HERITAGE HEALTH

HEALTH PLAN BENEFITS AND CONTACT INFORMATION – PLAN YEAR 2027

This chart is a quick reference to help you make a health 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	MOLINA HEALTHCARE	nebraska total care	UnitedHealthcare Community Plan
Contact Information	**Molina Healthcare of Nebraska** **Phone: 1-844-782-2018** **TTY: 711** www.molinahealthcare.com/ne	**Nebraska Total Care** **Phone: 1-844-385-2192** **TTY: 711** www.nebraskatotalcare.com	**UnitedHealthcare Community Plan of Nebraska** **Phone: 1-800-641-1902** **TTY: 711** www.uhccommunityplan.com/ne
Basic Covered Services	Primary Care Visits, Immunizations, Family Planning, Pregnancy, Hospital Services, Home Health Care, Wellness, and Emergent/Urgent Care		
Prescription Medication	Mail Order Pharmacy 90-day refill supply available on select medications *For Medicaid coverage only. Medicare and other insurance co-pays may still apply.*		
Over-the-Counter Medication	Select medically necessary over-the-counter medications are covered when prescribed by a provider.		
Dental Services	Cleaning of teeth, fillings, extractions, x-rays, dental surgery, and dental disease control.		
Vision Care Services	Eyeglasses, including lenses and frames, are covered when coverage criteria is met. Examination, diagnosis, and treatment services to diagnose or treat a specific eye illness, symptom, complaint, or injury.		
Hearing Aid Services	Hearing aids, hearing aid repairs, necessary batteries, and supplies are covered.		
Therapies	Speech, physical, and occupational therapies in the office, in the client's home, hospital, nursing facilities, or other facilities. The services must be prescribed by a physician. Therapy is limited to restoration of lost function due to illness or injury if you are age 20 and older. Medicaid will cover up to 60 combined visits per year.		
Mental Health and Substance Abuse Services for Children and Adolescents	Mental health and substance abuse services for children and adolescents, including outpatient services, middle intensity services, day treatment, and hospital services.		

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Adult Psychiatric and Substance Use Disorder	Medically necessary psychiatric and substance use disorder services for primary psychiatric and/or substance use disorder diagnoses for individuals age 21 and older, including outpatient services, day treatment, substance use disorder treatment, and hospital services.		
Member with Special Health Care Needs	Care coordination of discharge planning with a focus on the seriously mentally ill population, members with special needs, short-term and long-term hospital stays, and other institutions, such as juvenile institutions.		
Care Management	Patient-centered care that addresses medical, dental, vision, behavioral health, and social determinants of health care needs. An accessible, comprehensive, fully integrated array of preventive and treatment services for all age groups that focuses on the whole person and empowers the member to participate with their medical home, dental home, specialists, and other care providers to effectively manage health conditions and prevent complications.		
Pregnancy Management	Medical care for pregnant mothers, including labor and delivery, and 12 months of continuous postpartum coverage.		
Disease Management	Structured, coordinated care management program focused on managing chronic disease, reducing acute episodes and disease complications, and improving quality of life. Comprehensive support for activities and interventions associated with treatment plans. Health conditions that benefit from disease management include, but are not limited to: Asthma, Bipolar disorder, Coronary artery disease (CAD), Congestive heart failure (CHF), Chronic obstructive pulmonary disease (COPD), Diabetes, HIV/AIDS, Hypertension, Major depressive disorder (MDD), Schizophrenia, and Substance use disorder (SUD).		
Non-Emergency Medical Transportation	Medical Transportation Management (MTM) 1-888-889-0421 TTY: 711	Medical Transportation Management (MTM) 1-844-261-7834 TTY:711	Medical Transportation Management (MTM) 1-888-777-6924 TTY: 711
	Please contact the health plan about eligibility for this benefit.		

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Healthy Kids	**Sports Physical.** **Healthy Minds, Healthy Kids:** Gift card for books or art supplies to encourage fun activities and less screen time. **GED Test Support:** Support to cover the full cost of the GED test fees for four subjects and a study prep guide.	**Sports/Camp Physicals.** **Boys and Girls Club Membership:** Annual membership for age-appropriate members. **My Route to Health:** Children's online books, videos, and activities focused on healthy lifestyle choices and positive decision making.	**KidsHealth®:** Members and their families can get online answers, advice, and fun. **Back to School Programming:** Promotes healthy habits and nutrition.

