

Molina's myhealthmylife

a newsletter just for Senior Whole Health members

Fall 2023



WHAT'S INSIDE

Nurse
spotlight

2

Eating healthy
with diabetes

3

Your treatment
wishes

6

Nurse spotlight



Lan Nguyen, RN, NCM

“Hi, my name is Lan. I was born and raised in Boston. I have been a nurse care manager with Senior Whole Health for over eight years. I primarily work with the Boston Vietnamese population.

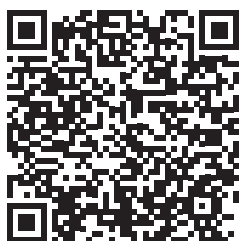
It’s an honor to provide the best health care to the people of my community. I find it rewarding to connect members to programs that help them become independent. The best part of my job is speaking to members one-on-one in Vietnamese. I can help them with issues they’re having because of the language they speak. I find joy in getting to know members and learning about their journey to America. I also get to talk with their family, friends and caretakers.

It only takes one person to make a difference in someone’s life. I take great pride in my work as a nurse at Senior Whole Health.”

Flu shot clinics

Flu season is coming. Now is the time to get protected with a flu shot! We’re holding flu shot clinics in senior housing buildings and other locations soon. Be on the lookout for flyers posted in your buildings with the dates and times for these events.

Sign up to receive the flu and COVID shot. Be sure to bring your member ID card to the event.



Visit our health education library

You can learn about health topics in our new health education library. Just scan the QR code to the left with your smartphone camera.



Healthy eating with diabetes

When you have diabetes, a healthy eating plan includes a variety of good foods in moderate amounts. Read more to learn what kind of foods you need and how much to eat. Balance your plate with healthy and colorful foods.

- Fill **half** the plate with **non-starchy vegetables** like broccoli, green beans, carrots, mushrooms, tomatoes, cauliflower, spinach, peppers or salad greens.
- Fill a **quarter** of the plate with a lean protein like beef, chicken or turkey (without the skin), pork, fish, tofu or eggs.
- Fill a **quarter** of the plate with a **healthy starch** or **grain**. Good choices are whole grain foods like brown rice, barley, oatmeal and cereal, or starchy vegetables like beans, peas, lentils or sweet potatoes.
- **Add a serving of fruit if your meal plan allows.** This can be a small piece of fresh fruit or half a cup of frozen fruit. Consider eating berries because of their healthy nutrients.
- Eat foods with **added calcium and vitamin D** like milk and cereals.

Read your food labels

Food labels are on foods and drinks in packages or cans. These labels show the nutrition facts. Knowing the nutrition facts helps you make healthy choices about what to eat and drink. If you have a special eating plan, you can compare the labels on different foods and make the best choice.

1. Look at the serving size.
2. Check total calories.
3. Track your nutrients.
4. Get enough vitamins.
5. Read about ingredients and allergens.

Nutrition Facts/Datos de Nutrición	
6 servings per container/6 raciones por envase	
Serving size/Tamaño de la porción	1 cup/1 taza (230g)
Amount per serving/Cantidad por porción	
1. Calories/Calorías	245
<small>% Daily Value*/% Valor diario*</small>	
Total Fat/Grasa total 12g	14%
Saturated Fat/Grasa Saturada 2g	10%
Trans Fat/Grasa Trans 0g	
3. Cholesterol/Colesterol 8mg	3%
Sodium/Sodio 210mg	9%
Total Carbohydrate/Carbohidrato Total 34g	12%
Dietary Fiber/Fibra Dietética 7g	25%
Total Sugars/Azúcares Totales 5g	
Includes 4g Added Sugars/Incluye 4 g de azúcares añadidos	8%
Protein/Proteínas 11g	
Vitamin D/Vitamina D 4mcg	20%
Calcium/Calcio 210mg	16%
Iron/Hierro 3mg	15%
Potassium/Potasio 380mg	8%
4.	
5.	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Servings per container and serving size

- This section tells you the number of servings in a can or package. In this example, there are six servings.
- This section also gives you information about the size of a single serving. In this example, one serving is one cup.

Nutrition Facts/Datos de Nutrición

6 servings per container/6 raciones por envase

Serving size/Tamaño de la porción

1 cup/1 taza (230g)

Calories

- This section shows the number of calories for one serving. Knowing this is important if you want to lose or gain weight.
- The facts that follow this section are for one serving size only. If you plan on eating two servings, double the numbers shown on the label.

