













Health Plan Highlights for 2023

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. The benefits below are 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. Acronyms included: HCBS=Home and Community Based Services, LTSS=Long Term Supports & Services, I/DD=Intellectually/Developmentally Disabled, FE=Frail Elderly, PD=Physical Disability, BI=Brain Injury and CMS=Centers for Medicare & Medicaid Services

	 Aetna Better Health [®] of Kansas 1-855-221-5656 (TTY 711)	 sunflower health plan [™] 1-877-644-4623 (TTY 711)	 UnitedHealthcare [®] Community Plan 1-877-542-9238 (TTY 711)
Dental	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. A complete set of dentures can be provided every 5 years for those who are active on the FE, PD, and IDD waiver programs.	Two dental visits each year which includes the exams and cleanings, bitewing x-rays and a panoramic x-ray every 36 months for adults 21 and over. Adult members have a maximum benefit of \$500 per calendar year. Dentures are covered for members receiving FE and PD waiver benefits.	Any member ages 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. Dentures are covered for eligible FE and PD waiver members at no cost. One full set every 5 years.
Vision & Podiatry	Members who have diabetes, ages 21 years and older, will receive 2 podiatry visits each year.		Provide adult members (age 21 and over) with an additional \$60 per year to use toward enhanced frames.
Pregnant and New Moms	Pregnant members are encouraged to make early and frequent prenatal and postnatal visits. The PROMISE Pregnancy Program includes: A redeemable reward of \$75 for the first pre-natal visit within the first trimester (within 42 days of plan enrollment and with notification of pregnancy to the Health Plan). Receive a \$10 gift card for a dental visit. Earn up to an additional \$75 in rewards for going to pre and postnatal appointments. Rewards can be used at specific retailers for approved wellness items such as a stroller, portable crib, play yard, car seat, or a diaper and wipe package.	Start Smart for Your Baby [®] is a program for pregnant members, babies and families. Start Smart for Your Baby features no-cost nursing support, education, and gifts. Plus: Help with benefits and community services Special texting program for Start Smart moms Baby showers at no cost are led by a Smart Start care team member. Useful baby items are offered. A nurse will be there to teach moms: How to care for themselves and their babies during pregnancy, about the many benefits available during pregnancy like dental exams and prenatal checkups, and about other resources, like car seat safety and the Women Infants and Children nutrition program (WIC). Birthday programs for children Rides to WIC Appointments	Special benefits for pregnant and new moms: Community baby shower events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies. Pregnant members who complete their first prenatal exam within the first trimester (first 42 days of plan enrollment) can earn a \$75 Debit Card to be used toward health and wellness items and/or baby items like diapers and wipes. Members can enroll in the Babyscripts program to gain access to an app that has information on nutrition, exercise, newborn care, pregnancy stages and more. Up to \$50 in rewards can be earned on a Walmart Healthy Living e-Gift Card for completing program enrollment and attending specified appointments. Pregnant Members with a diagnosis of Hypertension or Preeclampsia will receive a Digital Blood Pressure Monitor.
Programs for Youth	Ted E. Bear, M.D. [®] Kids Club Program is for members from newborn to age 12. Member incentives include Activity Book and \$10-\$15 gift cards (up to \$75 annually) for meeting identified goals.	Sunny's Kids Club program promotes healthy eating, exercise, and education! Each Kids Club member gets a club membership card and activity book. Sunny's web page features books and fun activities.	Families with children ages 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.	Youth members, ages 5 to 18, can receive a \$50 credit per year for programs, like YMCA, Boys and Girls Clubs, or Scouts.	School Supplies: Members who are in foster care are able to receive one school supply box.
		PROGRAMS FOR YOUTH - Strong Youth Strong Communities Program [™] (SYSC). SYSC works with the Pro Football Hall of Fame and other youth-serving groups. SYSC offers summits with topics like: Stay Smart: education and career development. Stay Safe: cyber safety and healthy relationship skills. Stay Paid: financial literacy. Stay Ahead: leadership development; and Stay Well: supports for mental and physical health and wellness. SYSC resources are found on the SYSC website and mobile app.	Weighted Blankets: Members who are in foster care will be given a weighted blanket to provide support for anxiety.

