





**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>  <b>1-888-348-2922</b> TTY: 711 <a href="http://www.aetnabetterhealth.com/wv">www.aetnabetterhealth.com/wv</a>	  <b>1-888-613-8385</b> TTY: 1-800-622-3925 <a href="http://www.healthplan.org">www.healthplan.org</a>	  <b>1-800-782-0095</b> TTY: 1-800-982-8771 <a href="http://www.unicare.com/medicaid">www.unicare.com/medicaid</a>	  <b>1-855-412-8001</b> TTY: 711 or 1-800-982-8771 <a href="http://www.wvfh.com">www.wvfh.com</a>
<p><b>24-hour health line:</b></p> <ul style="list-style-type: none"> <li>▪ Call Informed Health at 1-855-200-5975</li> </ul> <hr/> <p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>▪ One-on-one asthma education</li> <li>▪ One-on-one education with asthma educators</li> <li>▪ Scholarships to Camp Catch Your Breath (MHT ONLY)</li> <li>▪ Peak flow meter with enrollment in asthma program</li> </ul> <hr/> <p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>▪ Food journal to track A1C levels and eating habits</li> <li>▪ Texts for diabetes education</li> <li>▪ Certified diabetes management program</li> <li>▪ Scholarships to Camp Kno Koma</li> <li>▪ \$25 gift card for enrollment in diabetic education program and completion of A1C testing (available in certain counties)</li> </ul> <hr/> <p><b>Gifts for good health practices</b></p> <ul style="list-style-type: none"> <li>▪ Scholarships to health related camps</li> <li>▪ Health education events (well child, well woman, etc.)</li> <li>▪ \$25 gift card for targeted preventive care</li> <li>▪ \$25 gift card for behavioral health follow-up appointment within 7 days</li> </ul> <hr/> <p><b>Phone services</b></p> <ul style="list-style-type: none"> <li>▪ Free cell phone with free minutes for text and voice, unlimited calls to Member Services, and free wellness and appointment reminder texts</li> </ul>	<p><b>24-hour health line:</b></p> <ul style="list-style-type: none"> <li>▪ Call nurse at 1-800-624-6961</li> </ul> <hr/> <p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>▪ One-on-one education with asthma nurse educator</li> <li>▪ Scholarships to Camp Catch Your Breath (MHT ONLY)</li> <li>▪ Asthma pack with peak flow meter, spacer, and backpack</li> </ul> <hr/> <p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>▪ Diabetes education by case managers</li> <li>▪ One-on-one education by diabetes educators on glucometer and insulin pump use and general diabetes education</li> <li>▪ Journey for Control month long interactive diabetes class led by certified educator</li> <li>▪ Scholarships to Camp Kno Koma for children ages 7-15</li> <li>▪ Free glucometer</li> </ul> <hr/> <p><b>Gifts for good health practices</b></p> <ul style="list-style-type: none"> <li>▪ \$25 for yearly well visit for ages 3-6 and for ages 12-21</li> </ul> <hr/> <p><b>Phone services</b></p> <p>No extra services</p>	<p><b>24-hour health line:</b></p> <ul style="list-style-type: none"> <li>▪ Call nurse at 1-888-850-1108</li> </ul> <hr/> <p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>▪ One-on-one education with asthma nurse educator</li> <li>▪ Certified Disease Management program to help manage asthma and COPD</li> <li>▪ Scholarships to Camp Catch Your Breath (MHT ONLY)</li> <li>▪ Care kit with asthma action plan</li> <li>▪ Up to \$100 to help buy hypoallergenic bedding, pillow cases, and mattress covers</li> </ul> <hr/> <p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>▪ Certified diabetes management program</li> <li>▪ One-on-one education with a registered nurse</li> <li>▪ Scholarships to Camp Kno Koma for children ages 7-15</li> <li>▪ Diabetes Care Kit</li> <li>▪ Healthy Plate and other tools to measure healthy foods</li> <li>▪ Free subscription to Eating Well magazine</li> <li>▪ Free glucometers</li> <li>▪ \$50 for completing both yearly diabetic labs and nephropathy exam for ages 18-75</li> <li>▪ \$25 for annual diabetic eye exam for ages 18-75</li> </ul> <hr/> <p><b>Gifts for good health practices</b></p> <ul style="list-style-type: none"> <li>▪ \$50 for getting 6 of 8 well-child visits by 15 months of age</li> <li>▪ \$25 for yearly well visit for ages 3-6 and for ages 12-21</li> </ul> <hr/> <p><b>Phone services</b></p> <ul style="list-style-type: none"> <li>▪ Free cell phone with free monthly minutes, data and text messages. Unlimited calls to Member Services and free health reminder texts</li> </ul>	<p><b>24-hour health line:</b></p> <ul style="list-style-type: none"> <li>▪ Call nurse at 1-844-850-9834</li> <li>▪ Live online chat with nurse for members at <a href="http://www.wvfh.com">www.wvfh.com</a></li> </ul> <hr/> <p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>▪ One-on-one education with asthma care manager</li> <li>▪ Enrollment in asthma disease management program</li> <li>▪ Scholarships for week-long asthma camp</li> </ul> <hr/> <p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>▪ General diabetes education, including how to use glucometers and insulin pumps</li> <li>▪ Diabetes texts to learn about diabetes and help form healthy habits</li> <li>▪ Scholarships to Camp Kno Koma for children ages 7-15</li> <li>▪ \$50 reward each year for HbA1c blood test, nephropathy exam, and a diabetic eye exam for diabetics ages 18-75</li> </ul> <hr/> <p><b>Gifts for good health practices</b></p> <ul style="list-style-type: none"> <li>▪ \$25 for members ages 0-21 for yearly EPSDT exam with PCP, plus educational materials</li> <li>▪ \$25 for yearly well-visit for adults over age 21</li> </ul> <hr/> <p><b>Phone services</b></p> <p>Free cell phone with text, data and voice</p>

