





All plans in your county offer these **basic** Medicaid benefits:

- Inpatient and outpatient services
- Doctor, nurse practitioner and midwife services
- Home health services
- Family planning services
- Durable medical equipment
- Hospice and ambulance services
- Tobacco quitting assistance
- Skilled nursing care
- EPSDT services
- Vision, hearing and dental care for children

Use this chart to compare **Value-Added** (extra) services offered by the plans in your county.

Note: When you see "MHT ONLY" it means the extra service is available to Mountain Health Trust (MHT) members only.

 <small>AETNA BETTER HEALTH® OF WEST VIRGINIA</small> 1-888-348-2922 TTY: 711 www.aetnabetterhealth.com/wv	 1-888-613-8385 TTY: 1-800-622-3925 www.healthplan.org	 <small>An Anthem Company</small> 1-800-782-0095 TTY: 1-800-982-8771 www.unicare.com/medicaid	 1-855-412-8001 TTY: 711 or 1-800-982-8771 www.wvfh.com
<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call Informed Health at 1-855-200-5975 	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-800-624-6961 	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-888-850-1108 	<p>24-hour health line:</p> <ul style="list-style-type: none"> ▪ Call nurse at 1-844-850-9834 ▪ Live online chat with nurse for members at www.wvfh.com
<p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one asthma education ▪ One-on-one education with certified respiratory therapist ▪ Scholarships to Camp Catch Your Breath (MHT ONLY) ▪ Peak flow meter with enrollment in asthma program 	<p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one education with asthma nurse educator ▪ Scholarships to Camp Catch Your Breath ▪ Asthma pack with peak flow meter, spacer, and backpack 	<p>Asthma</p> <ul style="list-style-type: none"> ▪ One-on-one education with asthma nurse educator to develop action plan ▪ Certified Disease Management program to manage asthma and COPD ▪ Scholarships to Camp Catch Your Breath (MHT ONLY) ▪ Up to \$100 to help buy hypoallergenic bedding, pillow cases, and mattress covers 	<p>Asthma</p> <ul style="list-style-type: none"> ▪ Asthma Disease Management Program with one-on-one education by a case manager who will provide an action plan, triggers, stickers, and tips for rescue and inhaler use ▪ Scholarships to Camp Catch Your Breath (MHT only)
<p>Diabetes</p> <ul style="list-style-type: none"> ▪ Food journal to track A1C levels and eating habits ▪ Texts for diabetes education ▪ Certified diabetes management program ▪ Scholarships to Camp Kno Koma ▪ \$25 gift card for enrollment in diabetic education program and completion of A1C testing (available in certain counties) ▪ Free glucometer 	<p>Diabetes</p> <ul style="list-style-type: none"> ▪ Diabetes education by case managers ▪ One-on-one education by diabetes educators on glucometer and insulin pump use and general diabetes education ▪ Journey for Control month long interactive diabetes class led by certified educator ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ \$50 for HbA1C blood test, nephropathy exam, and a diabetic eye exam for diabetics ages 18-75 	<p>Diabetes</p> <ul style="list-style-type: none"> ▪ One-on-one education with a registered nurse ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ Diabetes education classes: \$50 for completing 1st three and another \$50 for completing last three classes ▪ Free subscription to Eating Well magazine ▪ Free glucometers ▪ \$50 for completing both yearly diabetic labs and nephropathy exam for ages 18-75 ▪ \$25 for annual diabetic eye exam for ages 18-75 	<p>Diabetes</p> <ul style="list-style-type: none"> ▪ One-on-one education by a certified diabetes educator, educational materials, instruction on glucometers, and insulin pumps ▪ Scholarships to Camp Kno Koma for children ages 7-15 ▪ \$50 for HbA1c blood test, nephropathy exam, and a diabetic eye exam for diabetics ages 18-75 ▪ Personalized Diabetes Care Plan with testing results, HbA1c and reminders for follow-up testing and screening ▪ Books for children with diabetes
<p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ Scholarships to health related camps ▪ Health education events (well child, well woman, etc.) ▪ \$25 gift card for targeted preventive care ▪ \$25 gift card for behavioral health follow-up appointment within 7 days 	<p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$25 for yearly well visit for ages 3-6 and 12-21 	<p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$50 for getting 6 of 8 well-child visits by 15 months of age ▪ \$25 for yearly well visit for ages 3-6 and 12-21 ▪ \$50 for ages 9-13 getting set of 2 HPV vaccinations ▪ \$50 for yearly Pap smear cervical cancer screening ▪ \$50 for yearly mammogram for women over age 40 	<p>Gifts for good health practices</p> <ul style="list-style-type: none"> ▪ \$25 for members ages 0-21 for yearly EPSDT exam with PCP, plus educational materials ▪ \$25 for yearly well-visit for adults over age 21 ▪ \$25 for women ages 21-64 for Pap smear every 3 years ▪ \$25 for yearly mammogram for women over age 50
<p>Phone services</p> <ul style="list-style-type: none"> ▪ Free cell phone with free minutes for text and voice, unlimited calls to Member Services, and free wellness and appointment reminder texts 	<p>Phone services</p> <ul style="list-style-type: none"> ▪ Free cell phone with free minutes for text and voice, unlimited calls to Member Services, and free wellness and appointment reminder texts 	<p>Phone services</p> <ul style="list-style-type: none"> ▪ Free cell phone with free monthly minutes, data, and text messages plus unlimited calls to Member Services and free health reminder texts 	<p>Phone services</p> <ul style="list-style-type: none"> ▪ Texts to learn about some chronic conditions and help to form health habits ▪ Free smartphone from the SafeLink program for eligible members, with Voicemail, Caller ID, Call Waiting, Long Distance with 350 minutes, unlimited texts, and 1 GB of data per month

