

PROVIDER NEWSLETTER

A newsletter for Molina Healthcare Provider Networks

First Quarter 2022



| In this Issue | |
|---|----|
| Consumer Assessment of Healthcare Providers and Systems (CAHPS®)/Marketplace Qualified Health Plan (QHP) Enrollee Experience Survey | 1 |
| Molina Healthcare's 2021 Quality Improvement Results..... | 2 |
| Requirement for Submitting Prior Authorizations for Molina..... | 5 |
| Strengthening the Primary Care Setting with Trauma-Informed Care | 6 |
| Secure Messaging from Claim Status Screen Enabled in Availity Essentials Portal | 6 |
| Clinician Administered Preferred Drug List 2022..... | 7 |
| 2022 Population Needs Assessment Survey..... | 11 |
| February Is Heart Health Awareness Month..... | 11 |

Consumer Assessment of Healthcare Providers and Systems (CAHPS®)/Marketplace Qualified Health Plan (QHP) Enrollee Experience Survey

The Consumer Assessment of Healthcare Providers and Systems (CAHPS®)/Marketplace Qualified Health Plan (QHP) Enrollee Experience Survey is an industry standard survey tool used to evaluate patient satisfaction. Improving patient satisfaction has many benefits. It not only helps to increase patient retention, but can also help increase compliance with physician recommendations and improve patient outcomes.

Focusing together on a positive patient experience will have many important benefits to your practice:

- Increase patient retention
- Increase compliance with physician clinical recommendations
- Improve patient's overall wellness and health outcomes
- Ensure preventive care needs are addressed more timely
- Reduce no show rates

Additional resources are available for office staff and patients:

- For additional after-hours coverage, Molina members can call the 24-Hour Nurse Advice Line (888) 275-8750
- Molina members can access Interpreter Services at no cost by calling Member Services (888) 665-4621
- Providers can access the Provider Portal at provider.MolinaHealthcare.com to:
 - Search for patients & check member eligibility
 - Submit service request authorizations and/or claims & check status
 - Review Patient Care Plan
 - Obtain CAHPS® Tip Sheets
 - Participate in online Cultural Competency trainings (also available at MolinaHealthcare.com, under the Health Resources tab)

Please encourage your patients who have received the CAHPS®/QHP Enrollee Experience Survey to participate. Listed below are several questions asked in the survey regarding patient care:

- When you needed care right away, how often did you get care as soon as you needed?
- When you made an appointment for a check-up or routine care at a doctor's office or clinic, how often did you get an appointment as soon as you needed?
- How often was it easy to get the care, tests treatment you needed?
- How often did your personal doctor listen carefully to you?
- How often did your personal doctor spend enough time with you?
- How often did your personal doctor explain things in a way that was easy for you to understand?
- How often did you and your personal doctor talk about all the prescription medicines you were taking?
- How would you rate your personal doctor?

Molina Healthcare's 2021 Quality Improvement Results

Molina Healthcare conducts an annual program evaluation to assess how well we meet the performance goals and objectives for improving the quality and safety of clinical care and services specified within the Quality Improvement Program Description and Annual Work Plan. Below are highlights from the annual evaluation.

CAHPS®/QHP Enrollee Experience Survey



The Consumer Assessment of Healthcare Providers and Systems (CAHPS®)/Marketplace Qualified Health Plan (QHP) Enrollee Experience Survey assesses Molina members' satisfaction with their health care. It allows us to better serve our members.

Molina has received the CAHPS®/QHP Enrollee Experience Survey results of how our members rated our providers and our services.

Medi-Cal: In 2021, Molina improved in Getting Needed Care, How Well Doctors Communicate, Customer Service, Coordination of Care, Rating of Health Care, Rating of Health Plan and Rating of Specialist Seen Most Often.

We need to make improvements in Getting Care Quickly and Rating of Personal Doctor.

Medicare: In 2021, Molina improved in Rating of Health Plan, Customer Service and Rating of Drug Plan. We need to make improvements in Rating of Health Care Quality, Getting Needed Care, Getting Appointments and Care Quickly, and Care Coordination.

Marketplace: In 2021, Molina improved in Flu Vaccinations and Medical Assistance w/Smoking/Tobacco Use Cessation.

We need to make improvements in How Well Doctors Communicate, Customer Service/Plan Administration, Coordination of Care, Rating of Health Care, Rating of Personal Doctor, Rating of Specialist Seen Most Often, Rating of Health Plan, Access to Care, Access to Information and Cultural Competence.

