










## Health Plan Highlights for 2021

Look at the highlighted services below to compare plans. All physical, mental, and substance abuse services are the same in each MCO. The table below shows extra services you can receive in KanCare. Please contact your MCO by phone or the MCO website for additional details related to the value-added services.

	 Aetna Better Health <sup>®</sup> of Kansas 1-855-221-5656 (TTY 711)	 sunflower health plan <sup>™</sup> 1-877-644-4623 (TTY 711)	 UnitedHealthcare <sup>®</sup> Community Plan 1-877-542-9238 (TTY 711)
<b>Dental</b>	Members 21 yrs. and older receive \$500 per year for dental services. It can be used for things like dental exams/cleanings twice each year, annual bitewing X-rays, fillings and extractions and fluoride treatments.	Two dental visits (cleanings, screenings) for adults 21 and older every year. Children are covered for most dental services under regular Medicaid benefits.	Any member age 21 and over can visit a participating dental provider to get screenings, x-rays, cleanings and filling restorations (silver or white tooth colored). This includes scaling and polishing teeth. Members have a maximum benefit of \$500 per calendar year for covered services.
<b>Dentures</b>	A complete set of dentures can be provided every 5 years for those who qualify on the HCBS, FE and PD waiver programs.	Dentures are covered for members receiving Frail & Elderly (F/E) and Physical Disability (PD) waiver benefits. Eligibility is based on determination of need.	Dentures are covered for eligible Frail and Elderly waiver members at no cost. One full set every 5 years.
<b>Vision</b>	Provide members 21 years and older with \$50 per year to use toward upgraded lenses.		Provide adult members (age 21 and over) with an additional \$60 per year to use toward enhanced frames.
<b>Podiatry</b>	Members who have diabetes, ages 21 years and older, will receive 2 podiatry visits each year.		
<b>Pharmacy</b>	Each household can order \$25 per month of certain over the counter (OTC) drugs and supplies from a catalog. Monthly supplies can be ordered online or by phone and will be mailed directly to the member's home.	A Comprehensive Medication Review with a local pharmacist is available to eligible members. The review includes a 30-minute Face-to-Face consultation with a local pharmacist.	
<b>Pregnant and New Moms</b>	Pregnant members are encouraged to make early and frequent prenatal and postnatal visits. The PROMISE Pregnancy Program includes: <ul style="list-style-type: none"> <li>• Gift Card Reward of \$75 for a visit within the first trimester, within 42 days of plan enrollment and with notification of pregnancy to the Health Plan during the first trimester. Gift card can be used at specific retailers to purchase approved wellness items for mother and baby.</li> <li>• Earn up to \$150 in gift card rewards that can be used at specific retailers to purchase approved wellness items such as a stroller, portable crib, play yard, car seat, or a diaper and wipe package. Earn the rewards by going to pre and postnatal appointments.</li> <li>• Text4baby<sup>SM</sup> texting health program</li> </ul>	Start Smart for Your Baby <sup>®</sup> program for pregnant members, babies and families. Start Smart for Your Baby offers nursing support, education and gifts. There is no cost to the member. <ul style="list-style-type: none"> <li>• In-home help with healthcare benefits and community services</li> <li>• Special texting program for Start Smart participants</li> <li>• Community baby showers for pregnant members. Diapers and other gifts are included in these events.</li> <li>• Birthday programs for children</li> <li>• Transportation to WIC Appointments</li> </ul>	Special benefits for pregnant and new moms: <ul style="list-style-type: none"> <li>• Earn a \$200 debit card for completing first prenatal visit in first trimester (within 42 days of plan enrollment). Card can be used at specific retailers to purchase CMS approved wellness items for self and baby including diapers and wipes</li> <li>• Earn up to \$190 in rewards by joining Healthy First Steps program and completing all prenatal and post-birth visits. Get a \$20 gift card or a cool diaper bag for joining. A total of 10 possible rewards for staying with the program until your baby is 15 months old.</li> <li>• Community baby shower events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies.</li> <li>• Get a can of OFF brand bug spray to help protect against mosquitos through pharmacy.</li> </ul>
<b>Programs for Youth</b>	Ted E. Bear, M.D. <sup>®</sup> Kids Club Program is for members from newborn to age 12. Member incentives include: Activity Book and \$10-\$15 gift cards for meeting identified goals.	Sunny's Kids Club program mails a new book four times a year to children (parents) who subscribe to the program. Each Kids Club member also receives a welcome packet with a Club Membership Card. Sunny is the health plan's mascot and can be spotted at community events and at provider offices serving Foster Care members.	Families with children age 2 to 8 can participate in the Sesame Street "Food for Thought" program. The program is where families can learn about how to eat healthy on a budget from Sesame Street characters.
