









HEALTH PLAN BENEFITS AND CONTACT INFORMATION

| Benefits |  |  |  |
|---------------------------------------|---|--|---|
| Contact Information | Nebraska Total Care Phone: 1-844-385-2192 TTY/TDD: 1-844-307-0342 www.nebraskatotalcare.com | UnitedHealthcare Community Plan of Nebraska Phone: 1-800-641-1902 TTY/TDD: 711 www.uhccommunityplan.com/ne | WellCare of Nebraska Phone: 1-855-599-3811 TTY/ 711 www.wellcare.com/nebraska |
| All Covered 100% | Primary Care Visits, Immunizations, Family Planning, Pregnancy, Hospital Services, Home Health Care, and Emergent/Urgent Care | | |
| Co-Pays | Children (18 and under), pregnant women and Native American members, and members living in an institution, alternate care facility, or receiving HCBS waiver services are exempt from co-pays | | |
| Wellness | Covered 100% | | |
| Prescriptions | Generic - covered 100%, Brand - \$3 copay | Covered 100% Represents Medicaid coverage only and does not include co-pays/ deductibles that may be payable under other Medicare or commercial plans. | Generic - covered 100%, Brand - \$3 copay Mail Order Pharmacy |
| Over-The-Counter Drugs/Supplies | Covered 100% with your doctor's prescription | Covered 100% with your doctor's prescription | Certain products at no cost, up to \$120 per household each year |
| Therapy | Covered 100% Adults not to exceed 60 combined visits (physical, occupational and speech therapy) | | |
| Vision Services | Covered 100%, including eye exams and glasses | Covered 100%, including eye exams and glasses | Eye exams - \$2 copay, Glasses - \$2 copay |
| Hearing Services | Covered 100%, hearing aids and batteries | | |
| Chiropractic Services | Covered 100% Limited to manual manipulation of the spine and x-rays | | |
| Behavioral Health and Substance Use | Covered 100% 5 Client Assistance Program (CAP) Sessions | | |
| Member with Special Health Care Needs | Identify Primary and Specialty providers; Integrated care management; Wellness training. www.mystrength.com | Person-Centered Care Management; Connecting individuals to community-based services; With physician approval, six door and window alarms to address wandering. www.liveandworkwell.com | Support for medical and non-medical needs; assistance line with referrals for social services. https://wellcare.cobaltcvt.com |

| Benefits | | | |
|-----------------------------|---|---|---|
| Care and Disease Management | <p>Offers special programs for chronic diseases, sickle cell anemia, asthma, diabetes, heart disease, smoking cessation, pregnant mothers and babies, care coordination, intensive care management, ADHD, anxiety, depression, perinatal substance use, high risk pregnancy, and special needs.</p> | <p>Offers programs for pregnant mothers, chronic diseases, asthma, diabetes, smoking cessation, heart disease, ADHD, substance use, mental health issues, and assistance with seeking medical services and community-based services.</p> | <p>Work with members one-on-one to help manage care needs, provide weight-loss tips, help to stop smoking, and help with chronic diseases like asthma, diabetes, or HIV/AIDS. Vitals Monitoring is a remote Diabetes monitoring program for diabetic members of participating providers.</p> |
| Healthy Kids | <p>Rewards Program for well-child visits.</p> <p>Back-to-School Programs.</p> <p>Healthy Promotion: Monthly school programs.</p> <p>Phoebe the Tree Frog: Mascot promotes physical fitness and nutritional eating.</p> <p>Keep It Moving: Child obesity program.</p> <p>Boys and Girls Club membership.</p> | <p>Rewards Program (eligible members) for well-child visits.</p> <p>Back to School Programming to promote healthy habits and nutrition, including blender bikes.</p> <p>Dr. Health E. Hound®: Mascot delivers nutritional education and promotes fitness and healthy habits.</p> | <p>Rewards Program that provides health tips and tools for kids ages 4–11 to encourage immunizations and checkups including: rewards program for well-child visits, rewards for healthy habits, kids’ newsletters about fitness and nutrition, birthday cards, and a raffle to win a bicycle four times a year.</p> <p>Boy Scouts annual membership and subscription to Boys Life Magazine for all members’ ages 5-18.</p> <p>Girl Scouts annual membership, including supply fees, for members age 5-18. Annual membership for all participating adults.</p> <p>Swimming Lessons: Up to 20 swimming lessons per year for qualified members.</p> <p>Summer Camps: A scholarship to attend one week-long summer camp session for qualified members (up to age 13).</p> <p>Reading Scholarships: Reading scholarships for qualified members who are in kindergarten to 5th grade and want to improve their reading skills.</p> <p>Zoo Passes: Annual Family Memberships to the zoo for qualified members.</p> |

