





All plans in your county offer these **basic** Medicaid benefits:

- Inpatient and outpatient services
- Doctor, nurse practitioner and midwife services
- Home health services
- Family planning services
- Durable medical equipment
- Hospice and ambulance services
- Tobacco quitting assistance
- Skilled nursing care
- EPSDT services
- Vision, hearing and dental care for children

Use this chart to compare **Value-Added** (extra) services offered by the plans in your county.

Note: When you see "MHT ONLY" it means the extra service is available to Mountain Health Trust (MHT) members only.

 <small>AETNA BETTER HEALTH® OF WEST VIRGINIA</small> 1-888-348-2922 TTY: 711 www.aetnabetterhealth.com/wv	 1-888-613-8385 TTY: 1-800-622-3925 www.healthplan.org	 1-800-782-0095 TTY: 1-800-982-8771 www.unicare.com/medicaid	 1-855-412-8001 TTY: 711 or 1-800-982-8771 www.wvfh.com
<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ 1-855-200-5975 <hr/> <p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one asthma education ▪ One-on-one education with asthma educators ▪ Scholarships to Camp Catch Your Breath (MHT ONLY) ▪ Peak flow meter with enrollment in asthma program <hr/> <p>Diabetes</p> <ul style="list-style-type: none"> ▪ Food journal to track A1C levels and eating habits ▪ Texts for diabetes education ▪ Certified diabetes management program ▪ Scholarships to Camp Kno Koma ▪ \$25 gift card for enrollment in diabetic education program and completion of A1C testing (available in certain counties) <hr/> <p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ Scholarships to health related camps ▪ Health education events (well child, well woman, etc.) ▪ \$25 gift card for targeted preventive care ▪ \$25 gift card for behavioral health follow-up appointment within 7 days <hr/> <p>Phone services</p> <ul style="list-style-type: none"> ▪ Free cell phone with free minutes for text and voice, unlimited calls to Member Services, and free wellness and appointment reminder texts 	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-800-624-6961 <hr/> <p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one education with asthma nurse educator ▪ Scholarships to Camp Catch Your Breath (MHT ONLY) ▪ Asthma pack with peak flow meter, spacer, and backpack <hr/> <p>Diabetes</p> <ul style="list-style-type: none"> ▪ Diabetes education by case managers ▪ One-on-one education by diabetes educators on glucometer and insulin pump use and general diabetes education ▪ Journey for Control month long interactive diabetes class led by certified educator ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ Free glucometer <hr/> <p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$25 for yearly well visit for ages 3-6 and for ages 12-21 <hr/> <p>Phone services</p> <p>No extra services</p>	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-888-850-1108 <hr/> <p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one education with asthma nurse educator ▪ Certified Disease Management program to help manage asthma and COPD ▪ Scholarships to Camp Catch Your Breath (MHT ONLY) ▪ Care kit with asthma action plan ▪ Up to \$100 to help buy hypoallergenic bedding, pillow cases, and mattress covers <hr/> <p>Diabetes</p> <ul style="list-style-type: none"> ▪ Certified diabetes management program ▪ One-on-one education with a registered nurse ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ Diabetes Care Kit ▪ Healthy Plate and other tools to measure healthy foods ▪ Free subscription to Eating Well magazine ▪ Free glucometers ▪ \$50 for completing both yearly diabetic labs and nephropathy exam for ages 18-75 ▪ \$25 for annual diabetic eye exam for ages 18-75 <hr/> <p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$50 for getting 6 of 8 well-child visits by 15 months of age ▪ \$25 for yearly well visit for ages 3-6 and for ages 12-21 <hr/> <p>Phone services</p> <ul style="list-style-type: none"> ▪ Free cell phone with free monthly minutes, data and text messages. Unlimited calls to Member Services and free health reminder texts 	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-844-850-9834 ▪ Live online chat with nurse for members at www.wvfh.com <hr/> <p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one education with asthma care manager ▪ Enrollment in asthma disease management program ▪ Scholarships for week-long asthma camp <hr/> <p>Diabetes</p> <ul style="list-style-type: none"> ▪ General diabetes education, including how to use glucometers and insulin pumps ▪ Diabetes texts to learn about diabetes and help form healthy habits ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ \$50 reward each year for HbA1c blood test, nephropathy exam, and a diabetic eye exam for diabetics ages 18-75 <hr/> <p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$25 for members ages 0-21 for yearly EPSDT exam with PCP, plus educational materials ▪ \$25 for yearly well-visit for adults over age 21 <hr/> <p>Phone services</p> <p>Free cell phone with text, data and voice</p>

Questions? Call **1-800-449-8466** (TTY/TDD 1-304-344-0015), 8:00 a.m. to 6:00 p.m., Monday through Friday. The call is free. Or, visit us at MountainHealthTrust.com. You can get this information in other formats, such as large print or audio.