**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](http://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
- Pack'N Play for members with 6 prenatal visits
- Pack'N Play 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
- Health risk assessments
- Specialized care managers:
  - ▶ Neonatal Abstinence Syndrome (NAS)
  - ▶ NICU
  - ▶ High Risk OB
  - ▶ Behavioral health
- Regional face-to-face case management with high risk members
- One-on-one help to quit smoking with Certified Counselor
- Quit smoking program
- Congestive heart failure (CHF) wellness tools
- Nurse information line
- Bathroom scales and booklet for tracking upon enrollment in the congestive heart failure (CHF) program
- \$25 gift card for completing adult walking program – members receive pedometer and log for tracking steps
- Web-based health risk screenings with self-management tools
- Cub Club membership for children under 12

**Dental**

- Dental hygiene kit, including toothbrush, toothpaste and dental floss
- Diabetic dental program

**Other**

- Opportunity to join Member Advisory Committee
- Personal, face-to-face help applying for SSI for Medicaid members who may qualify



**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 post-partum visit between 3–8 weeks 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
- Digital bathroom scale for members with heart failure
- 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**

No extra services

**Other**

- Personal assistance with applying for SSI for Medicaid members who may qualify



**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
- Convertible car seat or portable crib for members with 6 prenatal visits
- Up to \$75 for prenatal and postpartum visits
- Preventive dental care during pregnancy and 6 weeks after baby's birth
- \$50 for notifying DHHR of pregnancy by 5th month

**Health and wellness**

- Care manager to help members manage medications, disease and improve overall health
- Certified behavioral health disease management programs
- Help line to quit smoking
- Quit smoking health tips mailed to member
- Weight Watchers program to lose weight using helpful habits, smarter eating, exercise and support for members:
  - ▶ 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
- \$35 gym vouchers for members ages 18 and older for enrollment fees or monthly dues at participating gyms
- \$25 for yearly Pap smear cervical cancer screening
- \$25 for yearly mammogram for women over age 40

**Dental**

- Electronic toothbrush for adults over age 21
- Dental hygiene kit for children ages 6-10 including toothpaste, toothbrush and dental floss

**Other**

- Free subscription to Parenting magazine



**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
- Voluntary enrollment in Mom Matters program for prenatal and postpartum telephone support and smoking cessation as needed
- 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**

- Access to nutritionist for counseling for members ages 21 and younger
- FirstChoice quit line to quit smoking and help, including counseling, outreach and member support
- Pillboxes to help members manage medications
- 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 chronic heart failure

**Dental**

- \$25 for dental exam for 2-3 year old children

**Other**

- Advocate to assist with member benefit or provider concerns and issues
- Enrollment and support from behavioral health care management team