



Department of
Medicaid

March Health Highlights



Get Ready for Spring Wellness Visits

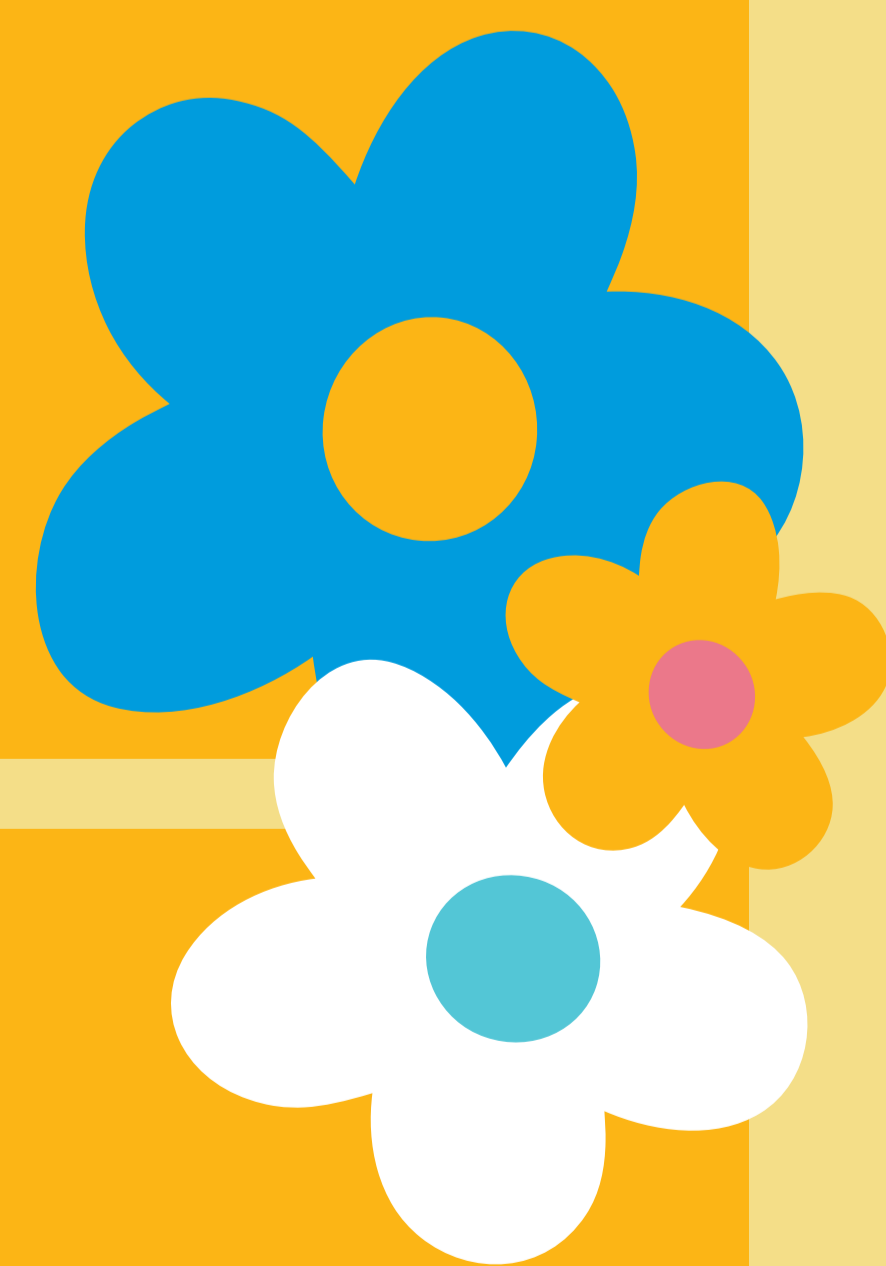
- Spring is a great time to schedule routine checkups
- Stay on track with yearly screenings and vaccinations
- Need help finding a provider? We can assist

Seasonal Mental Wellness

- Changing seasons can affect mood and stress
- Free mental health and behavioral health resources are available
- Reach out anytime for support and guidance

Care Management Support

- Have a health condition or need extra help?
- Care managers can connect you with services, schedules, and resources
- Support is available at no cost to you



Spring Health Focus

- Allergy season is coming—know your covered options
- Preventive care benefits are available yearround
- Learn what's included in your plan

Learn more at [Medicaid.Ohio.gov](https://www.Medicaid.Ohio.gov)