









HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2020

This chart is a quick reference to help you make a plan choice. It is not intended to include all rules and exceptions. Based on Medicaid rules, benefits may be limited to Medicaid covered services.

Benefits			
Contact Information	Nebraska Total Care Phone: 1-844-385-2192 TTY/TDD: 711 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, Wellness, 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 Medicaid co-pays		
Prescriptions	Generic - covered 100%, Brand - \$3 copay Mail Order Pharmacy	Generic - covered 100% Brand - \$3 copay Mail Order Pharmacy 90-day refill supply available on select medications	Generic - covered 100%, Brand - \$3 copay Mail Order Pharmacy
	For Medicaid coverage only. Medicare and other insurance copays may still apply.		
Therapy	Covered 100% Adults not to exceed 60 combined visits (physical, occupational and speech therapy)		
Hearing Services	Covered 100%, hearing aids and batteries		
Chiropractic Services	Covered 100%		
Mental Health and Substance Use Treatment	Covered 100%		
Member with Special Health Care Needs	Identify Primary and Specialty providers; Integrated care management; Wellness training.	Person-Centered Care Management; Connecting individuals to community-based services; With physician approval, six door and window alarms to address wandering.	Support for medical and non-medical needs; assistance line with referrals for social services.





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Care and Disease Management	Offers programs for pregnant mothers and babies, care management & care coordination support, and programs to help with chronic diseases.	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.	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.
Non-Emergency Medical Transportation	<p align="center"><u>MTM</u> 1-844-385-2192 TTY:711 http://memberportal.net/?planCode=CTC</p>	<p align="center"><u>National MedTrans</u> 1-833-583-5683 TTY: 1-833-587-6527 www.nationalmedtrans.com/ne</p>	<p align="center"><u>IntelliRide</u> 1-844-531-3783 TTY:402-401-6998 http://www.iridenow.com/Home/Nebraska.aspx</p>
Please contact the health plan about eligibility for this benefit.			
Healthy Kids	<p>Rewards Program for well-child visits.</p> <p>Back-to-School Programs.</p> <p>Sports Camp Physical: 1 per year per member, ages 5-18 years old.</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: Free 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>Sports Physical.</p> <p>Dr. Health E. Hound®: Mascot delivers nutritional education and promotes fitness and healthy habits.</p>	<p>FIT KIDS Club: 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, and a bicycle raffle.</p> <p>Free Boy and Girl Scout Memberships: Annual membership for children ages 5-18.</p> <p>Swimming Lessons: WellCare offers one (1) session of swimming lessons per year for qualified members.</p> <p>Summer Camps: A scholarship for qualified members to attend one, week long summer camp session for members ages 4–12.</p> <p>Reading Scholarships: For qualified members who are in kindergarten to 5th grade.</p>

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<p>Value Added Services</p>	<p>24-Hour Crisis Line and Nurse Advice Line.</p> <p>Client Assistance Program (CAP): 5 Sessions. Additional information can be found at www.mystrength.com</p> <p>Purchase of Breast Pumps.</p> <p>Baby Showers: Education on prenatal and postpartum care for mothers and newborn and pediatric care for babies; rewards available.</p> <p>Start Smart for Your Baby: Maternity management program.</p> <p>My Health Pays: Rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests and other ways to protect your health.</p>	<p>24-Hour Crisis Line and NurselineSM.</p> <p>Client Assistance Program (CAP): 5 Sessions. Additional information can be found at www.liveandworkwell.com</p> <p>Purchase of Breast Pumps.</p> <p>Community Baby Shower Events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies.</p> <p>Healthy First Steps[®]: Earn rewards by completing all prenatal and post-birth visits. Get a \$20 gift card or a diaper bag for joining. A total of eight possible rewards for staying with the program until your baby is 15 months old.</p> <p>Free Cell Phone: Members who qualify get a free Lifeline cell phone. Coverage may not be offered in certain remote service areas.</p> <p>Health4Me Mobile App: An app tool to review your benefits and other resources, such as finding a doctor and medication listings.</p> <p>GED Program: Members can receive help with getting their GED. Limitations apply.</p>	<p>24-Hour Crisis Line and Nurse Advice Line.</p> <p>Client Assistance Program (CAP): 5 Sessions. Additional information can be found at https://wellcare.cobaltcbt.com</p> <p>Electric Breast Pumps.</p> <p>Baby Showers: Rewards and education on prenatal and post-partum care.</p> <p>WellSTART Prenatal Program for Moms and Moms-to-Be: Members can choose one of the following when they go to their prenatal visits: a stroller, playpen, convertible car seat, 6 packs of diapers, or a \$25 gift card for attending a prenatal or a postpartum visit (for a total of \$50.00). Contact WellCare for program details.</p> <p>Free Cell Phone: To qualified enrollees engaged in a care management program who do not have a telephone.</p> <p>Weight Watchers: A 6-month membership to qualified members.</p> <p>Healthy Rewards Program: Earn a pre-paid Visa[®] debit card or gift card for completing healthy activities.</p> <p>Steps2Success Program: Free job training and financial education classes. Free GED testing for members 16 and older. Limitations apply.</p> <p>Free Personal Care Items. Get up to \$120 in free Personal Care items each year.</p>

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Benefits			
Value Added Services	<p>ConnectionsPlus: Free cell phone for members without reliable access to a telephone.</p> <p>Weight Watchers: Limitations apply.</p> <p>Mobile app to view resources.</p> <p>YMCA Memberships: Limitations apply.</p> <p>Community Garden: Sponsor plots to grow healthy foods, provide education on healthy eating.</p>	<p>On My Way: Teaches skills like managing money, getting housing, finding job training and applying for college.</p> <p>Non-Medical Transportation: Transportation available to WIC appointments, prenatal/parenting classes and Alcoholics Anonymous/ Narcotics Anonymous meetings.</p> <p>Healthify: The health plan will help you find community service resources such as food pantries, housing support, child care, diabetic education and more.</p> <p>Rewards Program for healthy behaviors (eligible members).</p>	<p>Free Non-Medical Transportation: To WIC appointments and educational classes (childbirth, breastfeeding) through IntelliRide.</p> <p>XtraSavings Programs: Various savings. Contact WellCare for more information.</p> <p>College Bound provides dorm room items to former foster care children who are college-bound.</p> <p>Pertussis (whooping cough) vaccine for caregivers of pregnant members or newborns.</p> <p>Free Hypoallergenic Bedding to qualified members to reduce their exposure to asthma triggers.</p> <p>Mini Farmers Market: Events held throughout the state to educate and promote healthy nutrition.</p> <p>Welcome Rooms: Support and community resources to assist member needs.</p>

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