ConnectiCare | 45 YEARS caring for you

A Molina Healthcare, Inc. company.

Winter Issue 2026

Molina's myhealthmylife

A newsletter just for ConnectiCare members



WHAT'S INSIDE

Protect yourself and your family with a flu shot 3

Holiday stress: You're not alone 11

Stay active all winter long 12

2027 health insurance enrollment

The Open Enrollment Period (OEP) 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. The 2027 OEP begins **October 23, 2026** and ends **January 15, 2027**.

Enroll by **December 15, 2026**, for coverage beginning **January 1, 2027**. Enroll between **December 16, 2026** and **January 15, 2027**, for coverage beginning **February 1, 2027**. Visit **Access Health CT** and view the schedule of **enrollment fairs**.

We can help you choose and enroll in a health plan that works best for you. Call **(800) 723-2986** (TTY: **711**), Monday to Friday, 8 a.m. to 5 p.m. You can talk to a benefits counselor. You can also visit us at the ConnectiCare Center in Farmington, 175 Scott Swamp Road with extended evening and weekend hours in November and December. Our team is ready to help. You can walk in or call **(877) 523-6837** to make an appointment.

Use your online member account

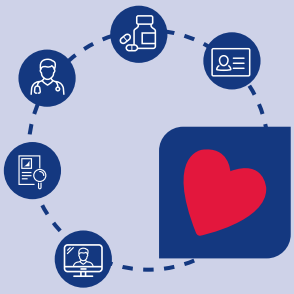
Your online member account is a powerful tool that puts you in control of your health coverage. You can get your ID card, choose or change your provider, view billing information, make payment, check your benefit coverage and much more.

If you are a Marketplace (on and off exchange) plan member or a Medicare plan member, go to **member.connecticare.com**. If you are a Commercial (employer group) plan member, go to **my.connecticare.com**. This portal will close on **January 1, 2027**.



Download the My-ConnectiCare® mobile app

Get health plan access with your smartphone. Search for new doctors, view your ID card, change your primary care provider and much more. Anytime, anywhere.



Download on the App Store

GET IT ON Google Play

Protect yourself and your family with a flu shot

The flu can make people very sick. It can cause fever, cough, body aches and tiredness.

A flu shot is a safe and easy way to help protect your health. Flu germs change each year. That's why it's important to get a flu shot every year. The flu shot is covered at no cost to you.

A flu shot can help you:

Stay healthy
It can lower your chance of getting the flu.

Protect your family
It can help stop the spread of flu germs.

Miss fewer days
You may miss fewer days of school, work or other activities.

Some people are at higher risk

The flu can be more serious for:

- Young children
- Adults age 65 and older
- Pregnant people
- People with asthma, diabetes or heart disease

Where can you get a flu shot?

- Your doctor's office
- Many pharmacies
- Community clinics
- Health department



A flu shot is one of the best ways to help prevent the flu and keep you from getting very sick.

It can also help protect the people around you. Talk to your doctor or pharmacist about getting a flu shot this season. One quick shot today can help keep you healthy all season long.

Protect your lungs from RSV

Breathing keeps us alive. When we breathe, air travels through our nose, mouth, throat and lungs. This path is called the respiratory tract.

What is RSV?

RSV is a virus that can make your lungs and breathing passages sick. It is a common cause of illness in babies and young children, but adults can get it too—especially if they have other health problems.

Most adults get better in a few weeks, but some can get very sick. RSV can cause:

- Pneumonia (lung infection)
- Trouble breathing
- Worsening of other lung problems
- Hospital visits

Adults at higher risk should watch for symptoms and see a doctor if they feel sick.

How can you catch RSV?

- Breathing in germs when someone with RSV coughs or sneezes near you.
- Being close to someone who is sick with RSV.
- Touching things that have RSV germs, like door handles, phones or toys. Then touching your face.

How do you treat RSV?

RSV can be serious for infants, especially babies born early or with heart or lung problems. Some babies may need hospital care, fluids or help with breathing.

Most kids and adults just feel like they have a cold when they get RSV. Usually, the sickness is mild. Sometimes, the doctor might give medicine to help with breathing.

What can you do at home?

