






## HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2024




**This chart is a quick reference to help you make a health 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			
Contact Information	<b>Molina Healthcare of Nebraska</b> <b>Phone: 1-844-782-2018</b> <b>TTY: 711</b> <a href="http://www.molinahealthcare.com/ne">www.molinahealthcare.com/ne</a>	<b>Nebraska Total Care</b> <b>Phone: 1-844-385-2192</b> <b>TTY: 711</b> <a href="http://www.nebraskatotalcare.com">www.nebraskatotalcare.com</a>	<b>UnitedHealthcare Community Plan of Nebraska</b> <b>Phone: 1-800-641-1902</b> <b>TTY: 711</b> <a href="http://www.uhccommunityplan.com/ne">www.uhccommunityplan.com/ne</a>
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 - covered 100% 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).		
Dental Services	Services include, but are not limited to exams, cleanings, fluoride treatments, crowns, fillings, dentures, oral surgery, and orthodontic services.		
Vision Services	Please contact the health plan for information about this benefit.		
Hearing Services	Covered 100%, hearing aids and batteries.		

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Mental Health and Substance Use Treatment	Covered 100%		
Member with Special Health Care Needs	Coordination of services for members with complex conditions including High Risk Pregnancy, frequent emergency department utilizers, substance use disorder, early childhood, and chronic condition management.	Assistance with identifying providers and connecting to community resources. Coordination for members with Dual-Eligible Medicare plans.	Integrated Person-Centered Care Management: Every member has a dedicated clinical coordinator that is available to support connecting individuals to applicable services.
Care Management	Individualized support to assess member needs, coordinate medical and behavioral health care, provide support through Transitions of Care, and address Social Determinants of Health through access to 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. Care Management services are available by phone, in-person, or through a digital platform based on member preference.	ADHD, substance use, mental health issues, substance use disorder services, and assistance with seeking community-based services.
Pregnancy Management	Offers programs for pregnant mothers and babies.		
Disease Management	Comprehensive support for members with chronic conditions, diabetes, asthma, hypertension, obesity, congestive heart disease, cardiovascular diseases, chronic kidney disease, and certain behavioral health conditions.	Individual assistance for members with complex care needs, including chronic diseases.	Assistance for members with chronic diseases, asthma, diabetes, smoking cessation, and heart disease.

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Non-Emergency Medical Transportation	<p align="center"> <a href="#">MTM</a>            1-888-889-0421            TTY: 711  <a href="https://memberportal.net/">https://memberportal.net/</a> </p>	<p align="center"> <a href="#">MTM</a>            1-844-261-7834            TTY: 711  <a href="http://memberportal.net/?planCode=CTC">http://memberportal.net/?planCode=CTC</a> </p>	<p align="center"> <a href="#">Modivcare</a>            1-833-583-5683            TTY: 1-866-288-3133  <a href="http://www.modivcare.com">www.modivcare.com</a> </p>
Please contact the health plan about eligibility for this benefit.			
Healthy Kids	<p><b>Youth Club Memberships:</b> Annual membership for members ages 19 and under to their local Boys &amp; Girls Club, YMCA, or Salvation Army Kroc Center.</p> <p><b>Sports Physical.</b></p> <p><b>Healthy Minds, Healthy Kids:</b> Vouchers for books or art supplies to encourage fun activities and less screen time.</p>	<p><b>Boys and Girls Club Membership:</b> Annual membership for age-appropriate members.</p> <p><b>Sports/Camp Physicals.</b></p> <p><b>My Route to Health:</b> Children’s online books, videos, and activities focused on healthy lifestyle choices and positive decision making.</p> <p><b>Rewards Program:</b> For well-child visits.</p> <p><b>NICU Support:</b> Additional supplies and supports for infants admitted to the NICU.</p>	<p><b>Youth Club Organizations:</b> Qualified members receive a voucher towards a membership or program participation fees to organizations such as the Boys &amp; Girls Clubs of America, 4-H programs, and the YMCA.</p> <p><b>Sports Physical.</b></p> <p><b>KidsHealth®:</b> Members and their families can get online answers, advice, and fun.</p> <p><b>Back to School Programming:</b> Promotes healthy habits and nutrition.</p> <p><b>Dr. Health E. Hound®:</b> Delivers nutritional education and promotes fitness and healthy habits.</p> <p><b>Sesame Street:</b> Educational materials that teach families about the best ways to eat healthy with smart food guidelines.</p>