MMP: In 2021, Molina did not improve in any measures over the prior year.

We need to make improvements in How Well Doctors Communicate, Rating of Personal Doctor, Rating of Specialist Seen Most Often, Rating of Health Plan, Flu Vaccinations and Overall Rating of Drug Plan.

HEDIS®

Another tool used to improve member care is the Healthcare Effectiveness Data and Information Set or HEDIS®. HEDIS® scores allow Molina to monitor how many members are receiving the services they need. Measures include immunizations, well-child exams, Pap tests and mammograms. There are also scores for diabetes care, and prenatal and after-delivery care.

Medi-Cal: In 2021, Molina improved in Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - BMI Percentile, Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - Counseling for Nutrition, Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - Counseling for Physical Activity, Childhood Immunization Status (CIS) - Combination #10, Immunizations for Adolescents (IMA) - Combination #2, Appropriate Treatment for Upper Respiratory Infection (URI) – Total and Prenatal and Postpartum Care (PPC)- Postpartum Care.

We need to make improvements in Breast Cancer Screening (BCS), Cervical Cancer Screening (CCS), Chlamydia Screening in Women (CHL) - Total, Appropriate Testing for Pharyngitis (CWP), Controlling High Blood Pressure (CBP), Comprehensive Diabetes Care (CDC) - HbA1c Control (<8.0%), Comprehensive Diabetes Care (CDC) - Eye Exam (Retinal) Performed, Comprehensive Diabetes Care (CDC) - Blood Pressure Control (<140/90 mm Hg), Follow-Up Care for Children Prescribed ADHD Medication (ADD) - Initiation Phase, Follow-Up Care for Children Prescribed ADHD Medication (ADD) - Continuation and Maintenance (C&M) Phase and Prenatal and Postpartum Care (PPC) - Timeliness of Prenatal Care.

Medicare: In 2021, Molina improved in Colorectal Cancer Screening (COL), Statin Therapy for Patients with Cardiovascular Disease (SPC) - Total Received Statin Therapy and Statin Therapy for Patients with Cardiovascular Disease (SPC) - Total Statin Adherence 80%.

We need to make improvements in Breast Cancer Screening (BCS), Care for Older Adults (COA) - Advance Care Planning, Care for Older Adults (COA) - Medication Review, Care for Older Adults (COA) - Functional Status Assessment, Care for Older Adults (COA) - Pain Assessment, Comprehensive Diabetes Care (CDC) - HbA1c Control (<8%), Comprehensive Diabetes Care (CDC) - Eye Exam (Retinal) Performed, Comprehensive Diabetes Care (CDC) - Medical Attention for Nephropathy, and Controlling High Blood Pressure (CBP).

Marketplace: In 2021, Molina improved in Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - Counseling for Nutrition, Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - Counseling for Physical Activity, Cervical Cancer Screening (CCS), Colorectal Cancer Screening (COL), and Comprehensive Diabetes Care (CDC) - HbA1c Control (<8.0%).

We need to make improvements in Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) - BMI Percentile, Childhood Immunization Status (CIS) - Combination #3, Immunizations for Adolescents (IMA) - Combination #2, Breast Cancer Screening (BCS), Chlamydia Screening in Women (CHL), Controlling High Blood Pressure (CBP), Comprehensive Diabetes Care (CDC) - Eye Exam (Retinal) Performed, Comprehensive Diabetes Care (CDC) - Medical Attention for Nephropathy, Prenatal and Postpartum Care (PPC) - Timeliness of Prenatal Care and Prenatal and Postpartum Care (PPC) - Postpartum Care.

MMP: In 2021, Molina improved in Osteoporosis Management in Women Who Had a Fracture (OMW) and Antidepressant Medication Management (AMM) - Effective Continuation Phase Treatment.

We need to make improvements in Colorectal Cancer Screening (COL), Controlling High Blood Pressure (CBP) and Antidepressant Medication Management (AMM) - Effective Acute Phase Treatment.

Culturally and Linguistically Appropriate Services/Disability Resources

Molina also assesses the cultural, ethnic, racial and linguistic needs and preferences of members on an ongoing basis. Information gathered during regular monitoring and annual network assessment is used to identify and eliminate cultural and/or linguistic barriers to care through the implementation of programs and interventions.

