







HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2021




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 Formerly WellCare of Nebraska	 nebraska total care	 UnitedHealthcare® Community Plan
Contact Information	Healthy Blue Phone: 1-833-388-1405 TTY: 711 www.healthybluene.com or www.choosehealthyblue.com/ne	Nebraska Total Care Phone: 1-844-385-2192 TTY/TDD: 711 www.nebraskatotalcare.com	UnitedHealthcare Community Plan of Nebraska Phone: 1-800-641-1902 TTY/TDD: 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	Generic - covered 100% Brand - \$3 copay Mail Order Pharmacy 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.		
Therapy	Covered 100% Adults not to exceed 60 combined visits (physical, occupational and speech therapy)		
Hearing Services	Covered 100%, hearing aids and batteries		
Mental Health and Substance Use Treatment	Covered 100%		
Member with Special Health Care Needs	Support for medical and non-medical needs; assistance line with referrals for social services.	Integrated Care Management to identify primary and specialty providers; provide wellness training and assist in accessing community resources.	Person-Centered Care Management; Connecting individuals to community-based services.




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Care and Disease Management	Work with members one-on-one to help manage care needs, help to stop smoking, and help with chronic diseases like asthma, diabetes, or HIV/AIDS.	Individual assistance for members with complex care needs, including programs for pregnant mothers and babies, Transitional Age Youth, and chronic diseases. Includes assistance accessing community resources	Offers programs for pregnant mothers, chronic diseases, asthma, diabetes, smoking cessation, heart disease, ADHD, substance use, mental health issues, and assistance with seeking medical services and community-based services.
Non-Emergency Medical Transportation	IntelliRide 1-844-531-3783 TTY:402-401-6998 http://www.iridenow.com/Home/Nebraska.aspx	MTM 1-844-385-2192 TTY:711 http://memberportal.net/?planCode=CTC	LogistiCare 1-833-583-5683 TTY: 1-833-587-6527 www.logisticare.com
	Please contact the health plan about eligibility for this benefit.		
Healthy Kids	<p>4-H Membership: One-year membership for children ages 5-18.</p> <p>Boy and Girl Scout Memberships: Annual membership for children ages 5-18.</p> <p>Swimming Lessons: Up to six sessions of group swimming lessons per year for qualified members.</p> <p>Summer Camps: Offers members ages 4-12 a Visa gift card to help pay for summer camp</p> <p>Reading Scholarships: Helps kids ages 4-12 keep reading and learning with a gift card to Barnes & Noble.</p>	<p>Rewards Program: For well-child visits.</p> <p>Sports Camp Physical: 1 per year per member, ages 5-18 years old.</p> <p>Phoebe the Tree Frog: Mascot promotes physical fitness and nutritional eating.</p> <p>Keep It Moving: Child obesity program.</p> <p>Boys and Girls Club Membership.</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 2021

 <p>Healthy Blue Formerly WellCare of Nebraska</p>	 <p>nebraska total care</p>	 <p>UnitedHealthcare® Community Plan</p>
<p>24/7 Behavioral Health Crisis Line and 24-Hour Nurse Help Line.</p> <p>Client Assistance Program (CAP): 5 sessions of brief, solutions-focused behavioral health therapy.</p> <p>MyStrength™: Offers eligible members a secure online program or mobile app, to help them manage challenges such as stress or anxiety.</p> <p>Health Management Supplies: Extra supplies for members in case management, including blood pressure cuffs and scales.</p> <p>Electric Breast Pumps.</p> <p>Baby Showers: Rewards and education on prenatal and post-partum care.</p> <p>Healthy Rewards Prenatal Program for Moms and Moms-to-Be: Members may earn items following participation in their prenatal visits. Contact Healthy Blue for program details.</p> <p>Weight Watchers: A 6-month membership for qualified members.</p> <p>Healthy Rewards Program: Earn a gift card to retailers like Target, Best Buy and Amazon for completing healthy activities, such as wellness visits and preventive screenings.</p> <p>Online Learning Program: Develop job skills and job search in your area.</p>	<p>24-Hour Crisis Line and Nurse Advice Line.</p> <p>Client Assistance Program (CAP): 5 Sessions. Additional information can be found at www.mystrength.com</p> <p>Electric Breast Pumps.</p> <p>Baby Showers: Education on prenatal and postpartum care for mothers and newborn and pediatric care for babies; rewards available.</p> <p>Start Smart for Your Baby: Maternity management program.</p> <p>My Health Pays: Rewards for completing healthy activities like a yearly wellness exam, annual screenings, tests and other ways to protect your health.</p> <p>ConnectionsPlus: Cell phone for members without reliable access to a telephone.</p> <p>Weight Watchers: Limitations apply.</p> <p>Mobile App: To view plan information and resources.</p> <p>YMCA Memberships: Limitations apply.</p> <p>Community Garden: Sponsor plots to grow healthy foods, provide education on healthy eating.</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>Debit Card for Pregnant Moms: Earn a debit card after completing the first prenatal visit in the first trimester (within 42 days of plan enrollment).</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 offered in certain remote service areas.</p> <p>Health4Me 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>

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<p>GED Testing: 16 and older get their high school diploma.</p> <p>Non-Medical Transportation: To Women, Infants and Children (WIC) appointments and educational classes (childbirth, breastfeeding) through IntelliRide.</p> <p>College Bound: Provides dorm room items to former foster care children who are college-bound.</p> <p>College Bundle: Offers members 18 and older help with their college application and students entering college help with textbooks and school supplies.</p> <p>Hypoallergenic Bedding: For qualified members to reduce their exposure to asthma triggers.</p> <p>Gas/Uber/Lyft Cards: Receive a gift card to help members get to grocery stores or other places and events in the community.</p> <p>Fruits and Veggies: Offers eligible members three monthly shipments of fresh fruits and vegetables.</p> <p>Active and Fit Program: Offers eligible members over 1,000 resources, including videos and online classes, health articles, and self-care tools.</p> <p>Welcome Rooms: Support and community resources to assist member needs.</p>		<p>On My Way: Teaches skills like managing money, getting housing, finding job training and applying for college.</p> <p>Non-Medical Transportation: Available to WIC appointments, prenatal/parenting classes and Alcoholics Anonymous/ Narcotics Anonymous meetings.</p> <p>Healthify: Help finding community service resources such as food pantries, housing support, childcare, diabetic education and more.</p> <p>Healthy Rewards Program: Earn debit card rewards for well care visits and immunizations.</p> <p>Door and Window Alarms: Up to six per household for members with disabilities to help minimize wandering.</p> <p>Adult Immunizations.</p>

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