Value-Added (extra) services offered by the plans in your county (continued):



Help for pregnant women

- One-on-one help with Certified Lactation Counselor
- Care coordination through baby's first year for:
 - ▶ Mothers with high risk pregnancies or substance use disorder during pregnancy
 - ▶ NICU babies or babies with chronic or complex conditions
- Text4Baby messages to keep mom and baby healthy
- Up to 2 preventive dental visits
- Pack'N Play for members with 6 prenatal visits
- Pack'N Play or baby wrap to members who enroll in Moms and Babies Program upon delivery
- Neonatal Abstinence Syndrome (NAS) Program graduation gift
- \$50 gift card for post-partum visit between 3–8 weeks after delivery

Health and wellness

- Care managers to help members manage medications, disease and improve overall health
- Health risk assessments
- Specialized care managers:
 - ▶ Neonatal Abstinence Syndrome (NAS)
 - ▶ NICU
 - ▶ High Risk OB
 - ▶ Behavioral health
- Regional face-to-face case management with high risk members
- One-on-one help to quit smoking with Certified Counselor
- Quit smoking program
- Congestive heart failure (CHF) wellness tools
- Nurse information line
- Bathroom scales and booklet for tracking upon enrollment in the congestive heart failure (CHF) program
- \$25 gift card for completing adult walking program – members receive pedometer and log for tracking steps
- Web-based health risk screenings with self-management tools
- Cub Club membership for children under 12

Dental

- Dental hygiene kit, including toothbrush, toothpaste and dental floss
- Diabetic dental program

Other

- Opportunity to join Member Advisory Committee
- Personal, face-to-face help applying for SSI for Medicaid members who may qualify



Help for pregnant women

- Text4Baby messages to keep mom and baby healthy
- Preventive dental for those over the age of 21 – up to 2 visits
- Maternity outreach programs:
 - ▶ \$50 for post-partum visit between 3–8 weeks after delivery
 - ▶ \$50 for notifying DHHR of pregnancy by 5th month
- Care Coordination through baby's first year for mothers with:
 - ▶ High risk pregnancies
 - ▶ Substance use disorder during pregnancy
 - ▶ NICU babies or babies with complex conditions

Health and wellness

- Quit smoking packets for all members ages 12 and older, with workbook, relaxation exercises CD, and quit smoking survival kit
- Digital bathroom scale for members with heart failure
- Access to our Core Wellness online tool that helps members learn ways to get and stay healthy
- Care managers to help members manage medications, disease and improve overall health
- Health risk assessments
- Specialized care managers:
 - ▶ Neonatal Abstinence Syndrome (NAS)
 - ▶ NICU
 - ▶ High risk OB
 - ▶ Hepatitis
 - ▶ Behavioral health
 - ▶ Regional face-to-face case management with high risk members
 - ▶ One-on-one help to quit smoking with Certified Coordinator

Dental

No extra services

Other

- Personal assistance with applying for SSI for Medicaid members who may qualify



Help for pregnant women

- Care coordination through baby's first year for:
 - ▶ Mothers with high risk pregnancies or substance use disorder during pregnancy
 - ▶ NICU babies or babies with chronic or complex conditions
- Text4Baby messages to keep mom and baby healthy
- Convertible car seat or portable crib for members with 6 prenatal visits
- Up to \$75 for prenatal and postpartum visits
- Preventive dental care during pregnancy and 6 weeks after baby's birth

Health and wellness

- Care manager to help members manage medications, disease and improve overall health
- Certified behavioral health disease management programs
- Help line to quit smoking
- Quit smoking health tips mailed to member
- Weight Watchers program to lose weight using helpful habits, smarter eating, exercise and support for members:
 - ▶ Ages 18 and older with a body mass index (BMI) greater than 25, **or**
 - ▶ Ages 10–17 with a BMI in the 85th percentile or above with parental or legal guardian consent and a doctor's referral
- Boys and Girls Club memberships for members ages 6-18 at participating clubs (not camps)
- Digital bathroom scale for members with congestive heart failure
- \$35 gym vouchers for members ages 18 and older for enrollment fees or monthly dues at participating gyms
- \$25 for yearly Pap smear cervical cancer screening
- \$25 for yearly mammogram for women over age 40

Dental

- Electronic toothbrush for adults over age 21
- Dental hygiene kit for children ages 6-10 including toothpaste, toothbrush and dental floss

Other

- Free subscription to Parenting magazine



Help for pregnant women

- Care coordination through baby's first year for:
 - ▶ Mothers with high risk pregnancies or substance use disorder during pregnancy
 - ▶ NICU babies or babies with chronic or complex conditions
- Text4Baby messages to keep mom and baby healthy
- Preventive dental care during pregnancy and 6 week postpartum period
- Voluntary enrollment in Mom Matters program for prenatal and postpartum telephone support and smoking cessation as needed
- Maternity outreach program rewards:
 - ▶ \$50 for visit in 1st trimester
 - ▶ \$50 for 4 total visits in 2nd and 3rd trimester
 - ▶ \$50 for post-partum visit between 21 and 56 days after delivery
 - ▶ \$50 for notifying DHHR of pregnancy by 5th month

Health and wellness

- Access to nutritionist for counseling for members ages 21 and younger
- FirstChoice quit line to quit smoking and help, including counseling, outreach and member support
- Pillboxes to help members manage medications
- Program for members with COPD or chronic heart failure (CHF) with help to quit smoking, educational packet and medication compliance encouragement
- Digital bathroom scale for members with chronic heart failure

Dental

- \$25 for dental exam for 2-3 year old children

Other

- Advocate to assist with member benefit or provider concerns and issues
- Enrollment and support from behavioral health care management team