	Members age 5 to 18 can get up to \$50 per year for activities at participating YMCA, Boys and Girls Clubs, Boy Scouts or Girl Scouts.	Free services and events to promote healthy lifestyles for kids, such as covering membership fees to the Boys & Girls Club. Sunflower's Adopt-a-School Program brings activities, speakers and books into the schools, as well as summer program locations like YMCAs, Libraries, Parks & Recreation Departments, and Boys & Girls Clubs.	Members 20 and under and their parents can use KidsHealth. This is an online tool that provides videos and articles on health topics. The site aims to help members manage their health conditions.
<b>GED Programs</b>	Members 16 years and older, who would like to get their GED certificate, can obtain vouchers to take the GED test online. (\$130 one-time benefit).	Sunflower Transition to Employment Program (STEP) is a workforce development and employment support resource program. We help members identify and remove employment barriers. Benefits include enhanced transportation coverage, GED prep test vouchers, and assistance with career counseling services. Members are connected with a benefits specialist to learn how their income may impact their benefits, as well as to learn about the STEP Scholarship program.	Adults over 19 can get help with education advancement. This includes GED, Coding Classes, English as a Second Language (ESL), Resume Writing Workshops. Health plan will pay up to \$200 annually for education.
			On My Way (OMW): Young adult members can access websites to help prepare them for adult life. OMW teaches skills like managing money, getting housing, finding job training and applying for college.
<b>Healthy Rewards</b>	The Healthy Rewards Incentive program where members can get \$10-\$25 gift cards when they complete wellness activities such as: <ul style="list-style-type: none"> <li>• Vaccines</li> <li>• Yearly check ups</li> <li>• Diabetic eye exams</li> <li>• HbA1C tests</li> <li>• Chlamydia screenings</li> <li>• Cervical Cancer screenings</li> </ul>	My Health Pays <sup>®</sup> rewards members when they complete healthy activities like a yearly wellness exam, annual screenings, tests and other services to protect their health. Each healthy activity earns the member between \$10 to \$50. These amounts are loaded to a Visa <sup>®</sup> Prepaid Card and can be used to help pay for: <ul style="list-style-type: none"> <li>• Utilities</li> <li>• Transportation</li> <li>• Telecommunications</li> <li>• Childcare services</li> <li>• Education</li> <li>• Rent</li> </ul> Or, you can use the rewards to shop at Walmart for everyday items such as baby care, diabetes care, digestive health, eye and ear care, fitness and wellness, foot care, first aid, groceries, home care such as air purifiers, household products like pesticides, OTC (over-the-counter) medications, and personal care.	Healthy Rewards Program allows members to earn debit card credits between \$10 and \$25 to use in specific retail stores. Members can purchase CMS approved health related items for doing healthy things like wellness checkups, immunizations, flu shots, or completing the Health Risk Assessment with Member Services.

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Weight Watchers	Provide membership to a 12 week class from the University of Kansas Weight Management program on healthy eating, exercise and behavior change.	Weight management through Sunflower's Healthy Solutions for Life program with unlimited coaching.	
Helpful Apps/On-line Information		MyStrength digital health program includes weekly exercises, mood trackers and daily inspirational quotes and videos. The program can be used on its own or with other care to support mental health.	Members can download Health4Me app on their phone. This app can help members manage their health. Members, or those responsible for members, can access myUHC.com online to help access health history, educate members on working with their doctor, and track doctor visits.