- Make sure everyone washes their hands when they come inside
- Use a bulb syringe to help babies who can't blow their nose
- Clean surfaces and wash toys often
- Keep your child away from smoke because it can make things worse

RSV vaccine (shot)

ConnectiCare covers RSV shots. Ask your doctor or pharmacist if you need one. You may need an RSV shot if you are 75 or older. You may also need one if you are 50 to 74 and have health problems, like heart disease, lung disease, diabetes or a weak immune system.

If you are pregnant, ask your doctor about the RSV shot. It can help protect your baby. If you did not get the shot while pregnant, your baby may be able to get an RSV shot made for infants. Your doctor can help you choose what is best.

What's covered?

These RSV shots are covered for you:

- **Abrysvo, Arexvy and mRESVIA** for adults
- **Beyfortus and Enflonsia** for infants

Simple ways to keep food safe

Food safety is important for everyone. Germs in food can make people sick. The good news is that a few simple steps can help keep food safe.

Four simple steps to keep food safe

1 Clean

- Wash your hands before you make or eat food.
- Wash fruits and vegetables before eating them.
- Keep counters and cooking tools clean.

2 Separate

- Keep raw meat away from other foods.
- Use a different cutting board for raw meat if you can.
- Do not let meat juices touch other foods.

3 Cook

- Cook foods all the way through.
- Follow cooking directions on food packages.
- Reheat leftovers until they are hot.

4 Chill

- Put food in the refrigerator soon after eating.
- Keep cold foods cold.
- Throw away food that has been left out too long.

Warning signs

Do not eat food if it:

- Smells bad
- Looks strange
- Has mold on it
- Has expired

Remember

Food poisoning can happen to anyone. Taking a few simple steps can help keep you and your family healthy. Clean, separate, cook and chill. These habits can help make every meal safer.



Holiday recipe: Baked apple oat cups

Love the taste of apple pie? Try these baked oat cups. They have warm flavors of apple pie but use simple ingredients. They are perfect for a holiday breakfast, snack or dessert.

What you need

- 2 apples, diced
- 1 cup rolled oats
- 1 teaspoon cinnamon
- 1 tablespoon brown sugar
- 1 cup low-fat milk
- Cooking spray or a small amount of oil

How to make it

1. Heat the oven to 350°F.
2. Lightly coat a muffin pan with cooking spray.
3. In a bowl, mix the apples, oats, cinnamon, brown sugar and milk.
4. Spoon the mixture into 6 muffin cups.
5. Bake for 20 to 25 minutes, or until golden brown.
6. Let cool for a few minutes before serving.

Why try this recipe?

- Tastes like apple pie – Warm apples and cinnamon make it a holiday favorite.
- Easy to make – Just mix, bake and enjoy.
- Great for sharing – Perfect for family gatherings.
- Made with simple ingredients – Items you may already have at home.

Make it your way
Try adding:

- Raisins
- Chopped pears
- A sprinkle of nutmeg
- A spoonful of yogurt on top



Healthy holiday tip

Holiday foods can be both tasty and wholesome. Choosing recipes made with fruits and whole grains is a simple way to add flavor and nutrition.

Healthy teeth and eyes help kids learn

Healthy teeth and eyes help kids do well in school. Checkups can help find problems early.

Why dental visits matter

Going to the dentist helps keep teeth and gums healthy. It can help stop small problems before they get bigger. Dental visits also help kids learn how to care for their teeth.

How fluoride helps

Fluoride helps keep teeth strong. It helps protect teeth from cavities. Fluoride treatments are safe and quick.

Dental care with ConnectiCare

We cover:

- Checkups and cleanings
- X-rays
- Fluoride treatments
- Tooth repair and root canals
- Tooth removal and emergency care
- Dentures and more

Healthy vision helps kids learn

Kids use their eyes to read, write and learn. Some kids may not know they have trouble seeing. Eye exams can help find vision problems early. Clear vision can help kids do their best in school.

Vision care with ConnectiCare

We cover:

- Yearly eye checkups for members ages 2 and older
- One free pair of glasses every year

Find a doctor

- Call Member Services at the phone number on your ConnectiCare ID card.
- Visit **connecticare.com**

Find a doctor

Call Member Services at the phone number on your ConnectiCare ID card.

