







## HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2022

**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	 <b>Healthy Blue</b>	 <b>nebraska total care</b>	 <b>UnitedHealthcare®</b> Community Plan
Contact Information	<b>Healthy Blue</b> <b>Phone: 1-833-388-1405</b> <b>TTY: 711</b> <a href="http://www.healthybluene.com">www.healthybluene.com</a>	<b>Nebraska Total Care</b> <b>Phone: 1-844-385-2192</b> <b>TTY/TDD: 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/TDD: 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 - \$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%		
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.

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Benefits	 <b>Healthy Blue</b>		
Care Management	Work with members one-on-one to help manage care needs, help to stop smoking, and SUD services.	Individual assistance for members with complex care needs, including Transitional Age Youth. Includes assistance accessing community resources. SUD services.	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 mothers and babies.	Offers programs for pregnant mothers.
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	<a href="https://gointelliride.com/nebraska/">IntelliRide</a> 1-844-531-3783 TTY:402-401-6998 <a href="https://gointelliride.com/nebraska/">https://gointelliride.com/nebraska/</a>	<a href="http://memberportal.net/?planCode=CTC">MTM</a> 1-844-385-2192 TTY:711 <a href="http://memberportal.net/?planCode=CTC">http://memberportal.net/?planCode=CTC</a>	<a href="http://www.modivcare.com">ModivCare</a> 1-833-583-5683 TTY: 1-866-288-3133 <a href="http://www.modivcare.com">www.modivcare.com</a>
	Please contact the health plan about eligibility for this benefit.		
Healthy Kids	<p><b>Extracurricular Support:</b> Youth club memberships or online educational opportunities for children ages 5-18.</p> <p><b>Sports Physicals.</b></p> <p><b>Swimming Lessons.</b></p> <p><b>Summer Camps:</b> Offers members ages 4-12 a Visa gift card to help pay for summer camp.</p> <p><b>Reading Program:</b> Helps kids keep reading and learning with a gift card to Barnes &amp; Noble.</p>	<p><b>Rewards Program:</b> For well-child visits.</p> <p><b>Sports/Camp Physical:</b> 1 per year per member, ages 5-18 years old.</p> <p><b>Keep It Moving:</b> Children’s physical activity and education program focused on healthy lifestyle choices and positive decision-making.</p> <p><b>Boys and Girls Club Membership:</b> Annual membership for age appropriate members.</p>	<p><b>Back to School Programming:</b> Promotes healthy habits and nutrition, including blender bikes.</p> <p><b>Sports Physical.</b></p> <p><b>Dr. Health E. Hound®: Mascot:</b> Delivers nutritional education and promotes fitness and healthy habits.</p> <p><b>KidsHealth®:</b> Members and their families can get online answers, advice and fun.</p> <p><b>Sesame Street:</b> Educational materials that teach families about the best ways to eat healthy with smart food guidelines.</p>

## HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2022



### 24/7 Behavioral Health Crisis Line and 24-Hour Nurse Help Line.

**Client Assistance Program (CAP):** 5 sessions of brief, solutions-focused behavioral health therapy.

**LiveHealth Online™:** Offers members access to secure, private medical and behavioral health care using their smart phone, tablet, or computer at no cost.

**Healthy Lifestyle Aids:** Extra supplies for eligible members, including blood pressure cuffs, scales and more.

### Purchase of Electric Breast Pumps.

### Community Baby Showers.

**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.

**Weight Watchers:** Membership for qualified members.

**Healthy Rewards Program:** Earn a gift card for completing healthy activities, such as wellness visits and preventive screenings.

**Online Learning Program:** Develop job skills and job search in your area.

### GED Testing.



### 24-Hour Crisis Line and Nurse Advice Line.

**Client Assistance Program (CAP):** 5 sessions of brief, solutions-focused behavioral health therapy.

### Mobile Apps for Education and Support

- [MyNTC](#): your personal plan information
- [Krames Staywell](#): more than 4,000 pages of health information
- [myStrengths](#): support for emotional health
- [Community Connect](#): local programs and support information

### Electric Breast Pumps.

**Baby Showers:** Education on prenatal and postpartum care for mothers and newborn care for babies.

**Start Smart for Your Baby:** Education and support throughout pregnancy.

**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.

**ConnectionsPlus:** Cell phone for members who qualify without reliable access to a telephone.

**Weight Watchers:** Memberships for eligible members.

**YMCA Memberships:** Follows YMCA guidelines.



### 24-Hour Crisis Line and Nurseline<sup>SM</sup>.

**Client Assistance Program (CAP):** 5 Sessions. Additional information can be found at [www.liveandworkwell.com](http://www.liveandworkwell.com)

### Purchase of Breast Pumps.

**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.

**Debit Card for Pregnant Moms:** Earn a debit card after completing a prenatal visit in the first trimester or within 42 days of plan enrollment.

**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.

**Cell Phone:** Members who qualify get a Lifeline cell phone. Coverage may not be offered in certain remote service areas.

**UnitedHealthCare Mobile App:** An app tool to review benefits and other resources, such as finding a doctor and medication listings.

## HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2022



**Non-Medical Transportation:** To Women, Infants and Children (WIC) appointments and educational classes (childbirth, breastfeeding) through [IntelliRide](#).

**College Bound:** Provides dorm room items to former foster care children who are college-bound.

**College Bundle:** Offers eligible members help with college expenses such as application fees and school supplies.

**Asthma Relief:** Eligible members can select items to reduce their exposure to asthma triggers.

**Transportation Essentials:** Eligible members can receive transportation benefits such as a gas card, Uber gift cards or bus pass.

**Mini Farmers Market:** Events held throughout the state to educate and promote healthy nutrition.

**Fruits and Veggies:** Offers eligible members three monthly shipments of fresh fruits and vegetables.

**Welcome Rooms:** Support and community resources to assist member needs.

**Healthy Blue Resource Tool:** Use our Community Resource Link tool to find free or low-cost services near you.

<https://healthybluene.auntbertha.com/>



**Community Garden:** Sponsor plots to grow healthy foods, provide education on healthy eating.



**GED Program:** Members can receive help with getting their GED. Limitations apply.

**On My Way:** Teaches skills like managing money, getting housing, finding job training, and applying for college.

**Non-Medical Transportation:** Available to WIC appointments, prenatal and parenting classes.

**Aunt Bertha:** A web-based application to identify the best fit for your 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.

**Healthy Rewards Program:** Earn debit card rewards for well care visits and immunizations.

**Door and Window Alarms:** Up to six per household for members with disabilities to help minimize wandering.

**Adult Immunizations.**

[www.neheritagehealth.com](http://www.neheritagehealth.com)

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