		<p>Healthy Solutions for Life participants are assigned a Health Coach to ensure members have the support to meet their goals and feel their best.</p> <p>Community-based Health Services staff can provide in-home member visits to assist with scheduling healthcare appointments and transportation, as well as help with paperwork for benefits. They also assist members with accessing food, shelter, or other health or social programs. This service is complementary to case management and is performed by certified Community Health Workers</p>	<p>FreshEBT is a mobile app to help members manage their SNAP (food) benefits. Member can get balance and find stores that accept SNAP.</p> <p>Online member portal with deep link on MyUHC.com that provides members with a wealth of information and resources for overall health and wellness. Members can access:</p> <ol style="list-style-type: none"> <li>Self-Paced Cognitive Behavioral Therapy</li> <li>Activation and Empowerment aids for providers and members.</li> <li>Wellness Recovery Action Plans (WRAP) app</li> <li>Recovery Toolkits (Substance Use Disorder (SUD), Mental Health, and Family)</li> <li>Recovery Library</li> <li>Peer Videos</li> <li>Teen Happiness Center</li> <li>Addiction Recovery Apps</li> <li>Whole Health Tracker</li> <li>Psychiatric Advance Directives; called Powers and Letters of Attorney</li> </ol>
Smoking Cessation	Smoking Cessation - Members 18 years and older can participate in Text2quit <sup>SM</sup> texting health program. (Nicotine replacement therapy is a regular Medicaid benefit when prescribed by your doctor)	.	
Internet/ Telehealth		In-home tele-health available for adults. This service helps members stay at home when they need help to manage their chronic conditions.	Internet Access: Persons on the Physically Disabled, Frail Elderly, Intellectually/Developmentally Disabled or Autism waiver may be invited to get internet service covered as incentive for completing specific health activity.
Cell Phones/Minutes	Free Android Smartphone with 350 free minutes per month, 1 gigabyte of data per month and unlimited text messaging for members 18 yrs. and older. Members will also receive these health extras: <ul style="list-style-type: none"> <li>Health tips and reminders by texts</li> <li>One-on-one texting with your health care team</li> <li>Free calls with our member services team</li> </ul> Texting Health Programs: Care4life <sup>SM</sup> , Text4kids <sup>TM</sup> , Text4health <sup>SM</sup> , Text4baby <sup>SM</sup> and Text2quit <sup>SM</sup>	Free smartphone through SafeLink®, which provides free limited minutes of service per month for members who qualify. This includes unlimited texting and limited data per month. Members will be able to have telephone access to their KanCare providers and unlimited calling to Sunflower.	Member Advocates can help members who qualify get free Federal Lifeline cell phones. Members can get up to 350 free minutes of service a month. Benefit includes cell phone with text messages and data plan. Coverage may not be offered in certain remote service areas.
Transportation Benefits	Additional Transportation Services – Free rides for members going to the pharmacy, WIC eligibility appointments and prenatal classes. Ten round trips per year for members going to job interviews, job training, shopping for work type clothing, food bank or grocery store for food and getting community health services otherwise not covered. Free rides for family members of children in a residential (like a Psychiatric Residential Treatment Facility) or inpatient psychiatric treatment to assist with case planning and to assist with moving children home. This will be limited to 10 round trips per year for two family members or guardians.	Transportation to local community events and social activities for members receiving Frail & Elderly (F/E) and Physical Disability (PD) waiver benefits. Sunflower also assists members with finding events and activities. This benefit includes three round trips a year.	<p>Extra transportation benefits:</p> <ul style="list-style-type: none"> <li>Adult members age 20 and over can get up to 12 total round-trip rides per year to cover: getting to the pharmacy, grocery store, food bank, WIC, prenatal classes, job related activities such as interviews, job training, shopping for work clothes, or local community activities.</li> <li>Members can also get an additional 12 rides per year (24 rides a year when combined with above benefit) to and from support group meetings</li> </ul> <p>Members who live in Wyandotte, Johnson and Sedgwick Counties can get up to \$25 annually in bus passes.</p>
Farmers Markets		Members can receive produce vouchers worth \$10 at special events with participating Farmers Markets.	
Meals	Home-delivered meals for members 21 years and older with a medical need who have been discharged from an inpatient stay; up to 2 meals per day for up to 7 days.	Meals delivered to the home of F/E waiver members who are discharged from a Nursing Facility or inpatient stay. This covers 14 meals over a week. KanCare covers this service for PD and Brain Injury (BI) waiver members.	