Visit **connecticare.com**

Schedule a dental or eye exam today. Healthy teeth and clear vision can help kids stay healthy and learn.

Baby Steps with ConnectiCare

Having a baby is an exciting time. ConnectiCare is here to support you before and after your baby is born. Taking care of your health helps give your baby a healthy start.

Did you know?

- Your baby can join ConnectiCare after birth. Learn more in your Member Handbook.
- ConnectiCare covers your health care for 12 months after your baby is born.

With ConnectiCare, you can get:

- ✓ Checkups with your doctor (PCP)
- ✓ Care when you are sick
- ✓ Mental health care
- ✓ Eye exams and glasses
- ✓ Dental care
- ✓ Prescription medicines
- ✓ And more

More help for moms and babies

ConnectiCare is here to help during pregnancy and after your baby is born.

- You may be able to earn rewards for going to doctor visits during and after pregnancy.
- Visit **Preventive Care** for tips about pregnancy and caring for your baby.

Keep going to your doctor's visits after your baby is born. Taking care of your health can help give your baby a healthy start!



Speak up for better care

Soon, some members will get a survey in the mail called the CAHPS® Survey. It asks about your health care and your experience with your doctors and with ConnectiCare.

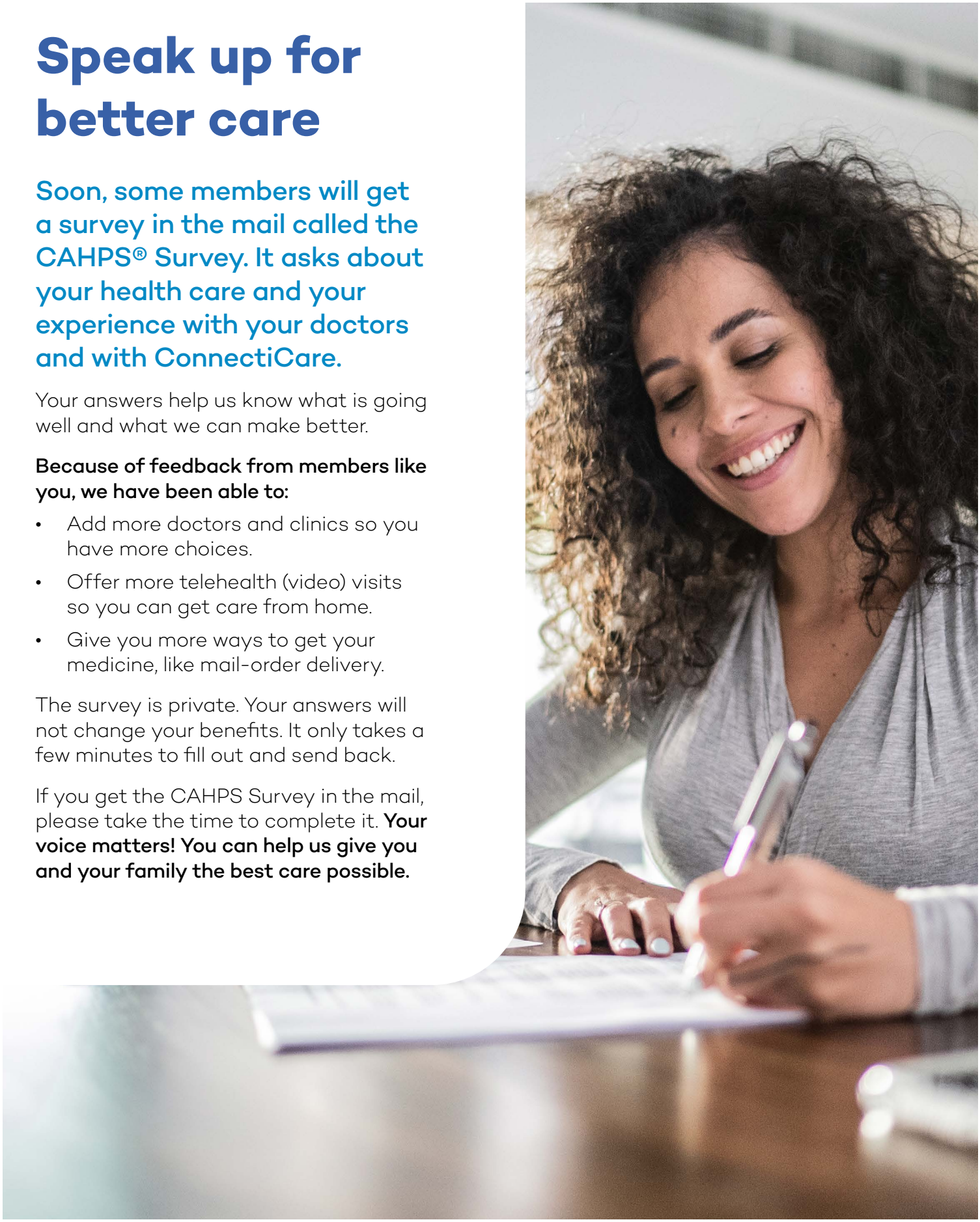
Your answers help us know what is going well and what we can make better.