Benefits			
Value Added Services	<p><b>24-hour Nurse Advice Line and Behavioral Health Crisis Line.</b></p> <p><b>Client Assistance Program (CAP):</b> 5 sessions of brief solutions-focused behavioral health therapy.</p> <p><b>My Molina Mobile App:</b> Manage your healthcare anytime, anywhere with the My Molina mobile app. The app gives members access to doctors, 24-hour Nurse Advice Line, member ID card and more.</p> <p><b>Car Seat or Booster Seat Program:</b> Eligible members who complete a prenatal visit during their first trimester or within 42 days of enrollment can receive a car seat or booster seat.</p> <p><b>Postpartum Support Gift:</b> New moms who sign up for Pacify, our online pregnancy and postpartum support tool, can receive a gift box that includes something fun for mom and baby.</p> <p><b>Community Baby Showers:</b> A fun and educational event for pregnant members and new moms. Participants will learn about keeping themselves and the baby healthy during and after pregnancy. Pregnant members can choose from a variety of gifts like a pack n play or a month's supply of diapers when they attend.</p>	<p><b>24-Hour Crisis Line and Nurse Advice Line.</b></p> <p><b>Client Assistance Program (CAP):</b> 5 sessions of brief, solutions-focused behavioral health therapy.</p> <p><b>Mobile Apps for Education and Support:</b> 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"> <li>• <a href="#">MyNTC</a>: your personal plan information</li> <li>• <a href="#">Krames Staywell</a>: more than 4,000 pages of health information</li> <li>• <a href="#">myStrengths</a>: support for emotional health</li> <li>• <a href="#">findhelp</a>: local programs and support information</li> <li>• <a href="#">MTM</a>: quickly manage transportation from anywhere</li> </ul> <p><b>Baby Showers:</b> Education on prenatal and postpartum care for mothers and newborn care for babies.</p> <p><b>Start Smart for Your Baby:</b> Education and support throughout pregnancy. Participating members can choose a car seat, stroller, pack-and-play, or meal delivery.</p>	<p><b>24-Hour Crisis Line and Nurseline<sup>SM</sup>.</b></p> <p><b>Client Assistance Program (CAP):</b> 5 Sessions. Additional information can be found at <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a></p> <p><b>UnitedHealthcare Mobile App:</b> An app tool to review benefits and other resources, such as finding a doctor and medication listings.</p> <p><b>Healthy First Steps<sup>®</sup> Rewards:</b> A program that rewards you for going to your prenatal and postpartum visits. Get a gift card just for downloading the Babyscripts myJourney app and enrolling. You will get information on pregnancy, newborn care, and more.</p> <p><b>Community Baby Shower Events:</b> For pregnant and new mothers. Moms learn about health and wellness for themselves and their babies. The pregnant member is eligible for an essential baby item.</p> <p><b>Purchase of Breast Pumps.</b></p> <p><b>Text4baby:</b> Text4baby is a free mobile information service that will help you through your pregnancy and baby's first year of life.</p>