Home	<p>Members who have a cognitive dysfunction diagnosis (i.e. dementia or Alzheimer's) can get 2-door alarms and 6 window locks (One-time benefit).</p> <p>Members age 0 -18 with an asthma diagnosis can request an air purifier to help lower the chance of an asthmatic attack. (One-time benefit).</p>	Home Modification & Assistive Services for members on the F/E & PD waivers to enable individuals to remain living at home. Examples include wheelchair ramps, stair lifts, walk-in or wheelchair accessible bathtubs and showers.	
Respite Care	Up to 120 hours of respite care per year, no more than 48 hours in a single month, for members on a waiver waiting list for Home and Community -Based Services. (This must be approved by the member's case manager).	Up to 24 hours of respite care for non-paid caregivers who provide supports for persons on the F/E and PD waivers.	Respite Care for Intellectually/Developmentally Disabled waiver members receiving supported home care or home-based services. Up to 40 hours of respite care.

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<b>Transition Services</b>	No Place Like Home Grant is a program that can provide one-time funding to assist with transition coordination services for members who are moving from an institutional setting to a home or community-based setting for a period greater than 60 days but less than 90 days.	Sunflower offers nursing home transition support by partnering with providers to: <ul style="list-style-type: none"> <li>• Conduct pre-placement transition meetings and activities which may include finding and securing housing, securing house-hold items, confirming informal supports, completing in-home risk assessment, and assisting with hiring of caregivers.</li> <li>• Follow-up visits to ensure services and equipment are in place and meeting the member's needs, to confirm or set up a PCP appointment, among other personal support activities</li> <li>• Cover 1 week of home-delivered meals for each member transitioning out of a nursing facility regardless of waiver benefit coverage.</li> </ul> Members may be eligible for in lieu of service benefits, based upon need, when transitioning to independent living situations.	Home Helper Catalog: Adult members on the Physically Disabled, Frail Elderly and Intellectually/Developmentally Disabled waivers can pick up to \$50 in items from the catalog per year. Select from items such as adult briefs, tub safety rails, a shower bench, over-the-counter items and other home safety and support items. The service coordinator will assist with your order.
<b>Classes or Training</b>	Mental Health First Aid is a class that teaches the general public how to help someone who may be having a mental health or substance use problem. The training helps to spot, understand and respond to signs of addictions and mental illnesses.		Behavioral Health and Substance Abuse Training Programs: <ul style="list-style-type: none"> <li>• Question Persuade and Refer (QPR): Learn what to do in an emergency mental health moment. Be able to help someone showing suicide warning signs.</li> <li>• Behavioral Therapy Program: A web-based tool to help support and overcome issues with drinking and drug use. Learn useful ways to cope and set goals.</li> <li>• Mental Health First Aid: A training class that is like regular first aid training. Learn how to identify and respond to signs of mental illness and substance abuse.</li> </ul> Seeking Safety: A training that teaches coping skills to help adults, children and youth attain safety from trauma and/or substance abuse.
<b>Extras for Waiver Members</b>	An extra 24 hours of Personal Care Services per year for members on the following waivers: Intellectual/Developmental Disability (I/DD), Physical Disability (PD) or Frail and Elderly (FE). The services can be used for social events with prior approval from a Service Coordinator.	Peer Support Program for members receiving F/E & PD waiver benefits, as well as members on the waiting list for PD waiver services. This social interaction includes monthly phone calls with other members, facilitated by a Sunflower Member Liaison.	Frail Elderly members will be mailed a wellness calendar at the beginning of each year to track their doctor appointments, medications timeline, and social events.
	Pest Control - Members on the following waivers: Intellectual/Developmental Disability(I/DD), Physical Disability (PD), Frail and Elderly (FE) or Brain Injury (BI), who own their own home, can get up to \$250 per calendar year towards pest control services.	Up to 16 hours of hospital companionship for persons on the F/E, PD and IDD waivers.	Intellectually/Developmentally Disabled waiver members and/or caregivers can download eBook. This eBook was developed with the National Association of Councils on Developmental Disabilities (NACDD).
		Caregivers are supported through various channels in the Caregiving Collaborations program. This benefit is available to one primary, informal support caregiver per member. Benefits include the Caregiver Resource Center and a Caregiver Journal.	Adults on the Physically Disabled, Frail Elderly waiver can get access to one \$50 activity per member per year at local Parks and Recreation locations.
			Pest Control treatments for HCBS waiver members who own their home. Services must be set up through service coordinator. (\$250 maximum annual benefit)

To change plans call 1-866-305-5147  
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