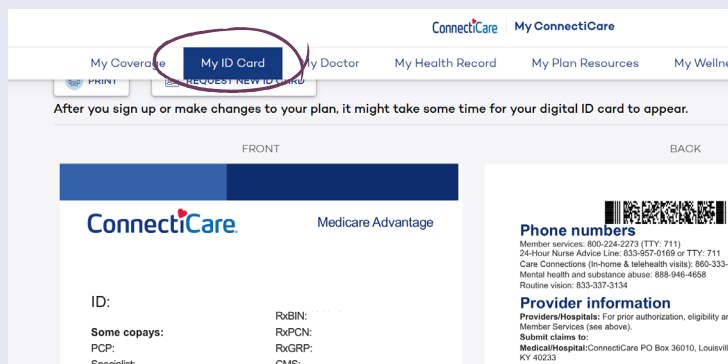
# Get your digital ID card

The fastest way to get your member ID card is online. You don't need to call us or wait for the mail. Get your digital ID card anytime, anywhere through the My-ConnectiCare mobile app or the ConnectiCare member portal at [member.connecticare.com](https://member.connecticare.com).



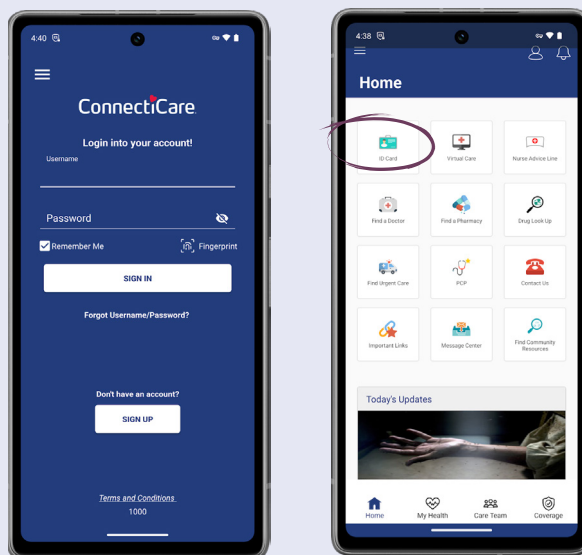
## On the ConnectiCare member portal

1. Go to [member.connecticare.com](https://member.connecticare.com) and log in.
2. Click on “My ID Card” at the top of the page.
3. View your ID card right away. Save it on your phone and show it at your appointments. You can also print it or ask for one by mail.



## On the My-ConnectiCare mobile app

1. Download the free My ConnectiCare app from the [Apple App Store](#) or [Google Play](#).
2. Log in to the app.
3. Tap the “ID Card” icon.
4. View your ID card right away. Save it on your phone and show it at your appointments. You can also print it or ask for one by mail.



### Note:

You can print it, share it or ask for one by mail. You can also save your ID card to your digital wallet, like Apple Pay or Google Pay, so it's easy to find.

### Tip:

You can still use your paper ID card. But digital ID cards are fast, simple and always with you!

# There's no place like a medical home

One of the best ways to stay healthy is to have a primary care provider (PCP). Your PCP is the main doctor who gives you most of your care and helps you when you need services. Your PCP learns your health history and knows what care is right for you.

Think of your PCP as your **medical home**. It's the place that knows you best!



## Your to-do list:



### Choose a PCP

- Look on your member ID card to see the name of your PCP.
- If you want a different doctor, you can:
  - Go to your member portal at [member.connecticare.com](https://member.connecticare.com).
  - Log in to your My-ConnectiCare mobile app.
  - Call Member Services at the number on the back of your ID card.



### Choose a PCP you can trust

- Pick a PCP you feel safe and comfortable with.
- Talk openly with your PCP so they can give you the best care.
- **Example:** If you feel nervous with a doctor, choose someone who listens and explains things in a calm and simple way.



### Set up a “well visit”

- Make an appointment even when you are not sick.
- This helps your PCP learn your health history and your long-term goals.

# Why are immunizations so important?

Immunizations are shots that help the body fight disease. Each shot fights a different disease, like chickenpox, measles or mumps. Vaccines work the same way for children and adults. Staying up to date keeps you, your family and the community healthy.

Kids need shots to keep them safe from disease and to get ready for school. Adults need shots as they age or based on their health, job or travel plans.

Talk to your doctor about which shots you and your kids need. Recommended shots are covered at no cost to you.

