



Provider Newsletter

For Molina Healthcare of Nebraska, Inc. providers

October 2024

In this issue

- 1 Time for mammograms
- 2 Clinical practice guidelines
- 3 Managing chronic conditions
- 4 Keeping patients active
- 5 Reminder: Open enrollment is coming
- 5 Reminder: Encourage flu vaccinations
- 6 We're here for you



The provider newsletter is available to all network providers serving Molina Healthcare of Nebraska, Inc. members.



Time for mammograms

Now is a great time to remind your patients about the importance of regular breast cancer screenings.

Early detection through mammograms can significantly increase the chances of successful treatment and survival, especially when breast cancer is identified in its early stages.

Please encourage your patients to do routine mammograms and explain the benefits of routine mammograms. Discussing the screening process, addressing concerns, and emphasizing the importance of early detection can motivate patients to prioritize their health.

At Molina, we support you in this mission by offering comprehensive coverage for breast cancer screenings. Plus, we also offer eligible members the opportunity to receive a \$25 gift card when they complete their annual mammogram.

Clinical practice guidelines

Molina's clinical practice guidelines (CPGs) are developed from a population health assessment that identifies the most common health conditions among our members. These guidelines assist providers in making informed decisions about the necessary healthcare services for specific clinical situations.

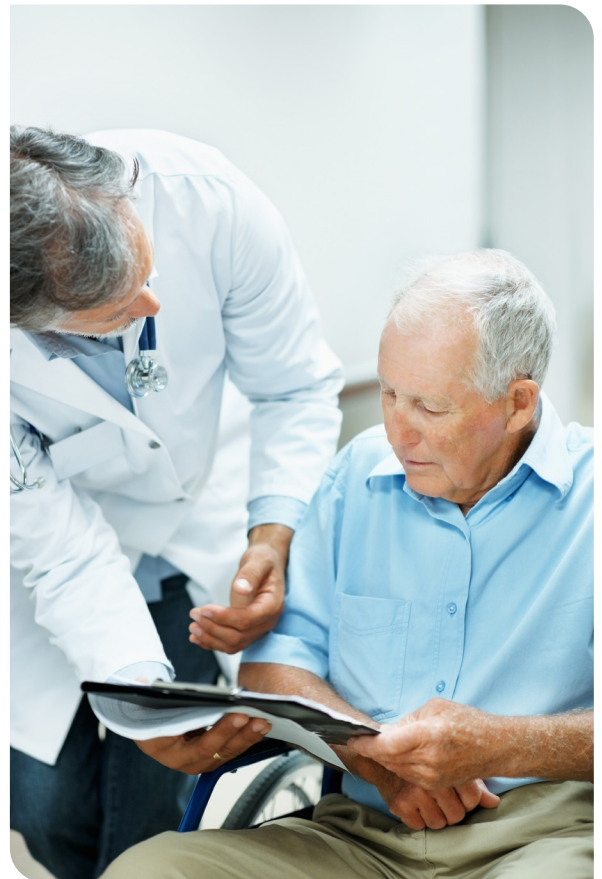
All guidelines are adopted from nationally recognized organizations and are approved annually by the Quality Improvement Committee. Providers can review Molina's current clinical practice guidelines and preventive health guidelines on our website. Providers and members may also request a printed copy of these guidelines by calling Member Services or the Provider Contact Center.



Managing chronic conditions

At Molina, we're dedicated to supporting your patients in managing their health conditions effectively with our Disease Management programs. These are designed to help members and their families better understand and manage their health. Below is a list of disease management programs Molina offers.

- Molina My Health – Asthma
- Molina My Health – Bipolar Disease
- Molina My Health – Coronary artery disease (CAD)
- Molina My Health – Congestive heart failure (CHF)
- Molina My Health – Chronic obstructive pulmonary disease (COPD)
- Molina My Health – Diabetes
- Molina My Health – HIV/AIDS
- Molina My Health – Hypertension
- Molina My Health – Major depressive disorder (MDD)
- Molina My Health – Schizophrenia
- Molina My Health – Substance use disorder (SUD)



While members are identified for these programs using a Health Risk Screener, if you have a patient that would benefit from one of these programs, you can refer them to the program directly. For more information about these programs or to coordinate case management, please call Member Services at (844) 782-2018, Monday to Friday, 8 a.m. to 6 p.m. CT. You may also submit referrals for case management by emailing NE_CM@MolinaHealthCare.Com.



Keeping patients active

Regular physical activity is fundamental to maintaining good health.

As temperatures begin to drop, please remind your patients to continue exercising. As healthcare providers, your influence can greatly motivate them to incorporate exercise into their daily lives. Here are some strategies to help your patients stay motivated and active, even when it's cold outside:

- Recommend indoor exercise options, like home workouts, gym memberships and group workout classes. Molina also offers eligible members a 13-week membership to WW (formerly Weight Watchers) at no cost to them.
- Advise patients who prefer to exercise outside to dress in layers, wearing moisture-wicking fabrics close to the skin and insulating layers on top.
- Help patients set realistic goals that are tailored to the colder months, such as a daily walk or a weekly yoga class.
- Remind patients that regular exercise can alleviate symptoms of Seasonal Affective Disorder by reducing stress and boosting mood and energy levels.

By encouraging your patients to stay active and providing practical advice for exercising during the colder weather, you can help them maintain their health and well-being all year round.

Reminder: Encourage flu vaccinations

Your guidance is essential in promoting vaccination.

With the flu season in full swing, we want to remind you to encourage your patients to get their flu shot. During patient visits, please emphasize the benefits of the flu shot, answer questions and address any concerns that might come up.

Thank you for your dedication to the health and well-being of our members.

Reminder: Open enrollment is coming

Open enrollment is from Nov. 1 to Dec. 15.

Once each calendar year, there is an open enrollment period when patients have the chance to choose a new health plan.

During patient visits, please encourage them to review their coverage and make any necessary adjustments during open enrollment.

For more information, patient may contact Heritage Health at 1-888-255-2605, Monday to Friday, 7 a.m. to 7 p.m. CT or visit www.NEHeritageHealth.com.

Key benefits overview:

- **Preventive services:** Annual checkups, screenings and immunizations
- **Wellness programs:** Fitness programs, nutritional counseling, and smoking cessation support
- **Telehealth services:** Convenient virtual visits from home
- **Chronic disease management:** Support for managing conditions like diabetes and hypertension

We're here for you.

You can count on us to support you. Contact us whenever you need help.

Claims

Availity Essentials Portal
(800) 282-4548
Monday-Friday
7 a.m.-7 p.m. CT

Compliance 24/7 Alertline

(866) 606-3889
Report fraud, waste and abuse
24 hours a day, 7 days a week,
365 days a year

Contracting

NEContracting@MolinaHealthcare.com

Member Services

(844) 782-2018 (TTY: 711)
Monday-Friday
8 a.m.-6 p.m. CT

Molina Dental Services

MDVSPProviderServices@MolinaHealthcare.com

Provider Contact Center

(844) 782-2678
Monday-Friday
7 a.m.-6 p.m. CT

Provider Relations

NEProviderRelations@MolinaHealthcare.com

SkyGen Provider Services

(855) 806-5192
Monday-Friday
7 a.m.-8 p.m. CT