Medi-Cal: The majority of Medicaid members specified English as their preferred language (67%). Spanish as a preferred language was identified by 28% of Medicaid members. Spanish was the most requested language among Medicaid members through Molina's interpreter services, followed by Arabic and Vietnamese.

Medicare: A majority of Medicare members speak English as their preferred language (56%). About 43% of Medicare members identified themselves as Spanish speakers. Spanish was the most requested language among Medicare members through Molina's interpreter services, followed by Vietnamese and Russian.

Marketplace: The majority of Marketplace members specified English as their preferred language (57%). Spanish as a preferred language was identified by 40% of Marketplace members. Among Marketplace members, Spanish was the most requested language through Molina's interpreter services, followed by Vietnamese and Mandarin.

MMP: A majority of MMP members speak English as their preferred language (58%). Among MMP members, 36% identified Spanish as their preferred language. Vietnamese and Arabic follow as the next most preferred languages among MMP members. Among MMP members, Spanish was the most requested language through Molina's interpreter services, followed by Arabic and Vietnamese.

Overall, Molina found that the current Culturally and Linguistically Appropriate Services program resources, structure, and practitioner and community participation are sufficient based on member needs. Additionally, Molina has a series of short Culturally Competency training videos (Health Disparities, LGBTQ+, Immigrants/Refugees, etc.) available on the [Provider Portal](#) and at [MolinaHealthcare.com](#) on the Culturally and Linguistically Appropriate Resources/Disability Resources page listed under Health Resources. Disability resources are also available at this location under Molina Provider Education Series: Americans with Disability Act (ADA), Members who are Blind or have Low Vision, Service Animals and Tips for Communicating with People with Disabilities & Seniors.

The progress related to the goals that Molina has set for the annual CAHPS®/QHP Enrollee Experience Survey results and the annual HEDIS® measures can be viewed in more detail on the Molina Website. You can also view information about the Quality Improvement Program and print a copy if you would like one. Please visit the provider page on Molina's website at [MolinaHealthcare.com](#).

Requirements for Submitting Prior Authorization for Molina



Molina requires prior authorization (PA) for specific services. Molina offers three tools on the [MolinaHealthcare.com](#) website to assist you in knowing what services require Prior Authorization: The PA Code Matrix, the PA Guide, and the PA Code Lookup Tool. Both the PA Code Matrix and the PA Lookup Tool offer detailed information by CPT and HCPCS code regarding PA requirements. The PA

Code Lookup Tool is conveniently located available on the "home" page of Provider area of [MolinaHealthcare.com](#). Check it out here: [PA Code LookUp Tool](#). The most efficient prior authorization submission method is through our [Provider Portal](#).

When submitting a prior authorization request, it is important to include all clinical information and medical records necessary to support the medical necessity of the requested service/item. The following is an example of documentation needed:

- Current (up to six months) patient history related to the requested service/item
- Relevant physical examination that addresses the medical need for the requested service(s)
- Relevant lab or radiology results to support the request (include previous MRI, CT, lab or X-ray report/results)
- Relevant specialty consultation notes

- Any other information or data specific to the request showing the member meets the criteria for approving the service/item

By providing all necessary clinical information with the initial request, Molina will be able to make a more timely and complete decision based on the member's current health condition while potentially avoiding a need to request additional supporting documentation. The Urgent/Expedited service request designation should only be used if the treatment is required to prevent serious deterioration in the member's health or could jeopardize their ability to regain maximum function. Requests outside of this definition will be handled as routine/non-urgent. The goal is to have all necessary information to make the appropriate decision during the initial review of the service/item and avoid the need for an appeal if the service/item is denied.

NOTE: In the event a denial is issued and subsequently appealed, please be sure to reference the original decision. If the denial was due to missing information needed to justify coverage, not providing that information with your appeal request will not change the decision and could further delay medically necessary covered services/items. Let's work together to ensure timely and appropriate care for your patients.