Here's a look at the 2026 shot schedule recommended by the Centers for Disease Control and Prevention (CDC) for **children** and **adults**:

Shots children need	When they need them
Hepatitis B (HepB)	<ul style="list-style-type: none"> <li>• 1st dose: Birth</li> <li>• 2nd dose: 1 to 2 months</li> <li>• 3rd dose: 6 to 18 months</li> </ul>
Rotavirus (RV): RV1 (2 doses) RV5 (3 doses)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 months</li> </ul>
Diphtheria, Tetanus, Acellular Pertussis (DTaP)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 months</li> <li>• 4th dose: 15 to 18 months</li> <li>• 5th dose: 4 to 6 years</li> </ul>
Haemophilus Influenza Type B (Hib)   (3 or 4 doses)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 months</li> <li>• 4th dose: 12 to 15 months</li> </ul>
Pneumococcal Conjugate (PCV13)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 months</li> <li>• 4th dose: 12 to 15 months</li> </ul>
Inactivated Poliovirus (IPV)	<ul style="list-style-type: none"> <li>• 1st dose: 2 months</li> <li>• 2nd dose: 4 months</li> <li>• 3rd dose: 6 to 18 months</li> <li>• 4th dose: 4 to 6 years</li> </ul>
Influenza (IIV) or Influenza (LAIV)	<ul style="list-style-type: none"> <li>• Yearly shot (1 or 2 doses): 6 months to 18 years</li> </ul>

Shots children need	When they need them
Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> <li>• 1st dose: 12 to 15 months</li> <li>• 2nd dose: 4 to 6 years</li> </ul>
Varicella (VAR)	<ul style="list-style-type: none"> <li>• 1st dose: 12 to 15 months</li> <li>• 2nd dose: 4 to 6 years</li> </ul>
Hepatitis A (Hep A)	<ul style="list-style-type: none"> <li>• 2 doses: 12 to 23 months</li> </ul>
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	<ul style="list-style-type: none"> <li>• 11 to 12 years</li> </ul>
Human Papillomavirus (HPV)	<ul style="list-style-type: none"> <li>• 2 doses: 9 to 14 years</li> <li>• 3 doses: 15 years and older</li> </ul>
Meningococcal	<ul style="list-style-type: none"> <li>• 1st dose: 11 to 12 years</li> <li>• 2nd dose: 16 years</li> </ul>

Shots adults need	When they need them
COVID 19	1 or more doses of this season's vaccine. The timing of a booster depends on which vaccine you get.
Flu	1 dose every year. Adults 65+ may get the high dose version.
RSV	1 dose for adults 60+. Pregnant women need 1 dose during weeks 32 to 37 (Sept–Jan).
Tdap or Td	1 dose of Tdap once, then Tdap or Td every 10 years. Tdap every pregnancy.
MMR	1 to 2 doses for adults born in 1957 or later who do not have immunity.
Varicella	2 doses for adults without immunity.
Zoster (shingles – RZV)	2 dose series for adults 50+.
HPV	<ul style="list-style-type: none"> <li>• Ages 19–26: 2 or 3 doses based on age at first dose.</li> <li>• Ages 27–45: You and your doctor can decide what's best.</li> </ul>
Pneumococcal	Adults 50+ or younger adults with risk conditions: <ul style="list-style-type: none"> <li>• PCV20 alone or PCV15 followed by PPSV23.</li> </ul>
Hepatitis A	Adults at risk or who want protection: <ul style="list-style-type: none"> <li>• 2 to 4 doses depending on vaccine type.</li> </ul>
Hepatitis B	All adults 19–59 and adults 60+ with risk factors: <ul style="list-style-type: none"> <li>• 2 to 4 doses depending on the vaccine.</li> </ul>
Meningococcal (ACWY and B)	Adults with risk factors (such as travel or asplenia): <ul style="list-style-type: none"> <li>• ACWY: 1 to 2 doses</li> <li>• B: 2 to 3 doses based on product</li> </ul>
Polio (IPV)	Adults who need protection based on travel or exposure as needed.

# Stay safe in the sun this spring

May is Skin Cancer Awareness Month. As the weather warms up, many people spend more time outside. The sun can feel nice, but too much sun can hurt your skin.

## Use sunscreen:

Sunscreen helps protect your skin from the sun's strong rays. Everyone needs sunscreen, no matter the skin color.