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GED Programs	<p>With CampusEd, members age 16 and up, can get their GED and learn new job skills at no cost. Members who want to complete their GED will have access to specific prep courses, assistance in scheduling exam and a voucher to pay for the exam. In addition, members interested in expanding their job skills will have access to over 3000 resources in Health Care, IT, Business, and other trades. CampusEd provides career services support, resume assistance, opportunities to earn digital badges to show experience, and access to a local network of employers currently recruiting employees.</p>	<p>GED/Rides/Opportunities/Work (GROW) is an employment support program. We help members identify and remove employment barriers. GROW features extra transportation coverage, GED prep test vouchers, and career counseling. Members are connected with a Benefits Specialist to learn how their income may affect their benefits.</p>	<p>Adults over age 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.</p> <p>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.</p>
Healthy Rewards	<p>The Healthy Rewards Incentive program where members can get up to \$35 in gift cards when they complete wellness activities such as:</p> <ul style="list-style-type: none"> Vaccines Yearly check ups HbA1C tests Chlamydia screenings Cervical Cancer screenings 	<p>My Health Pays[®] 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 \$75 (up to \$75 annually). These amounts are loaded to a Visa[®] Prepaid Card and can be used to help pay for:</p> <ul style="list-style-type: none"> • Utilities, transportation, phone service, childcare, education, and rent. <p>Or members can use the rewards to shop at Walmart for everyday items. These include baby care, diabetes care, digestive health, eye and ear care, fitness and wellness gear, foot care, first aid, groceries, air purifiers, pesticides, over the counter (OTC) medications, and personal care and more.</p>	<p>Healthy Rewards Program allows members to earn debit card credits between \$10 and \$25 (up to \$75 annually) to use in specific retail stores. Members can purchase CMS approved health related items for doing healthy things like completing the annual Health Risk Assessment and Well-Child Visits for children ages 3-17.</p> <p>All members can access a \$50.00 activity or program at a participating organization such as YMCA, Boys and Girls Clubs, and Parks and Recreation locations in Kansas or receive a fitness kit for healthy activities at home.</p>
Free Catalog Items	<p>Each household can order \$25 per month of certain over the counter (OTC) drugs and supplies from an Aetna catalog. Monthly supplies can be ordered online or by phone and will be mailed directly to the member's home.</p>		<p>Home Helper Catalog: Adult members on the PD, FE and I/DD 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 the order.</p>
Weight Management / Nutrition	<p>Provide membership to a 12-week class from the University of Kansas Weight Management program on healthy eating, exercise and behavior change.</p>	<p>Healthy Solutions for Life offers an adult weight management program. It provides phone outreach, education and support to members. These services improve nutrition and exercise patterns to manage weight and minimize health-risk factors. For members 18 and older.</p> <p>Raising Well[®] is a child weight management program. It helps overweight and obese children achieve better long-term health. It works with parents toward permanent healthy habits.</p>	<p>Nutrition: Members who complete the Create Better Health SNAP Education Classes will receive a food journal and cooking item valued at \$50.00.</p> <p>Dining with Diabetes: Members with a diagnosis of Type 2 Diabetes or their caregivers are eligible to attend Dining with Diabetes classes through K-State Research and Extension.</p>
On-line Health Info / Cell Phone	<p>Access to MyActiveHealth for self-management health tools, personal health records, health assessments and lifestyle coaching.</p> <p>Through Pyx Health members can download an application that helps them fight loneliness. Members can connect with compassionate humans for a friendly chat or help with resources.</p> <p>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.</p>	<p>MyStrength is a digital health program. It 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.</p>	<p>Self-care, coaching, therapy, and peer support for dealing with stress, anxiety, and depression are available to all members through the premium version of the Sanvello app.</p> <p>Free Android Smartphone with 350 free minutes per month, 3 GB of data per month and unlimited messaging for members 18 years and older, max one device per household. Members will be able to opt into engagement and outreach enabling health-related campaigns and text messaging with health professionals. Members will also be encouraged to use the device for telehealth with local providers.</p>

