







HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2023

This chart is a quick reference to help you make a plan choice. It is not intended to include all rules and exceptions. Based on Medicaid rules, benefits may be limited to Medicaid covered services.

Benefits	 Healthy Blue	 nebraska total care	 UnitedHealthcare[®] Community Plan
Contact Information	Healthy Blue Phone: 1-833-388-1405 TTY: 711 www.healthybluene.com	Nebraska Total Care Phone: 1-844-385-2192 TTY: 711 www.nebraskatotalcare.com	UnitedHealthcare Community Plan of Nebraska Phone: 1-800-641-1902 TTY: 711 www.uhccommunityplan.com/ne
All Covered 100%	Primary Care Visits, Immunizations, Family Planning, Pregnancy, Hospital Services, Home Health Care, Wellness, and Emergent/Urgent Care		
Co-Pays	Children (18 and under), pregnant women and Native American members, and members living in an institution, alternate care facility, or receiving HCBS waiver services are exempt from Medicaid co-pays		
Prescriptions	Generic - covered 100%, Brand - \$3 copay Mail Order Pharmacy 90-day prescription fill on select medications	Generic - covered 100% Brand - \$3 copay 90-day prescription fill on select medications	Generic - covered 100% Brand - \$3 copay Mail Order Pharmacy 90-day refill supply available on select medications
	For Medicaid coverage only. Medicare and other insurance copays may still apply.		
Over-the-Counter Medication	Please contact the health plan for information about this benefit.		
Therapy	Covered 100% Adults not to exceed 60 combined visits (physical, occupational and speech therapy)		
Vision Services	Please contact the health plan for information about this benefit.		
Hearing Services	Covered 100%, hearing aids and batteries		
Mental Health and Substance Use Treatment	Covered 100%		




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Member with Special Health Care Needs	Support for medical and non-medical needs; assistance line with referrals for social services.	Assistance with identifying providers and connecting to community resources.	Integrated Person-Centered Care Management: Every member has a dedicated clinical coordinator that is available to support connecting individuals to applicable services.
Care Management	Work with members one-on-one to help manage care needs, help to stop smoking, SUD services, and help in seeking community based services.	Individual assistance for members with complex care needs, including Transitional Age Youth and Substance Use Disorder services. Includes assistance accessing community resources and meeting non-medical needs.	ADHD, substance use, mental health issues, SUD services, and assistance with seeking community-based services.
Pregnancy Management	Programs for pregnant mothers and babies.	Programs for pregnant members and babies.	Offers programs for pregnant mothers and babies.
Disease Management	Help with chronic diseases like asthma, diabetes, or HIV/AIDS.	Individual assistance for members with complex care needs, including chronic diseases.	Assistance for members with chronic diseases, asthma, diabetes, smoking cessation, heart disease.
Non-Emergency Medical Transportation	ModivCare 1-844-531-3783 TTY:402-401-6998 www.modivcare.com	MTM 1-844-385-2192 TTY:711 http://memberportal.net/?planCode=CTC	ModivCare 1-833-583-5683 TTY: 1-866-288-3133 www.modivcare.com
	Please contact the health plan about eligibility for this benefit.		




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Healthy Kids	<p>Extracurricular Support: Help with youth club memberships for children ages 5-18.</p> <p>Sports Physicals.</p> <p>Tutoring: Virtual tutoring for children ages 5-18.</p> <p>Swimming Lessons: Gift card to cover swim lessons for children 6 months to 13 years.</p> <p>Summer Camps: Offers members ages 4-12 a gift card to help pay for summer camp.</p> <p>Reading Program: Gift card to members ages 4-12 to encourage reading and focus on boosting learning.</p>	<p>Rewards Program: For well-child visits.</p> <p>Sports/Camp Physical.</p> <p>Healthy Hip Hop: Children’s physical activity and education program focused on healthy lifestyle choices and positive decision-making.</p> <p>Boys and Girls Club Membership: Annual membership for age appropriate members.</p> <p>NICU Support: Additional supplies and supports for infants admitted to the NICU.</p>	<p>Back to School Programming: Promotes healthy habits and nutrition, including blender bikes.</p> <p>Sports Physical.</p> <p>Dr. Health E. Hound®: Mascot: Delivers nutritional education and promotes fitness and healthy habits.</p> <p>KidsHealth®: Members and their families can get online answers, advice and fun.</p> <p>Sesame Street: Educational materials that teach families about the best ways to eat healthy with smart food guidelines.</p>




HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2023

Benefits	 Healthy Blue		
Value Added Services	<p>24/7 Behavioral Health Crisis Line and 24-Hour Nurse Help Line.</p> <p>Client Assistance Program (CAP): 5 sessions of solutions-focused behavioral health therapy.</p> <p>LiveHealth Online™: Offers members access to secure, private medical and behavioral health care using their smart phone, tablet, or computer at no cost.</p> <p>Healthy Lifestyle Aids: Extra supplies for eligible members, including blood pressure cuffs, scales and more.</p> <p>Electric Breast Pump.</p> <p>Community Baby Showers.</p> <p>New Mom Program: New and expectant mothers can choose items to help support a healthy pregnancy, breastfeeding, and essential needs for babies, such as a car seat, baby monitor or highchair.</p> <p>Weight Watchers: Membership for qualified members.</p> <p>Healthy Rewards Program: Earn a gift card for completing healthy activities, such as wellness visits and preventive screenings.</p>	<p>24-Hour Crisis Line and Nurse Advice Line.</p> <p>Client Assistance Program (CAP): 5 sessions of brief, solutions-focused behavioral health therapy.</p> <p>Mobile Apps for Education and Support: Manage your health and wellness, and get support whenever you need it from the convenience of your mobile device.</p> <ul style="list-style-type: none"> • MyNTC: your personal plan information • Krames Staywell: more than 4,000 pages of health information • myStrengths: support for emotional health • findhelp: local programs and support information • MTM: quickly manage transportation from anywhere <p>Doula Services: In person pregnancy guidance and support from certified Doulas for members who qualify.</p> <p>Electric Breast Pumps.</p> <p>Baby Showers: Education on prenatal and postpartum care for mothers and newborn care for babies.</p>	<p>24-Hour Crisis Line and NurselineSM.</p> <p>Client Assistance Program (CAP): 5 Sessions. Additional information can be found at www.liveandworkwell.com</p> <p>Purchase of Breast Pumps.</p> <p>Community Baby Shower Events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies. The pregnant member can choose one of the following when they attend a baby shower: a Pac N Play; activity center; one-month supply of diapers; car seat or convenience stroller.</p> <p>Text4baby: Text4baby is a free mobile information service that will help you through your pregnancy and baby's first year of life.</p> <p>Healthy First Steps[®]: Earn rewards by completing all prenatal and post-birth visits. Get a gift card or a diaper bag for joining. A total of eight possible rewards for staying with the program until your baby is 15 months old.</p> <p>Cell Phone: Members who qualify get a Lifeline cell phone. Coverage may not be available in certain remote service areas.</p>

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2023

Benefits			
Value Added Services	<p>JumpStart Program: Virtual support to develop job skills and provide job searches in your area.</p> <p>GED Testing. Covers the costs of the GED high school equivalency test.</p> <p>Non-Medical Transportation: To Women, Infants and Children (WIC) appointments and educational classes (childbirth, breastfeeding).</p> <p>College Bound: Provides dorm room items to former foster care children who are college-bound.</p> <p>College Bundle: Offers eligible members help with college expenses such as application fees and school supplies.</p> <p>Asthma Relief: Eligible members can select items to reduce their exposure to asthma triggers.</p> <p>Transportation Essentials: Eligible members can receive transportation benefits such as a gas card, Uber gift card or bus pass.</p> <p>Mini Farmers Market: Events held throughout the state to educate and promote healthy nutrition.</p>	<p>Start Smart for Your Baby: Education and support throughout pregnancy.</p> <p>GED Testing Materials: Study materials to prepare for GED testing.</p> <p>My Health Pays: Rewards for completing healthy activities like a yearly wellness exam, annual screenings, infant and children’s care and other ways to protect your health.</p> <p>ConnectionsPlus: Cell phone for members who qualify without reliable access to a telephone.</p> <p>Weight Watchers: Memberships for eligible members.</p> <p>YMCA Memberships: Memberships for members.</p> <p>Community Garden: Sponsorship for plots to grow healthy foods and education on nutrition and health.</p>	<p>UnitedHealthCare Mobile App: An app tool to review benefits and other resources, such as finding a doctor and medication listings.</p> <p>GED Program: Members can receive help with getting their GED. Limitations apply.</p> <p>On My Way: Teaches life skills such as managing money, understanding housing options, finding employment, job training, and applying for college.</p> <p>Non-Medical Transportation: Rides within 10-mile radius, WIC appointments, prenatal and parenting classes, worship, retail store, job related activities, food pantry, support group meetings, community center, and more.</p> <p>findhelp/Nebraska Unite Us: A web-based application to identify the best fit for your social services needs within the closest distance to your home. Services include housing support, food, health education and support groups, job training, home goods, legal support and more.</p> <p>Healthy Rewards Program: Earn debit card rewards for well care visits and immunizations.</p>

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Benefits	 Healthy Blue		
Value Added Services	<p>Fruits and Veggies: Offers eligible members three monthly shipments of fresh fruits and vegetables.</p> <p>Welcome Rooms: Support and community resources to assist member needs.</p> <p>Healthy Blue Resource Tool: When you need a little extra help, use our Community Resource Link tool to find free or low-cost services near you. https://healthybluene.findhelp.com/</p> <p>Personal Care Items: Members can receive a gift card to be used on personal care items.</p> <p>ChooseHealthy: Exercise and fitness resource materials including videos, articles, and self-care tools.</p> <p>Health Fairs/Healthy Blue Days.</p>		<p>Door and Window Alarms: Up to six per household for members with disabilities to help minimize wandering.</p> <p>Adult Immunizations.</p>

www.neheritagehealth.com

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