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2024

Benefits			
<p>Value Added Services</p>	<p><b>Electric Breast Pump:</b> New mothers can receive an electric breast pump.</p> <p><b>Healthy Baby Text Program:</b> Text4baby helps prepare members for motherhood by sending appointment reminders and personalized information on prenatal care, the baby’s development, signs of labor, breastfeeding, and nutrition directly to members’ phones.</p> <p><b>Doula Assistance:</b> Eligible members can request doula assistance during labor and delivery to provide emotional and physical support to the mother and her family.</p> <p><b>Home Delivered Meals for High-Risk Pregnancies:</b> Members can receive home-delivered meals to support their nutritional needs during pregnancy and when breastfeeding.</p> <p><b>Dental Services for Pregnant Members:</b> Eligible members can receive one additional dental cleaning per calendar year</p> <p><b>WW (formerly Weight Watchers):</b> Members can receive up to 13 weeks of WW services.</p>	<p><b>Electric Breast Pumps.</b></p> <p><b>Doula Services:</b> In person pregnancy guidance and support from certified Doulas for members who qualify.</p> <p><b>My Health Pays:</b> 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><b>Community Garden:</b> Sponsorship for plots to grow healthy foods and education on nutrition and health.</p> <p><b>Care Kits:</b> For members in clinical programs.</p> <p><b>Weight Watchers:</b> Memberships for eligible members.</p> <p><b>YMCA Memberships:</b> Memberships for members.</p> <p><b>GED Testing Materials:</b> Study materials to prepare for GED testing.</p> <p><b>ConnectionsPlus:</b> Cell phone for members who qualify without reliable access to a telephone.</p> <p><b>Practice Dental Visits:</b> For children with special needs.</p>	<p><b>Mom’s Meals:</b> Meal delivery during pregnancy or post discharge from a birth with a clinical referral.</p> <p><b>WellHop:</b> Virtual group peer support for members who are pregnant.</p> <p><b>Substance Use Disorder Helpline:</b> An anonymous confidential helpline to a licensed substance use expert for information on substance use disorder treatment.</p> <p><b>Online Mental Health Resources:</b> Self-help tools and family support library for members.</p> <p><b>Self Care:</b> A digital treatment support self-help app that offers mindfulness meditation for stress, anxiety, and depression. Members can download the Self Care app to receive on-demand support at any time.</p> <p><b>Doctor Chat:</b> Members can video chat with a doctor 24/7/365 by downloading the UHC Doctor Chat app or learn more online at <a href="http://uhcdoctorchat.com">uhcdoctorchat.com</a>.</p> <p><b>GED Program:</b> Members can receive help with getting their GED. Limitations apply.</p>

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2024

Benefits			
Value Added Services	<p><b>GED Test Support:</b> Covers the cost of GED prep materials and test fees.</p> <p><b>Cell Phones:</b> A smart mobile device (with unlimited data, voice, and text) that will be preloaded with Molina apps, including a telehealth app, and organized in a user-friendly way.</p> <p><b>Additional Dental Exams:</b> Members receive two additional problem-focused oral exams to promote good oral health.</p> <p><b>Additional Transportation:</b> Members can receive transportation to certain non-medical locations like the grocery store, food pantries, WIC appointments, and pharmacy.</p> <p><b>Personal Care and Household Items:</b> Households can receive a gift card per quarter for commonly used personal care and household items.</p> <p><b>Smoking Cessation Products:</b> Over-the-Counter smoking cessation products not covered by Medicaid for qualified members.</p> <p><b>Molina Healthy Rewards:</b> Gift card rewards for completing preventive care visits and screenings.</p> <p><b>Healthy Food Boxes:</b> Members with high-risk conditions can receive a box of healthy foods.</p>		<p><b>Cell Phone:</b> Members who qualify get a Lifeline cell phone. Coverage may not be available in certain remote service areas.</p> <p><b>On My Way:</b> Teaches life skills such as managing money, understanding housing options, finding employment, job training, and applying for college.</p> <p><b>Non-Medical Transportation:</b> Rides within 10-mile radius to WIC appointments, prenatal and parenting classes, worship, retail store, job related activities, food pantry, support group meetings, community center, limited to 48 one-way rides per year.</p> <p><b>Findhelp/Nebraska Unite Us:</b> 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><b>Healthy Rewards Program:</b> Earn rewards for well care visits, immunizations, and preventive dental care.</p> <p><b>Door and Window Alarms:</b> Up to six per household for members with disabilities to help minimize wandering.</p>