










## Health Plan Highlights for 2019

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® of Kansas <b>1-855-221-5656 (TTY 711)</b>	 <b>sunflower health plan™</b> <b>1-877-644-4623</b>	 <b>UnitedHealthcare®</b> Community Plan <b>1-877-542-9238</b>
Members 21 yrs. and older receive \$500 per year toward dental services, including: 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 under regular Medicaid benefits on most dental services. <ul style="list-style-type: none"> <li>We provide practice visits to dentists for members with developmental disabilities and children on the autism waiver to help them become more comfortable with dental preventive care visits.</li> <li>Dentures are covered for members receiving Frail &amp; Elderly waiver benefits. Eligibility is based on determination of need.</li> </ul>	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.  Dentures are covered for eligible Frail and Elderly waiver members at no cost.
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>Shots</li> <li>Yearly check ups</li> <li>Diabetic eye exams</li> </ul>	Members can earn between \$10 - \$50 in healthy rewards or a combination of these rewards on a CentAccount card for receiving healthy checkups. These rewards can be used to buy from hundreds of items at participating retail stores such as CVS Pharmacy, Dollar General and Walmart. Qualifying purchases includes but are not limited to: baby care, diabetes care, digestive health, eye and ear care, foot care, first aid, groceries, home care (like air purifiers), household products (like pesticides), over the counter (OTC) medicine, personal care and wellness & fitness.	Healthy Rewards Program allows members to earn debit card credits between \$10 and \$25 to use in retail stores. Members can purchase health related items for doing healthy things like wellness checkups, immunizations, and flu shots.
Free Android Smartphone with 1,000 minutes per year or 1,000 megabytes data per year 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: <b>Care4life<sup>SM</sup></b> , <b>Text4kids<sup>TM</sup></b> , <b>Text4health<sup>SM</sup></b> , <b>Text4baby<sup>SM</sup></b> and <b>Text2quit<sup>SM</sup></b>	Free smartphone through SafeLink®, which provides up to 350 free minutes of service per month for members who qualify. This includes unlimited texting and 1GB of data per month for the first three months (then 500MB 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.
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 Rewards for visits (up to \$30)</li> <li>Gift Card Rewards for valuable baby equipment, such as stroller, portable crib, play yard, car seat, diaper-and-wipe package for completing pre and postnatal visits(up to \$150)</li> <li>Text4baby<sup>SM</sup> texting health program</li> </ul>	Start Smart for Your Baby® program for pregnant members, babies and families. Start Smart 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 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> </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 to purchase wellness items for self and baby including diapers and wipes</li> <li>Get the “Baby Basics” book.</li> </ul> Earn up to \$190 in rewards by joining Baby Blocks program and completing all prenatal and post-birth visits. Get a \$20 gift card or a cool diaper bag for joining. Earn seven more rewards for staying with the program until your baby is 15 months old. <ul style="list-style-type: none"> <li>Pregnant and new moms can get transportation to WIC appointments. Community baby shower events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies.</li> <li>Get OFF brand bug spray to help protect against mosquitos.</li> </ul>
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.	Enhanced transportation to local community events and social activities for members receiving Frail & Elderly and Physical Disability waiver benefits. This benefit includes three round trips a year.	Extra transportation benefits: <ul style="list-style-type: none"> <li>Transportation to job related activities. Six one-way or three roundtrip rides annually for all adult members.</li> <li>Members can also get rides to and from support group meetings.</li> </ul> Members on the Physically Disabled, Frail Elderly and Traumatic Brain Injury waivers can get six one-way or three round trip rides to social events.
Stop-smoking Program for members 18 yrs. and older that includes: <ul style="list-style-type: none"> <li>Nicotine Patches, gum, lozenges and some prescription drugs for six months</li> <li>50 counseling sessions per year</li> <li>Text2quit<sup>SM</sup> texting health program</li> </ul>	Members can participate in a smoking cessation program offered through Sunflower’s Healthy Solutions for Life program. Counseling treatment sessions are unlimited. Nicotine replacement therapy is a regular Medicaid benefit when prescribed by the doctor.	Members can download Health4Me app on their phone. This app can help members manage their health.  Members, or those responsible for members, can access <a href="http://myUHC.com">myUHC.com</a> online to help access health history, educate members on working with their doctor, and track doctor visits.
Provide membership to Weight Watchers® standard 12-week program.	Weight management through Sunflower’s Health Solutions for Life program with unlimited coaching.	FreshEBT is a mobile app to help members manage their SNAP (food) benefits. Member can get balance and find stores that accept SNAP.