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MOLINA HEALTHCARE	nebraska total care	UnitedHealthcare Community Plan
24/7 Nurse Advice Line. **24/7 Mental Health and Substance Use Crisis Line.** **Client Assistance Program (CAP):** 5 sessions of brief, solution-focused behavioral health services. **My Molina Mobile App:** Members can access resources like their benefit information, member ID card, a list of their medications and more to help them manage their health care anytime, anywhere. **Baby Shower:** A fun and educational event for members who are pregnant or recently gave birth to learn how to stay healthy. Eligible members will receive a gift for their baby when they attend. **Prenatal Support:** Support to buy a car seat, stroller, pack-and-play or other helpful baby items. **Healthy Meals for Moms:** Meals sent to members' home during pregnancy and while breastfeeding after birth. **Prenatal Dental Care:** Pregnant members can get one extra dental cleaning.	**24/7 Hour Nurse Advice Line.** **24/7 Mental Health and Substance Use Crisis Line.** **Client Assistance Program (CAP):** 5 sessions of brief, solution-focused behavioral health services. **Mobile Apps and Online Tools for Education and Support:** Manage your health and wellness and get support whenever you need it from the convenience of your mobile device. • MyNTC Mobile App: your personal plan information • Health Hub Library: Trusted information for health, including a symptom checker • Teladoc Health: support for emotional health • findhelp: local programs and support information • MTM App: quickly manage transportation from anywhere **Baby Showers:** Education on prenatal and postpartum care for mothers and newborn care for babies. **Start Smart for Your Baby:** Education and support throughout pregnancy. Participating members can choose a car seat, stroller, pack-and-play, or meal delivery.	**24/7 Nurse Advice Line.** **24/7 Mental Health and Substance Use Crisis Line.** **Client Assistance Program (CAP):** 5 sessions of brief, solution-focused behavioral health services. **UnitedHealthcare Mobile App:** Review benefits and other resources, such as finding a doctor, specialist, dentist and medication resources. **Prenatal and Postpartum Rewards:** Eligible members who are pregnant can earn rewards for prenatal and postpartum visits. **Community Baby Showers:** Members who are pregnant and new parents learn about health and wellness for themselves and their babies. The pregnant member can choose an essential baby item such as a car seat, stroller, or pack-and-play. **Mom's Meals:** Meal delivery with a clinical referral. **Substance Use Disorder Helpline:** An anonymous confidential helpline to a licensed substance use expert for information on substance use disorder treatment.

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Family Fun Time: Each household with children can get a permit for unlimited visits to Nebraska's state parks for one year. **Wellness in Bloom:** Eligible members enrolled in Molina's Dual-Eligible Special Needs Plan (D-SNP) may request one individual annual Lauritzen Gardens pass per household. **WeightWatchers®:** Up to 13 weeks of WeightWatchers® services. **Get Fit, Stay Fit:** Support once a year to help pay for a gym membership or fitness equipment. **TruConnect:** Members who qualify for the federal Lifeline program can get 4.5GB of data and unlimited talk and text. **Personal Care and Household Items:** Support every quarter to buy commonly used personal care and household items. **Laundry Days:** An event that covers the cost of a couple loads of laundry for members and provides supplies like detergent and dryer sheets to help reduce everyday expenses and support basic needs while connecting members with Molina Healthcare staff and available resources.	**My Health Pays:** Rewards for completing healthy activities like a yearly wellness exam, annual screenings, infant and children's care and other ways to protect your health. **Community Garden:** Sponsorship for plots to grow healthy foods and education on nutrition and health. **Weight Watchers:** Memberships for eligible members. **GED Testing Materials:** Study materials to prepare for GED testing. **ConnectionsPlus:** Cell phone for members who qualify without reliable access to a telephone. **Practice Dental Visits:** For children with special needs.	**Online Mental Health Resources:** Self-help tools and family support library for members. **Calm Health:** A digital treatment whole-person support self-help app that offers mindfulness meditation for stress, anxiety, and depression. Members can download the Calm Health app to receive on-demand support at any time. **Weight Watchers:** Online membership for eligible members. **GED Program:** Members can receive help with getting their GED. Limitations apply. **Cell Phone Service:** Members who qualify receive minutes, text and data per month when using their own cell phone. **Non-Medical Transportation:** Rides within 10-mile radius to WIC appointments, prenatal and parenting classes, worship, grocery store, employment preparation services, food pantry, and support group meetings. Limited to 48 one-way rides per year.

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Everyday Transportation: Rides to places like the grocery store, food pantry, pharmacy, job interviews and appointments with Women, Infants, and Children (WIC) appointments. **Healthy Rewards Program:** Gift cards for completing preventive care visits and screenings. **Additional Dental Exams:** Two extra dental checkups for specific problems. **Molina Help Finder:** On-demand, 24/7 access to thousands of community resources across the state. **One-Stop Resource Center:** An in-person location where members can get help with their benefits, use computers for job searching and applications, connect to local resources, and access essential supports like the Molina Mini Pantry and Access Period cabinet. **Molina Mini Pantry:** Provides food resource support for members across the state to help meet basic needs. **Healthy Meals for Recovery:** Meals sent to members' home to support their nutritional needs during recovery after they leave the hospital.		**Healthy Rewards Program:** Eligible members can earn rewards for checkups and preventive visits including preventive dental care. **Social Service Referrals:** A web-based application to identify the best fit for your social services needs. Services include housing support, food, health education and support groups, job training, home goods, legal support and more. **Door and Window Alarms:** Up to six per household for members with disabilities to help minimize wandering.

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