Strengthening the Primary Care Setting with Trauma-Informed Care

Molina Healthcare is dedicated to promoting the importance of Trauma Informed Practice. According to the National Council for Mental Wellbeing, an "individual's experience of trauma impacts every area of human functioning- physical, mental, behavioral, social, and spiritual." Implementing a Trauma Informed Care approach in the Primary Care setting can benefit providers, members, and office staff alike. The National Council of Mental Wellbeing reports that Trauma-Informed primary care settings can:

- Create safer spaces for staff
- Improve clinical decision-making
- Equip providers to identify and respond to trauma
- Build collaborative care networks to increase provider capacity to address holistic needs

Molina has adopted the guideline for Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care from The National Council for Mental Wellbeing. For more information, please visit our Clinical Program Guidelines on our provider website or visit the National Council for Mental Wellbeing to access the guideline here:

https://www.thenationalcouncil.org/wp-content/uploads/2019/12/FosteringResilienceChangePackage_Final.pdf?daf=375ateTbd56.

Secure Messaging from Claim Status Screen Enabled in Availity Essentials Portal

Molina Healthcare strives to offer tools to provider partners so you can get more done with less effort. Molina now offers an integrated messaging feature from the Claim Status screen in the Availity Essentials portal.

You can submit secure messages from the Claim Status screen directly to Molina using Availity's Messaging Application.

Note: You will need the Claim Status and the Messaging App roles to access this function. If you're an administrator for your organization, you can assign roles by selecting Maintain User from your account dashboard. Then, select the user and View/Edit their roles.

Accessing Secure Messaging: Go to Claims & Payments | Claims Status

1. Initiate a message via the "Message this payer" option on the claim status results page. Important: The message must pertain to the current claim listed on the claim status results page.
2. Allow up to two business days for a response.
3. Access the Messaging Queue from the top right corner of your Availity home page.
4. Conversations display as cards. The color of the cards indicates the status.
5. All users have sorting and filtering options. If a message is missing from your queue, clear your filter options

Availity's Messaging App is a faster, more effective platform for resolving simple queries. The next time you have a question about the status of a claim, try messaging.

Customer Support: If you have questions about Messaging from Claim Status, you can reach Availity Client Services at (800) 282-4548 from 7 a.m. to 7 p.m. CT, Monday through Friday.

Additional Questions? We're here to help, please contact your Provider Services Representative. For help identifying your Provider Services Representative, visit: MolinaHealthcare.com.

Availity Essentials Portal: We continue our transition to the Availity Essentials portal, a tool that streamlines your claims management, authorizations, and eligibility/benefit verification. Are you registered yet? [Click here](#) to get started.

Clinician Administered Preferred Drug List 2022

A clinician-administered drug is an outpatient drug other than a vaccine that is typically administered by a health care provider in a clinician's office or other outpatient clinical setting. For example, drugs that are infused or injected are typically clinician-administered drugs.

The Molina Healthcare, Inc. Medical Preferred Drug List encourages utilization of clinically appropriate and lower net cost products within the following therapeutic drug classes. The Molina Medical Preferred Drug List includes the listed products only and other product may be available under a plan's medical benefit. The listed preferred products must be used first. An exception process is in place for specific circumstances that may warrant a need for a non-preferred product.

Medicaid Medical Preferred Drug List- Through October 2022

| Drug Class | Non-Preferred Product(s) | Preferred Product(s) |
|--------------------------------|---|---|
| Alpha-1 Antitrypsin Deficiency | Aralast® (Alpha-1-Proteinase Inhibitor), Glassia® (Alpha-1-Proteinase Inhibitor), Zemaira® (Alpha-1-Proteinase Inhibitor) | Prolastin C® (Alpha-1-Proteinase Inhibitor) |