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<p>Members who have dementia or Alzheimer's moving to a private home from a nursing home will get 2-door alarms and 6 window locks, this is a one-time benefit.</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>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.</p> <p>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.</p>
<p>Peer Support Specialists offer community programs for members on Physical Disability (PD) and Autism waivers and those suffering from Serious Mental Illness (SMI) by, mentoring and supporting members in their journey to wellness</p>	<p>MyStrength digital behavioral health program has online tools to help members overcome depression and anxiety. MyStrength 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>Internet Access: Persons on the Physically Disabled, Frail Elderly, Intellectually/Developmentally Disabled or Autism waiver can get internet service covered as incentive for completing specific health activity.</p>
<p>Provide members 21 yrs. and older with vision coverage including \$50 per year toward glasses, or contacts</p>	<p>Disease management for members with asthma, COPD, diabetes, heart disease or high blood pressure through Healthy Solutions for Life Program. Members can enroll in any of these programs.</p>	<p>We offer members who need glasses an enhanced benefit of higher quality lenses beyond what Medicaid covers to help members maintain their vision and improve their self-esteem.</p>
<p>Healthy Teens Program offers membership fees of up to \$35 per year paid to join the YMCA, 4-H, Boys and Girls Club, Boy Scouts or Girl Scouts. Members aged 13-21 yrs. who get their checkups each year will get a \$25 gift card every year they get a checkup.</p>	<p>Free services and events to promote healthy lifestyles for kids, such as covering membership fees to the Boys &amp; Girls Clubs. Sunflower's Adopt- a-School Program brings activities, speakers and books into the schools, as well as summer program locations like YMCAs, Libraries, Parks &amp; Recreation Departments and Boys &amp; Girls Clubs.</p>	<p>Youth members up to 18 will have access to programs at the YMCA, Boys and Girls Clubs, 4-H, and selected Parks and Recreation Departments.</p> <p>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.</p>
<p>Members who have diabetes, ages 21 and older will receive 2 podiatry visits each year.</p>	<p>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.</p>	<p>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).</p>
<p>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).</p>	<p>In-home tele-health available for adults. This service helps members stay at home when they need help to manage their chronic conditions.</p>	<p>Pest Control treatments for HCBS waiver members who own their home. Services must be set up through service coordinator.</p>
<p>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.</p>	<p>Members can receive produce vouchers worth \$10 at special events with participating Farmers Markets.</p>	<p>Medical Alert bracelets available for those who are autistic, Intellectually/Developmentally Disabled or suffering from Alzheimer's or dementia.</p>
<p>An extra 120 hours of respite care per year, no more than 48 hours in a single month, for the caretakers of our members on the Intellectual/Developmental Disability (I/DD), Autism, Frail and Elderly, Physically Disabled (PD), Traumatic Brain Injury (TBI) waivers, HCBS waiting list or children in foster care.</p>	<p>Care Grants benefiting children in Foster Care. Sunflower will provide care grants to be used in helping members in Foster Care access person-specific resources that are not covered by Medicaid, such as hypo-allergenic sheets for those with asthma, art supplies, clothing, camp fees or other personal items.</p>	<p>Respite Care for Intellectually/Developmentally Disabled waiver members receiving supported home care or home based services. Up to 40 hours of respite care.</p>
<p>Ted E. Bear, M.D. Club<sup>™</sup> Program is for members from newborn to age 12, members get incentives like: Activity Book, Pedometers and \$10-\$15 gift cards for meeting identified goals</p>	<p>Up to 16 hours of hospital companionship for persons on the Intellectual/Developmental Disability (I/DD) and Frail &amp; Elderly waivers.</p>	<p>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.</p>
<p>Home-delivered Meals for members 21 yrs. 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.</p>	<p>Healthy Solutions for Life is a disease management program for members with asthma, COPD, diabetes, heart disease or high blood pressure. Members can enroll in any of these programs.</p> <p>The program also helps members determine how emotions impact their condition. It helps with stress, poor sleep and appetite. As a part of the program, participants are assigned a Health Coach who works with the entire healthcare team to ensure members have everything they need to feel their best.</p>	<p>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.</p>
<p>Members with an asthma diagnosis will get one set of hypoallergenic sheets each year to help lower the chance of an asthmatic attack.</p>	<p>Smartphone application for members experiencing Substance Use Disorder who want instant access to support groups and personal tools. The Addiction CHES application provides timely monitoring to prevent relapse as well as one-touch communication with the provider. Sunflower helps with phone and service access for participants.</p>	<p>The child member with Asthma is sent information presented by Sesame Street characters that teaches them how to deal with Asthma. Children 1 to 4 will receive the A is for Asthma newsletter.</p>
<p>Members 16 yrs. and older who would like to get their GED certificate will get help through work preparation and attainment programs available (\$120 one-time benefit)</p>	<p>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.</p>	<p>Adults can get help with getting their GED. Health plan will help find and pay for resources to get GED.</p> <p>Adults can learn to code. Health plan will help find and pay up to \$200 annual for coding classes.</p>

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No Place Like Home Grant - for members in long stay nursing homes for 60 days or more who are moving into HCBS to help with the move, (up to \$5,000/member).	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 household items, confirming informal supports, completing in-home risk assessments, 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 additional financial assistance or benefits, based upon need, when transitioning to independent living situations.	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>• A-CHESS: A phone app that helps provide support to fight substance use disorders.</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> <li>• Seeking Safety: A training that teaches coping skills to help adults, children and youth attain safety from trauma and/or substance abuse.</li> </ul>
	Extra support to Foster Care families and agencies through nationally recognized Parent Management Training program. The goal is to enhance stability in the home. This program is ideal for many families because it is known to strengthen interventions that address conduct, social behavior and other associated symptoms.	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.
	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. In addition to the program benefits, each member and caregiver will continue to receive coordination of respite services available through the individual care plan.	
	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.	

To change plans call 1-866-305-5147

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