Amount per serving/Cantidad por porción

Calories/Calorías

245

Total fat, cholesterol, sodium, carbohydrates and protein

- This section tells you the amount of key nutrients in one serving. You may need to cut down on some or all these nutrients. Ask your doctor, nurse or dietician about which of these to watch.
- The amount listed on the right is the percentage of a recommended daily value in one serving. The daily value is measured for a person on a 2,000-calorie per day diet. Ask your doctor, nurse or dietician how many calories you should eat each day.

Total Fat/Grasa total 12g	14%
Saturated Fat/Grasa Saturada 2g	10%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 8mg	3%
Sodium/Sodio 210mg	9%
Total Carbohydrate/Carbohidrato Total 34g	12%
Dietary Fiber/Fibra Dietética 7g	25%
Total Sugars/Azúcares Totales 5g	
Includes 4g Added Sugars/Incluye 4 g de azúcares añadidos	8%
Protein/Proteínas 11g	
Vitamin D/Vitamina D 4mcg	20%
Calcium/Calcio 210mg	16%
Iron/Hierro 3mg	15%
Potassium/Potasio 380mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.



Let's stay connected!

As a Senior Whole Health member, it's important to keep your contact information up-to-date. This includes your phone number, email address and mailing address. Let us know when any of this information changes so we can make sure you get the care you need when you need it. This also lets you get important updates and reminders from us.

How to update your contact information:

Your My Molina® mobile app

- Download the My Molina mobile app from the Apple App Store or Google Play Store. You can also scan the QR code to the right using your smartphone camera.
- Register or log in with your member ID number.
- Go to **"Menu" > "Communication Preferences."**
- Add or edit your phone number, email and mailing address.
- Choose your preferred phone number and email to get communications from us.



The member portal

- Go to **MySeniorWholeHealth.com**.
- Register or log in with your member ID number.
- Click on the **"Communication Preferences"** button.
- Add or edit your phone number, email and mailing address.
- Choose your preferred phone number and email to get communications from us.

Member Services

- Call us at (888) 794-7268 (TTY: 711) and we'll update your contact information for you.

Have questions?

We're here to help.
Call us at (888) 794-7268 (TTY: 711).

Did you know?

You can now opt-in to receive text messages from us! Text JOIN to 94870.





Your treatment wishes

An **advance directive** is used when you cannot speak for yourself. You decide ahead of time what your wishes are for medical treatment and end-of-life care. To make this official, you fill out forms that are signed by two witnesses. This directive is shared with your doctor and trusted family members or friends.

An advance directive includes a:

- **Health care proxy:** A form you sign that lets you choose someone you trust to make medical decisions for you if you cannot speak for yourself.
- **Living will:** A form you fill out saying what care or lifesaving measures you want if you cannot make decisions for yourself. Your living will is used by your health care proxy to make sure your wishes are followed.

What is a MOLST form?

MOLST stands for **Medical Orders for Life-Sustaining Treatment**. It's not part of an advance directive. The MOLST is used when you're still able to make your own decisions. It's a document signed by you and your doctor. It helps guide life-sustaining treatment for a serious illness based on your wishes.

If you want to talk with your doctor about filling out an advance directive or MOLST and need help making an appointment, please call Member Services at (888) 794-7268 (TTY: 711) from 8 a.m. to 8 p.m. 7 days a week.

Medicine reconciliation

Your medicines often change when you're discharged from a hospital or another facility. This can be confusing once you get home. When this happens, your care team should always do a medicine reconciliation. This is when your doctor, pharmacist or nurse care manager looks at medicines ordered at discharge and compares them to what you were taking before your admission.

Ask your doctor, nurse or pharmacist if your medicines have been reconciled once you're home. This makes sure you're taking the right medicines and doses.





IMPORTANT PLAN INFORMATION

1075 Main Street
Suite 400
Waltham, MA 02451

Senior Whole Health is a DSNP and HMO plan with a Medicare contract. DSNP plans have a contract with the state Medicaid program. Enrollment depends on contract renewal.

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at (888) 794-7268 (TTY: 711). Someone who speaks English can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al (888) 794-7268 (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Senior Whole Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, ethnicity, national origin, religion, gender, sex, age, mental or physical disability, health status, receipt of healthcare, claims experience, medical history, genetic information, evidence of insurability, geographic location.

State material ID no. H2224_24_4464_MAFallNwsltr_M