| | | |
|---|---|---|
| Hematologic, Colony Stimulating Factors – Short Acting | Granix® (tbo-filgrastim) Leukine® (sargramostim) Neupogen® (filgrastim) Nivestym® (filgrastim-aafi) | Zarxio® (filgrastim-sndz) |
| Hematologic, Colony Stimulating Factors – Long Acting | Fulphila™ (pegfilgrastim-jmdb), Udenyca® (pegfilgrastim-cbqv), Neulasta® (pegfilgrastim) Nyvepria™ (pegfilgrastim-apgf) | Ziextenzo® (pegfilgrastim-bmez) |
| Infliximab | Remicade® (infliximab) | Inflectra® (infliximab-dyyb) Renflexis® (infliximab-abda) Avsola™ (infliximab-axxq) |
| Lysosomal Storage Disorders – Gaucher Disease | VPRIV® (velaglucerase alfa) Elelyso® (taliglucerase alfa) | Cerezyme® (imiglucerase) |
| Multiple Sclerosis (Infused) | Lemtrada® (alemtuzumab) | Tysabri® (natalizumab) Ocrevus® (ocrelizumab) |
| Osteoarthritis, Viscosupplements | Gelsyn-3® (sodium hyaluronate 8.4mg/ml) GenVisc® 850 (sodium hyaluronate) Hyalgan® (1% sodium hyaluronate) Hymovis® (hyaluronic acid 8mg/ml) Orthovisc® (1% sodium hyaluronate) Supartz® FX (1% sodium hyaluronate) TriVisc® (sodium hyaluronate) Visco-3® (1% sodium hyaluronate) Synvisc® (hylan (Avian) 8 mg/mL) | Euflexxa® (1% sodium hyaluronate) |
| Oncology | **Avastin® (bevacizumab) | Mvasi™ (bevacizumab-awwb) Zirabev® (bevacizumab-bvzr) |
| | Herceptin® (trastuzumab) Herceptin Hycelta™ (trastuzumab and hyaluronidase-oysk) | Herzuma® (trastuzumab-pkrb) Kanjinti™ (trastuzumab-anns) Ogivri™ (trastuzumab-dkst) Ontruzant® (trastuzumab-dttb) Trazimera™ (trastuzumab-qyyp) |
| Paroxysmal Nocturnal Hemoglobinuria | Ultomiris® (ravulizumab-cwvz) | Empaveli® (pegcetacoplan) |
| Rituximab | Rituxan® (rituximab) Rituxan Hycela® (rituximab-hyaluronidase) | Truxima® (rituximab-abbs) Ruxience® (rituximab-pvvr) Riabni™ (rituximab-arrx) |

| | | |
|--------------------------------|---|--------------------------|
| | | |
| Retinal Disorders (Eye) | Eylea®(afibercept) Lucentis® (ranibizumab) | **Avastin® (bevacizumab) |

Marketplace Medical Preferred Drug List- Through October 2022

| Drug Class | Non-Preferred Product(s) | Preferred Product(s) |
|---|---|---|
| Alpha-1 Antitrypsin Deficiency | Aralast® (Alpha-1-Proteinase Inhibitor), Glassia® (Alpha-1-Proteinase Inhibitor), Zemaira® (Alpha-1-Proteinase Inhibitor) | Prolastin C® (Alpha-1-Proteinase Inhibitor) |
| Autoimmune | Actemra® (tocilizumab) IV, Cimzia® (certolizumab pegol), Orencia®(abatacept) | Envyio® (vedolizumab), Ilumya™ (tilgrakizumab-asmn), Simoni Aria® (golimumab), Stelara®(ustekinumab) |
| Botulinum Toxins | Myobloc® (rimabotulinumtoxin B) | Botox® (onabotulinumtoxin A), Dysport® (abobotulinumtoxin A), Xeomin® (incobotulinumtoxin A) |
| Hematologic, Colony Stimulating Factors – Short Acting | Granix® (tbo-filgrastum) Leukine® (sargramostim) Neupogen® (filgrastim) | Nivestym® (filgrastim-aafi), Zarxio® (filgrastim-sndz) |
| Hematologic, Colony Stimulating Factors – Long Acting | Fulphila™ (pegfilgrastim-jmdb), Udenyca® (pegfilgrastim-cbqv), Nyvepria™(pegfilgrastim-apgf) | Ziextenzo® (pegfilgrastim-bmez), Neulasta® (pegfilgrastim) |
| Hematologic, Erythropoiesis - Stimulating Agents | Epogen® (epoetin alfa), Mircera® (methoxy polyethylene glycol-epoetin beta), Procrit® (epoetin alfa) | Aranesp® (darbepoetin), Retacrit® (epoetin alfa-epbx) |
| Hemophilia, Factor VIII | Eloctate® (antihemophilic factor recombinant Fc fusion protein), Helixate® [Antihemophilic Factor (Recombinant), Formulated with Sucrose], Nuwiq® [antihemophilic Factor (recombinant)] | Adynovate®[antihemophilic factor (recombinant), PEGylated], Jivi® [antihemophilic factor (recombinant), PEGylated], Kogenate®[antihemophilic factor (recombinant), Kovaltry®[antihemophilic factor (recombinant), Novoeight® [antihemophilic factor (recombinant) |
| Infliximab | Remicade® (infliximab) | Inflectra® (infliximab-dyyb) Renflexis® (infliximab-abda) Avsola™ (infliximab-axxq) |
| Long-Acting Reversible Contraceptives | Liletta® (levonorgestrel-releasing intrauterine system) Nexplanon® (etonogestrel implant) | Kyleena® (levonorgestrel-releasing intrauterine system), Mirena® (levonorgestrel-releasing intrauterine system) |