| Benefits | | | |
|-----------------------------|--|---|---|
| <p>Value Added Services</p> | <p>24-Hour Nurse Advice Lines.</p> <p>Breast Pumps.</p> <p>Baby Showers and Diaper Days: Education on prenatal and postpartum care for mothers and newborn and pediatric care for babies; rewards available.</p> <p>Hope Bear: Incentive program for participation in post-hospital appointments.</p> <p>Start Smart for Your Baby: Maternity management program.</p> <p>ConnectionsPlus: Cell phone for members without reliable access to a telephone.</p> <p>Mobile app to view resources.</p> <p>Weight Watchers: Limitations apply. Additional information can be found at www.nebraskatotalcare.com or by calling 1-844-385-2192.</p> | <p>24-Hour Crisis and NurselineSM.</p> <p>Purchase of Breast Pumps.</p> <p>Baby Showers: Education on prenatal and postpartum care; rewards available.</p> <p>Baby BlocksTM: Reminders and reward gift cards to keep mom-to-be and the baby healthy.</p> <p>Healthy First Steps[®]: Ensures that mom and baby get good medical attention.</p> <p>myHealthLineTM: Smartphone program.</p> <p>Health4Me Mobile App: To review resources.</p> <p>Rewards Program for healthy behaviors (eligible members).</p> <p>Supplemental Transportation: Member transportation to WIC, parenting classes, and AA/NA Meetings.</p> | <p>24-Hour Crisis Line: Behavioral health crisis line available 24 hours a day, 7 days a week.</p> <p>Electric Breast Pumps.</p> <p>Baby Showers: Education on prenatal and post-partum care, as well as gifts.</p> <p>WellSTART Prenatal Program for Moms and Moms-to-Be: Program provides educational resources for a healthy pregnancy – both before and after delivery. Members can choose from a stroller, playpen, convertible car seat, or up to \$100 in diapers when they go to their prenatal and postpartum visits.</p> <p>Pertussis (whooping cough) vaccine for households of pregnant members who are caregivers for newborns.</p> <p>Cell phone: For members with high-risk pregnancies and other chronic conditions who are engaged in care management.</p> <p>Weight Watchers: 6-Month membership to qualified members. Includes 26 meetings and personalized help from a health coach.</p> <p>Healthy Rewards Program: Earn up to \$175 in Visa[®] debit cards or gift cards for completing healthy activities.</p> <p>Non-Medical Transportation to WIC appointments and educational classes (childbirth, breastfeeding) through IntelliRide.</p> <p>Additional transportation: Bus passes and information on how to access public transportation. Limited to Foster Care members ages 16–17, members with refugee status, and ABD members.</p> |

| Benefits |  |  |  |
|----------------------|---|--|---|
| Value Added Services | <p>CentAccount: Prepaid Visa debit card earned by completing health assessments, doctor visits, immunizations and more.</p> <p>YMCA Memberships: Limitations apply. Additional information can be found at www.nebraskatotalcare.com or by calling 1-844-385-2192.</p> | | <p>XtraSavings Programs: Offers three ways for members to receive savings. A discount card provides monthly discounts on items such as milk, bread, detergent, and over-the-counter items. A CVS discount card allows members to purchase CVS-branded items at a 20% discount, and OTC4ME allows members to purchase over-the-counter items at an additional 10% discount.</p> <p>Steps2Success Program: Job training and financial education classes, plus GED testing for members 16 and older. Qualified members receive a voucher to cover 4 required tests.</p> <p>Scholarship Awards for members age 18 and up who are entering college. Awarding 10 scholarships valued at \$1,000 each.</p> <p>College Bound provides dorm room items to former foster care children who are college-bound.</p> <p>Hypoallergenic Bedding for qualified members to reduce their exposure to asthma triggers.</p> <p>Mini Farmers Market: Events held throughout the state to educate and promote health nutrition.</p> <p>Family Support Specialists: A partnership with Nebraska Family Support Network where families receive counseling for behavior modification and to assist with the side effects of depression and anxiety.</p> <p>Community Room/Concierge: Provides support for medical and non-medical needs. Includes application assistance, transportation assistance, and community support needs.</p> <p>Behavioral Health Provider Consultation: Covers any consultation your doctor has with a mental health provider.</p> |

Please Note: This chart is provided as a quick reference to help members make a plan choice and is not intended to include all rules and exceptions. Based on Medicaid rules, benefits may be limited to Medicaid covered services and limits may not apply to all members.