






## HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2025

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><br><b>Phone: 1-844-782-2018</b><br><b>TTY: 711</b><br><a href="http://www.molinahealthcare.com/ne">www.molinahealthcare.com/ne</a>   | <b>Nebraska Total Care</b><br><b>Phone: 1-844-385-2192</b><br><b>TTY: 711</b><br><a href="http://www.nebraskatotalcare.com">www.nebraskatotalcare.com</a> | <b>UnitedHealthcare Community Plan of Nebraska</b><br><b>Phone: 1-800-641-1902</b><br><b>TTY: 711</b><br><a href="http://www.uhccommunityplan.com/ne">www.uhccommunityplan.com/ne</a> |
| Basic Covered Services                    | Primary Care Visits, Immunizations, Family Planning, Pregnancy, Hospital Services, Home Health Care, Wellness, and Emergent/Urgent Care   |   |   |
| Prescription Medication                   | Mail Order Pharmacy<br>90-day prescription fill on select medications   | 90-day prescription fill on select medications  | Mail Order Pharmacy<br>90-day refill supply available on select medications   |
|   | For Medicaid coverage only.<br>Medicare and other insurance copays may still apply.   |   |   |
| Over-the-Counter Medication               | Select medically necessary Over-the-Counter medications are covered when prescribed by a provider.  |   |   |
| Dental Services                           | Services include, but are not limited to exams, cleanings, fluoride treatments, crowns, fillings, dentures, oral surgery, and orthodontic services.   |   |   |
| Vision Services                           | Eyeglasses, including lenses and frames, are covered when coverage criteria is met. Examination, diagnosis, and treatment services to diagnose or treat a specific eye illness, symptom, complaint, or injury.                    |   |   |
| Hearing Services                          | Hearing aids, hearing aid repairs, necessary batteries, and supplies are covered.   |   |   |
| Therapy                                   | Adults not to exceed 60 combined inpatient/outpatient visits (physical, occupational, and speech therapy).  |   |   |
| Mental Health and Substance Use Treatment | Services include, but are not limited to individual, group, and family therapy, inpatient and outpatient behavioral health services, Substance Use Disorder treatment services, and residential Substance Use Disorder treatment. |   |   |

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|---------------------------------------|--|--|---|
| Member with Special Health Care Needs | <p>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.</p>   | <p>Assistance with identifying providers and connecting to community resources. Coordination for members with Dual-Eligible Medicare plans.</p>  | <p>Our health and social services team provides integrated person-centered care services. Every member has a dedicated team member that is available to connect individuals to applicable services and providers.</p>   |
| Care Management                       | <p>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.</p>  | <p>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.</p> | <p>Transition of care support through individualized assistance and care planning covering a wide spectrum of medical, behavioral, and social needs including but not limited to substance use, mental health care, complex medical conditions, and referrals to social services. These services are available via phone, digital platforms or in person.</p> |
| Pregnancy Management                  | <p>Programs for pregnant mothers and babies.</p>   |  |   |
| Disease Management                    | <p>Comprehensive support for members with chronic conditions, such as diabetes, asthma, hypertension (high blood pressure), obesity, heart failure, congestive heart disease, cardiovascular diseases, chronic kidney disease, chronic obstructive pulmonary disease, weight management, nutritional counseling, and certain behavioral health conditions like depression.</p> | <p>Individual assistance for members with complex care needs, including chronic diseases.</p>  | <p>Assistance for members with chronic diseases such as cancer, kidney disease, transplant, asthma, diabetes, smoking cessation, and heart disease.</p>   |



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|--|--|--|--|
| Non-Emergency Medical Transportation                               | <p><u>MTM</u><br/>1-888-889-0421<br/>TTY: 711<br/><a href="https://memberportal.net/">https://memberportal.net/</a></p>  | <p><u>MTM</u><br/>1-844-261-7834<br/>TTY: 711<br/><a href="http://memberportal.net/?planCode=CTC">http://memberportal.net/?planCode=CTC</a></p>  | <p><u>Modivcare</u><br/>1-833-583-5683<br/>TTY: 1-866-288-3133<br/><a href="http://www.mymodivcare.com">www.mymodivcare.com</a></p>  |
| Please contact the health plan about eligibility for this benefit. |  |  |  |
| Healthy Kids   | <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>College Support Benefit for Foster Kids:</b> Support to assist with campus life necessities and getting back and forth to campus.</p> | <p><b>Sports/Camp Physicals.</b></p> <p><b>Boys and Girls Club Membership:</b> Annual membership for age-appropriate members.</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>YMCA Memberships:</b> Memberships for members.</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> |

