



Addendum for 2022 Value Added Benefits (pages 51–56)

2022 Value Added Benefits

Wellness programs

UnitedHealthcare Community Plan has many programs and tools to help keep you and your family healthy, including:

- Programs to help you quit smoking
- Pregnancy care and parenting information
- Nutrition information resources
- Well-care reminders

Your provider may suggest one of these programs for you. If you want to know more, or to find a program near you, talk to your PCP or call Member Services at **1-877-542-9238**, TTY **711**.

To quit smoking, you can call the KanQuit Smoking Cessation Line at **1-800-784-8669**.

Healthy First Steps®

Our Healthy First Steps program makes sure that both mom and baby get good medical attention.

We will help:

- Get good advice on nutrition, fitness and safety
- Get supplies, including breast pumps for nursing moms
- Choose a doctor or nurse midwife
- Schedule visits and exams
- Arrange rides to doctor's visits
- Connect with community resources such as Women, Infants and Children (WIC) services
- Get care after your baby is born
- Choose a pediatrician (child's doctor)
- Get family planning information

Call us toll-free at **1-877-813-3417**, TTY **711**, 7:00 a.m.–6:00 p.m. Central time, Monday–Friday. It's important to start pregnancy care early. Be sure to go to all of your doctor visits, even if this isn't your first baby.

If you are pregnant, you can earn rewards with Healthy First Steps. When you join, you get a gift card or cool gear for your baby. Then earn up to seven more rewards with doctor visits during pregnancy and your baby's first 15 months. You earn great rewards while both you and your baby get the care you need to stay healthy.

It's easy to get started.

1. Enroll at **UHCHealthyFirstSteps.com**. Get appointment reminders by text or email.
2. Go to your appointments and record them at **UHCHealthyFirstSteps.com**.
3. Choose your rewards for going to the doctor.

Keeping kids active

We give children the chance to participate in healthy activities. This may be at a 4-H, the YMCA, or the Boys and Girls Clubs, and selected Kansas Recreation and Parks locations.

Neonatal Resource Services

We want your baby to be healthy. Sometimes extra care is needed after the baby is born. Our Neonatal Resources Services (NRS) nurses will call you if your baby is in the Neonatal Intensive Care Unit (NICU). Using NRS is voluntary. It is part of your benefit plan. If your baby needs extra care, we are here for you.

Our NICU nurses have many years of experience. Your NICU nurse will:

- Answer questions about your delivery, and newborn care
- Give information to help you make decisions
- Work with the NICU facility to make sure you and your baby get the care you need
- Help you make a plan for bringing your baby home and for any home care needs
- Put you in touch with local resources and services
- Review your benefits to make sure you are using all the services you can

Smart tools for health

- Members can go to **myuhc.com/CommunityPlan** to help manage their health. The site helps keep a health history. It educates on working with their doctor. They can also track future visits.
- Members can get smartphone applications, like **UnitedHealthcare® mobile app**. These help them track health goals and find a doctor.

Healthy Rewards program

Earn Debit Card Rewards for well care visits, immunizations or completing your health risk assessment with Member Services. Debit cards can be used at specific retailers for hundreds of CMS approved healthy related items. Reward amounts range from \$10 to \$25.

Adult dental

Any adult member age 21 or over can visit a participating dental provider. Benefit includes screenings, X-rays, cleanings and restorative fillings up to a maximum of \$500 per calendar year. Frail Elderly (FE) members can get one full set of dentures every five (5) years.

Extra transportation

Adult members ages 20 and over get up to 12 round trip rides annually that are up to 10 miles each way to job related activities, grocery store, food bank, church, bank, local community activities and more. Also rides to social activities for Physically Disabled (P D), Intellectually, Developmentally Disabled (I/DD), Brain Injury (BI) Waiver members. Members can get an additional 12 rides per year (24 total rides when combined with prior benefit) to and from support group meetings. Members in Wyandotte, Sedgwick and Johnson Counties can get \$25 in annual bus passes.

Education

Adult members over age 19 can get help with education. Classes such as GED, coding classes, resume writing workshops, ESL (English as a second language), and others.

Vision

Adult members (age 21+) get an additional \$60 per year to use toward enhanced frames.

Home helper catalog

FE, PD and I/DD enrolled on a waiver can chose \$50 per year on a home safety or home assistance product from our catalog through your care coordinator.

Internet

Members on the FE, PD and I/DD Waivers may be eligible to receive Internet services. Benefit will cover set-up and monthly cost for those who meet a specific health measure. Members will need to work with their Service Coordinator to access the benefit.

Pest control

For Waiver members who own their home. Work with your care coordinator to set up.

Respite care

I/DD Waiver enrolled Members getting home services can get 40 hours of respite care.

Meals

Members can get 14 meals (two meals/day for seven days) if they have been discharged from a hospital, skilled nursing facility, or rehab facility and have mobility needs, no family support to assist with food access, and/or be at risk for readmission due to nutritional issues (no age requirement).

On My Way (OMW) program for young adult members age 19–21

This online program helps you transition from Foster Care or from parents/guardian's home to independent living. OMW teaches skills for money, housing, job training and college.

Sesame Street

“Sesame Street Food for Thought Program” — A program to help families eat better. The program teaches families with children between ages 2 and 8 how to buy healthy food.

Dr. Health E. Hound® program

Dr. Health E. Hound loves to travel around Kansas and meet kids of all ages. He hands out flyers, posters, stickers and coloring books that remind kids to eat healthy foods and to exercise. He also helps kids understand that going to the doctor is one way to stay healthy. His goal is to teach your kids about fun ways to stay fit and healthy.

You and your family can meet Dr. Health E. Hound at some of our events. Come to an event and learn about healthy eating and exercise.

Mental health first aid program

Is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Question Persuade and Refer (QPR) training

Learn what to do in an emergency mental health moment. Be able to help someone showing signs of suicide.

Seeking Safety training events

A training that teaches coping skills to help adults, children and youth find safety from trauma and/or substance abuse.

Sanvello™ app

Self-care, coaching, therapy, and peer support for dealing with stress, anxiety, and depression are available to all members through the premium version of the Sanvello™ app.

Assurance Wireless

Free Android Smartphone with 350 free minutes per month, 3 GB of data per month and unlimited messaging for members 18 years and older, max one device per household. Members will be able to opt into engagement and outreach enabling health-related campaigns and text messaging with health professionals. Members will also be encouraged to use the device for telehealth with local providers.