Questions? Call **1-800-449-8466** (TTY/TDD 1-304-344-0015), 8:00 a.m. to 6:00 p.m., Monday through Friday. The call is free. Or, visit us at MountainHealthTrust.com. You can get this information in other formats, such as large print or audio.

Value-Added (extra) services offered by the plans in your county (continued):



Help for pregnant women

- One-on-one help with Certified Lactation Counselor
- Care coordination through baby's first year for:
 - ▶ Mothers with high risk pregnancies or substance use disorder during pregnancy
 - ▶ NICU babies or babies with chronic or complex conditions
- Text4Baby messages to keep mom and baby healthy
- Up to 2 preventive dental visits
- Cribette for members with 6 prenatal visits
- Cribette or baby wrap to members who enroll in Moms and Babies Program upon delivery
- Neonatal abstinence syndrome (NAS) program graduation gift
- \$50 gift card for post-partum visit between 3–8 weeks after delivery

Health and wellness

- Care managers to help members manage medications, disease and improve overall health
- Local care connection team to help coordinate community resources (housing, utilities, WIC, food, etc.)
- Health risk assessments with self-management tools
- Specialized care managers for Neonatal Abstinence Syndrome (NAS), NICU, High Risk OB, and Behavioral health
- Regional face-to-face case management with high risk members
- Quit smoking program
- Congestive heart failure (CHF) wellness tools and bathroom scales with enrollment in the CHF program
- \$25 gift card for completing adult walking program
- Cub Club wellness membership for children under 13
- Pillboxes
- Family Information, Support, and Help (FISH) program for recognizing children's emotional problems and knowing where to turn

Dental

- Hygiene kit, including toothbrush, toothpaste and floss
- Diabetic dental program
- Up to 2 preventive dental visits for pregnant women

Other

- Opportunity to join Member Advisory Committee
- Personal, face-to-face help applying for SSI for Medicaid members who qualify
- Advocate to help members with concerns and issues about benefits or providers



Help for pregnant women

- Text4Baby messages to keep mom and baby healthy
- Preventive dental for those over the age of 21 – up to 2 visits
- Maternity outreach programs:
 - ▶ \$50 for 2 visits in 1st trimester
 - ▶ \$50 for 4 visits in 3rd trimester
 - ▶ \$50 for post-partum visit between 21–56 days after delivery
 - ▶ \$50 for notifying DHHR of pregnancy by 5th month
- Care Coordination through baby's first year for mothers with:
 - ▶ High risk pregnancies
 - ▶ Substance use disorder during pregnancy
 - ▶ NICU babies or babies with complex conditions