## Try this:

- Choose sunscreen with SPF 30 or higher.
- Put it on 15 minutes before going outside.
- Cover all skin that is not covered by clothing.
- Reapply every 2 hours or after swimming or sweating.
- Wear a hat, sunglasses and light layers to help protect your skin.

## Check your skin for changes

Knowing what your skin looks like helps you notice problems early.

Look for a:

- New spot
- Spot that gets bigger
- Spot that changes color
- Sore that does not heal

If you see something that looks different, talk with your doctor.



## You are not alone

Small steps can help keep your skin safe during spring activities. Use your My-ConnectiCare mobile app to find a doctor or send a message if you have questions.

# Simple ways to avoid tick bites

Ticks are tiny bugs that can bite people and animals. Some ticks can carry Lyme disease, which can make you feel very sick if it's not treated. The good news is you can do simple things to protect yourself when you spend time outside.



## Ticks live in:

- Tall grass
- Bushes
- Wooded areas
- Leaf piles

## How can you protect yourself?

- Stay on clear paths when hiking or walking.
- Wear long sleeves, long pants and closed-toe shoes.
- Choose light-colored clothes so you can see ticks.
- Use insect repellent on your skin and clothes.

## Be sure to check for ticks after you come inside. You can:

- Look behind your knees
- Check around your waist
- Look under your arms
- Check your hair and scalp
- Check children and pets, too

## What to do if you find a tick?

1. Use clean tweezers
2. Grab the tick close to your skin
3. Pull it out slowly and straight
4. Wash the area with soap and water

## When to call your doctor

Signs	What to watch for
Fever	Feeling warm or sick
Rash	A red or growing spot on your skin
Tiredness	Feeling extra tired
Joint pain	Aching in knees, arms or other joints

If you feel sick after a tick bite or time outdoors, call your doctor. Lyme disease can be treated, and early care works best.

# Black Maternity Week: Why it matters

Black maternity week is April 11 — 17. Many Black women face serious health risks during and after pregnancy. This week reminds us to listen, support and protect Black moms so they get the care they need.

## Did you know?

Black women are three times more likely to die from problems related to pregnancy than white women, according to the Centers for Disease Control and Prevention (CDC). Most of these deaths can be prevented.

## Why these problems happen

- Many Black women do not get fair or quality care.
- Some moms are not listened to when they say something is wrong.
- Some moms live far from medical care or face stress from unfair treatment.

## Hear Her Campaign

The CDC's Hear Her Campaign teaches us to listen when pregnant women say something feels wrong. The campaign teaches us the warning signs to watch for and asks moms to speak up and get help right away.

## Black Mamas Matter Alliance

The Black Mamas Matter Alliance (BMMA) is a group led by Black women. They work to make sure Black moms have the rights, respect and resources they need to stay healthy.

### BMMA:

- Teach families about their health and rights
- Supports community programs
- Asks for better health laws
- Shares information so moms feel heard

## Why this month matters

Black moms deserve safe, high-quality care. Listening to moms saves lives. Together, we can help every Black mom get the care she deserves.

# Boost your mental health with nature and sunlight

Spending time in nature is one of the easiest ways to feel better. When you go outside, your body relaxes and your mind feels calmer. Fresh air, trees and open spaces can lower stress. A short walk or just sitting outside can make you feel better.

Sunlight is another powerful mood booster. When the sun hits your skin, your body makes vitamin D. Vitamin D can help you feel more awake and happier. Sunlight also helps your brain know when it is daytime so you can sleep better at night.

## Simple ways to feel better:

- Take a 10-minute walk or pause outside.
- Open your curtains and let sunlight into your room.
- Sit on a bench or in your yard and take slow deep breaths.
- Drink water and eat a healthy snack.
- Take breaks when you feel tired.
- Try something fun like drawing or listening to music.

You don't have to spend a lot of time outside. Even a few minutes can help your mind and body. Nature and sunlight can help boost your mood and energy. When you feel stressed or worn out, go outside and let the fresh air help you reset.





# ConnectiCare<sup>®</sup>

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## 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 survey in the mail, by email or over the phone from our trusted partner Press Ganey. If you receive one, please fill it out and return it. Your feedback will help us meet your needs.

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

- Offer a larger network of doctors and clinics.
- 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.



### Other ways to share your voice

Join a Member Advisory Committee (MAC) near you. Meetings are held in person. They are a safe space to share your ideas and help us make your health care experience better.

To learn more, call the ConnectiCare Center at **877-523-6837**.