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Transportation Benefits	Additional Transportation Services – Free rides for members going to the pharmacy, WIC eligibility appointments and prenatal classes. Twelve round trips per year for members going to job interviews, job training, shopping for work type clothing, food bank or grocery store for food, senior services and getting community health services otherwise not covered.	Social transportation: Three round trips per year for FE and PD waiver members to attend local events and social activities. Sunflower can help members find events and activities to attend.	Extra transportation benefits: 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. Adult 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. Members who live in Wyandotte, Johnson, Sedgwick and Shawnee counties can get up to \$25 annually in bus passes.
Farmers Markets Meals/	Home-delivered meals for members 21 years and older with a medical need who have been discharged from an inpatient stay after 7 days in the hospital; up to 2 meals per day for up to 7 days.	Home-delivered meals for FE waiver members returning home from a nursing home or inpatient stay. Covers up to 2 meals per day for up to 7 days. KanCare covers this service for PD and BI waiver members. Members can receive a \$10 voucher to buy fresh produce at special Farmers Market events. \$10 voucher is per member and not capped by household.	Members can get 14 meals (two meals/day for seven days) if they have been discharged from a hospital, skilled nursing facility, or rehab facility and have mobility needs, no family support to assist with food access, and/or be at risk for readmission due to nutritional issues (no age requirement).
Home	Members ages 0-18 with an asthma diagnosis and adult members with moderate to severe Asthma and currently on the following medications: Cinqair, Dupixent, Xolair, Fasenra, Nucala will be offered an air purifier based on pharmacy utilization. The benefit is to help lower the chance of an asthmatic attack. (One-time benefit).	Members can use their My Health Pays® rewards to buy home care items, like air purifiers.	
Respite Care	Up to 120 hours of respite care per year, for members on a waiver waiting list for HCBS Services. (This must be approved by the member's case manager). Respite Care Background Checks for members on the LTSS waiver waiting list eligible for respite care we will provide one background check per year for a personal care services worker.	Up to 60 hours of respite care per year, with no more than 48 hours in a single month. For members on the FE or PD waivers or members on a waiting list for HCBS Services.	Respite Care for I/DD waiver members receiving supported home care or home-based services. Up to 40 hours of respite care.
Transition Services	No Place Like Home Grant is a program that supports community-based organizations assisting members to access or maintain housing. Funds provide one-time emergency housing assistance to help keep members in their home or to establish a new home in the community.	Nursing Home Transition. Sunflower helps members return to their own homes by working with providers to: Conduct advance planning. This may include finding a home housing and household items, confirming informal supports, and helping to hire caregivers. Do follow-up visits. These ensure services and equipment are meeting the member's needs. Confirm or set up PCP appointments. Members may qualify for more financial help or benefits, based on need, when moving to independent living.	
Classes or Training		Behavioral Health and Foster Care Training & Support Programs. These include: Peer support calls for foster & adoptive families through Association for Training on Trauma and Attachment in Children (Attach). National Foster Parent Association. Recorded training library, funded by Centene and managed by NFPA. Interactive training via FosterCare.com. Live caregiver training. Provider training to facilitate foster care education.	Behavioral Health and Substance Abuse Training Programs: 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. Seeking Safety: A training that teaches coping skills to help adults, children and youth attain safety from trauma and/or substance abuse.

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Extras for Waiver Members	Hospital Companion Program: Members on the FE, PD, BI and I/DD waivers can receive up to 16 hours of hospital companionship per year provided by their personal care service worker while the member is in the hospital.	Peer Support Program for members receiving FE & 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.	FE 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: I/DD, PD, FE, BI or the waiver waiting lists who own their own home, can get up to \$250 per calendar year towards pest control services.	Sunflower supports caregivers with the Caregiving Collaborations program. It is available to one primary, informal support caregiver per member. Benefits include the Caregiver Resource Center and a Caregiver Journal.	Internet Access: Persons on the PD, FE, I/DD or Autism waiver may be invited to get internet service covered as incentive for completing specific health activity.
		Up to 16 hours of hospital companionship for persons on the FE, PD and I/DD waivers.	Pest Control treatments for HCBS waiver members who own their home. Services must be set up through service coordinator. (\$250 maximum annual benefit).
			Weighted Blankets: Members who are on the Autism or SED Waivers will be given a weighted blanket to provide support for anxiety.

To change plans, call 1-866-305-5147 Para cambiar planes llame 1-866-305-5147

Benefits listed can change throughout the year. For the most updated benefits, please see the KanCare website:

<https://www.kancare.ks.gov/consumers/benefits-services>

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