Health and wellness

- Quit smoking packets for all members ages 12 and older, with workbook, relaxation exercises CD, and quit smoking survival kit
- Access to our Core Wellness online tool that helps members learn ways to get and stay healthy
- Care managers to help members manage medications, disease and improve overall health
- Health risk assessments
- Specialized care managers:
 - ▶ Neonatal abstinence syndrome (NAS)
 - ▶ NICU
 - ▶ High risk OB
 - ▶ Hepatitis
 - ▶ Behavioral health
 - ▶ Regional face-to-face case management with high risk members
 - ▶ One-on-one help to quit smoking with Certified Coordinator

Dental

- \$25 for dental exam for children ages 2-3

Other

- Personal help applying for SSI for Medicaid members who may qualify



Help for pregnant women

- Care coordination through baby's first year for:
 - ▶ High risk pregnancies or substance use disorder
 - ▶ NICU babies or babies with complex conditions
- Text4Baby messages
- Convertible car seat or portable crib for members with 6 prenatal visits
- Ultra Breast Pump with bag and accessory pack
- Up to \$75 for prenatal and postpartum visits
- Preventive dental care during pregnancy and 6 weeks after baby's birth
- Neonatal abstinence syndrome (NAS) program graduation gift

Health and wellness

- Fee for sports physical covered
- Care manager to help manage medications, disease and improve overall health
- Certified behavioral health disease management programs
- Help line to quit smoking
- Weight Watchers program:
 - ▶ Ages 18 and older with a body mass index (BMI) greater than 25, **or**
 - ▶ Ages 10–17 with a BMI in the 85th percentile or above with parental or legal guardian consent and a doctor's referral
- Boys and Girls Club memberships for members ages 6-18 at participating clubs (not camps)
- Digital bathroom scale for members with congestive heart failure
- Gym memberships for members ages 18+ at participating gyms
- Personal duffel bag with luggage tag

Dental

- Free mouth guards for children who play contact sports
- Electronic toothbrush for adults over age 21
- Dental hygiene kit for children ages 6-10 including toothpaste, toothbrush, and dental floss

Other

- Access to our Community Resource Link
- Free subscription to Parenting magazine
- Opportunity to join Member Advisory Committee
- Advocate to help members with issues and concerns about benefits or providers
- Enrollment and support from behavioral health care management team



Help for pregnant women

- Care coordination through baby's first year for:
 - ▶ Mothers with high risk pregnancies or substance use disorder during pregnancy
 - ▶ NICU babies or babies with chronic or complex conditions
- Text4Baby messages to keep mom and baby healthy
- Preventive dental care during pregnancy and 6 week postpartum period
- Mom Matters program for prenatal and postpartum telephone support
- Breast pumps for nursing mothers
- Maternity outreach program rewards:
 - ▶ \$50 for visit in 1st trimester
 - ▶ \$50 for 4 total visits in 2nd and 3rd trimester
 - ▶ \$50 for post-partum visit between 21 and 56 days after delivery
 - ▶ \$50 for notifying DHHR of pregnancy by 5th month

Health and wellness

- Registered Dietician to provide education on nutrition, healthy eating, and meal planning
- Quitline to stop tobacco use
- Pillboxes for medications management
- Program for members with COPD or chronic heart failure (CHF) with help to quit smoking, educational packet and medication compliance encouragement
- Digital bathroom scale for members with CHF
- Community resources for member referrals to WIC, food pantries, housing, tangible items for the baby, and utilities
- Electronic portal access to educational materials, self-refer to wellness coaches including a registered dietician, certified diabetes educator, and certified rehab counselor
- Quarterly member newsletters
- Health risk assessments with personal health report to share with your doctor
- Case managers to help manage medications, disease, and overall health
- Support from Behavioral Health Care Management to help access outpatient services after an inpatient psychiatric stay

Dental

- \$25 for dental exam for children ages 2-3

Other

- Advocate to help with member benefit or provider concerns and issues
- Enrollment and support from behavioral health care management team
- Personal one-on-one help applying for SSI for qualifying Medicaid members