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2025

| 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 can receive a car seat or booster seat.</p> <p><b>Postpartum Support:</b> New moms can sign up for Pacify, our online pregnancy and postpartum support tool.</p> <p><b>Community Baby Showers:</b> A fun and educational event for pregnant members and new moms. Eligible members will receive a gift for baby when they attend.</p> <p><b>Healthy Baby Text Program:</b> Text4baby supports moms throughout their pregnancy and the first year postpartum.</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 services.</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="#">Teladoc Health</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 Showers:</b> Pregnant and new mothers learn about health and wellness for themselves and their babies. The pregnant member is eligible for an essential baby item.</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> <p><b>WellHop:</b> Virtual group peer support for members who are pregnant.</p> |

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2025

| Benefits             |   |   |   |
|----------------------|---|---|---|
| Value Added Services | <p><b>Doula Assistance:</b> Support for moms and families throughout the pregnancy journey.</p> <p><b>Home Delivered Meals for High-Risk Pregnancies:</b> Home-delivered meals to support nutritional needs during pregnancy and postpartum.</p> <p><b>Dental Services for Pregnant Members:</b> One additional dental cleaning per calendar year.</p> <p><b>Get Fit, Stay Fit:</b> A choice of self-care items to help members thrive on their wellness journey, like a water bottle, salad spinner, resistance bands, jump rope, fitness journals, etc.</p> <p><b>WW (formerly Weight Watchers):</b> Up to 13 weeks of WW online services.</p> <p><b>GED Test Support:</b> Covers the cost of GED prep materials and test fees.</p> <p><b>Cell Phones:</b> Members who qualify will receive Lifeline mobile device support.</p> <p><b>Additional Dental Exams:</b> Two additional problem-focused oral exams to promote good oral health.</p> | <p><b>Doula Services:</b> In person pregnancy guidance and support from certified Doulas for members who qualify.</p> <p><b>Virtual Pregnancy Support:</b> 24/7 pregnancy and post-partum support from doctors, midwives, nurses, dieticians, therapists, doulas, and lactation consultants through a mobile app. Services include support groups for pregnant people and new parents.</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>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>Mom’s Meals:</b> Meal delivery during pregnancy or post discharge from a birth with a clinical referral.</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>GED Program:</b> Members can receive help with getting their GED. Limitations apply.</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> |

HEALTH PLAN VALUE ADDED SERVICES – PLAN YEAR 2025

| Benefits             |  |  |  |
|----------------------|--|--|--|
| Value Added Services | <p><b>Additional Transportation:</b> Transportation to certain non-medical locations like the grocery store, food pantries, WIC appointments, and pharmacy.</p> <p><b>Home-Delivered Meals:</b> Home-delivered meals to support the nutritional needs of high-risk members during recovery periods.</p> <p><b>Family Fun Time Benefit:</b> Household pass to Nebraska state parks.</p> <p><b>Household Support:</b> Quarterly benefit for commonly used personal care and household items.</p> <p><b>Molina Healthy Rewards:</b> Gift card rewards for completing preventive care visits and screenings.</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 and children in foster care and other clinical programs.</p> <p><b>Call Club for Loneliness and Isolation:</b> Connecting members with volunteers for social phone calls.</p> <p><b>Practice Dental Visits:</b> For children with special needs.</p> | <p><b>Non-Medical Transportation:</b> Rides within 10-mile radius to WIC appointments, prenatal and parenting classes, worship, retail store, employment preparation, food pantry, support group meetings, community center, limited to 48 one-way rides per year.</p> <p><b>Social Service Referrals:</b> A web-based application to identify the best fit for your social services needs. 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> Eligible members can 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> |

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