| | | |
|--|--|---|
| | | Skyla® (levonorgestrel-releasing intrauterine system) |
| Lysosomal Storage Disorders – Gaucher Disease | VPRIV® (velaglucerase alfa) Cerezyme® (imiglucerase) | Elelyso® (taliglucerase alfa) |
| Multiple Sclerosis (Infused) | Lemtrada® (alemtuzumab) | Tysabri® (natalizumab) Ocrevus® (ocrelizumab) |
| Osteoarthritis, Viscosupplements | Gelsyn-3® (sodium hyaluronate 8.4mg/ml) GenVisc® 850 (sodium hyaluronate) Hyalgan® (1% sodium hyaluronate) Hymovis® (hyaluronic acid 8mg/ml) Supartz® FX (1% sodium hyaluronate) TriVisc®(sodium hyaluronate) Visco-3® (1% sodium hyaluronate) Synvisc® (hylan (Avian) 8 mg/mL) | Euflexxa® (1% sodium hyaluronate) Orthovisc® (1% sodium hyaluronate) Monovisc® (sodium hyaluronate) |
| Oncology | NA | Firmagon® (degarelix) |
| | **Avastin® (bevacizumab) | Mvasi™ (bevacizumab-awwb) Zirabev® (bevacizumab-bvzr) |
| | Herceptin® (trastuzumab) Herzuma® (trastuzumab-pkrb) Herceptin Hycelta™ (trastuzumab and hyaluronidase-oysk) Trazimera™ (trastuzumab-qyyp) Ontruzant® (trastuzumab-dttb) | Kanjinti™(trastuzumab-anns) Ogivri™ (trastuzumab-dkst) |
| Paroxysmal Nocturnal Hemoglobinuria | Ultomiris® (ravulizumab-cwvz) | Empaveli® (pegcetacoplan) |
| Retinal Disorder Agents (Eye) | Eylea®(afibercept) Lucentis® (ranibizumab) | **Avastin® (bevacizumab) |
| Rituximab | Rituxan® (rituximab) Rituxan Hycela®(rituximab-hyaluronidase) | Truxima®(rituximab-abbs) Ruxience®(rituximab-pvvr) Riabni™ (rituximab-arrx) |
| Severe Asthma | Cinqair® (reslizumab) | Dupixent®(dupilumab) Fasenra®(benralizumab) Nucala®(mepolizumab) Xolair® (omalizumab) |

2022 Population Needs Assessment Survey

Molina is committed to providing appropriate health care and services for our members. We are conducting a survey and would like to hear from you! There are only 3 questions and it takes less than 5 minutes. The survey will help us understand what is important to our members and providers and how we can help focus our initiatives for next year.

The results of the survey will be written up in a report called Population Needs Assessment (PNA). The overall goal of the PNA is to improve health outcomes for members by:

- Identifying member health needs and health disparities,
- Evaluating health education, cultural and linguistic (C&L), and quality improvement (QI) activities and available resources to address identified concerns, and
- Implementing targeted strategies

Please take a moment to fill out the short survey here: <https://bit.ly/MolinaPNA>.

If you have questions or need more information, please contact the Molina Health Education, Cultural and Linguistics team at: HealthEducation.MHC@MolinaHealthcare.com.

February Is Heart Health Awareness Month

According to the American Heart Association, heart disease is the leading cause of death in men and women each year. February is American Heart month. This is a great opportunity for healthcare providers to raise awareness and provide education about heart disease prevention.

Heart Health Month is an opportunity to educate patients on the importance of regular provider visits, blood pressure check-ups, and on the many ways to sustain a healthy heart throughout the year. Below are programs and resources to help you with your efforts.

Smoking Cessation program

- Nicotine Replacement Therapy is covered
- Telephone counseling by [Kick It California](#)

Weight Management Counseling

- Refer using the Health Education Referral [Form](#)
 - [Diabetes Prevention Program](#)
- For members who are overweight and/or at risk for developing Diabetes
 - [Health Education Materials](#)
 - [CDC American Heart Month Toolkits 2022](#)

If you have any questions, Molina's Health Education Department can be reached at [Ask Health Education](#). We are here to help you.