Because of feedback from members like you, we have been able to:

- Add more doctors and clinics so you have more choices.
- Offer more telehealth (video) visits so you can get care from home.
- Give you more ways to get your medicine, like mail-order delivery.

The survey is private. Your answers will not change your benefits. It only takes a few minutes to fill out and send back.

If you get the CAHPS Survey in the mail, please take the time to complete it. **Your voice matters! You can help us give you and your family the best care possible.**



ConnectiCare gives back

At ConnectiCare, we care about the communities we serve. For 45 years, we have supported local organizations that help make Connecticut residents healthier.

How we helped

In 2026, ConnectiCare helped 16 nonprofit groups in Connecticut that focus on food security and mental health. We provided nearly $450,000 in financial support along with employee volunteer time. Our signature sponsorships include CT Foodshare, Healing Meals Community Project, Mental Health Connecticut's Let's Face It Campaign, and Yoga In Our City.

Why it matters

When people get support close to home, communities grow stronger. Families, children and older adults can get the help they need. Even small acts of kindness can make a big difference.

Thank you to our community partners and employees. Together, we are helping build stronger, healthier communities.



Holiday stress: You're not alone

The holidays can be fun. But they can also be hard. Many people feel sad, worried or stressed this time of year. If you feel this way, you are not alone.

Busy days, money problems, family changes and missing loved ones can make the holidays hard. Some people also feel sad when the days get shorter and there is less sunlight.

When holiday stress shows up

Signs to watch for

- Feeling sad
- Feeling tired
- Sleeping more than usual
- Feeling worried or stressed
- Stopping activities you enjoy

What can help

- Stay connected to others.
- Talk with family or friends.
- Spend time with people who care about you.

Take care of yourself

- Get enough sleep.
- Eat healthy foods.
- Take a short walk each day.

Keep things simple

- Do not try to do too much.
- Set small goals.
- Take breaks when you need them.



Quick tips

- Go outside during the day.
- Make time to rest.
- Focus on what's most important.
- Be kind to yourself.

Remember

It is okay to ask for help. Doctors say talking with a doctor, therapist or someone you trust can help you feel better.

The holidays can bring many feelings. If you feel sad, worried or stressed, help is there when you need it. Small steps can help you feel better.

Stay active all winter long



Cold weather can make it harder to stay active. Shorter days and cooler temperatures may keep people indoors. But staying active during the winter can help you feel your best. It can support your mood, boost your energy and help keep your body strong.

The good news is that you do not need a gym or special equipment to move more each day.

Easy ways to stay active

- **Take a walk indoors** – Walk at a mall, community center or around your home.
- **Dance to your favorite music** – Dancing is a fun way to get moving.
- **Stretch each day** – Gentle stretching can help keep your body flexible.
- **Play with your kids or grandkids** – Active play is good for the whole family.
- **Do chores around the house** – Sweeping, vacuuming and cleaning all count as physical activity.

Make activity part of your day

- Take the stairs when you can.
- Stand up and move during TV commercials.
- Walk around while talking on the phone.
- Park a little farther away from the door.

Winter wellness tip

Start small. Even a few minutes of activity can make a difference. Pick an activity you enjoy and try to do it most days of the week.

Staying active does not have to be hard. Small steps can add up over time. This winter, find simple ways to move more and keep your body feeling strong and healthy.