







HEALTH PLAN BENEFITS AND CONTACT INFORMATION

BENEFITS			
Contact Information	Nebraska Total Care Phone: 1-844-385-2192 TTY/TDD: 1-844-307-0342 www.nebraskatotalcare.com	UnitedHealthcare Community Plan of Nebraska Phone: 1-800-641-1902 TTY/TDD: 711 www.uhcommunityplan.com/ne	WellCare of Nebraska Phone: 1-855-599-3811 TTY/TDD: 1-877-247-6272 www.wellcare.com/nebraska
All Covered 100%	Primary Care Visits, Immunizations, Family Planning, Pregnancy, Hospital Services, Home Health Care, and Emergent/Urgent Care		
Co-Pays	Children (18 and under), pregnant women and Native American members are exempt from co-pays		
Wellness	Covered 100% (annual exams, Weight Watchers, CentAccount, YMCA memberships)	Covered 100% (annual exams, well-child visits, preventative services; Rewards Program)	Covered 100% (annual exams, well-child visits, Weight Watchers, Healthy Rewards Program)
Prescriptions	Generic - covered 100%, Brand - \$3 copay	Covered 100%	Generic - covered 100%, Brand - \$3 copay
Over-The-Counter Drugs/Supplies	Covered 100% up to \$30 every three months	Covered 100% with your doctor's prescription	Covered 100% up to \$10 per month
Healthy Kids	Rewards Program for well-child visits Healthy Promotion: Monthly school programs Back-to-School Programs Keep It Moving: Child obesity program Sports Camp Physical: 1 per year per member, ages 5-18 years old	Rewards Program for well-child visits KidsHealth®: The website has information by topics, health quizzes, games and videos 4-H and Sesame Street: Program on asthma, food nutrition and healthy habits Dr. Health E. Hound®: Mascot delivers nutritional education and promotes fitness and healthy habits	Rewards Program for well-child visits JumpStart: Gets kids off the couch and moving Special kids-only events and programs: Kids get hands-on tools and activities like: <ul style="list-style-type: none"> • Invitations to local fitness events • Cool and fun rewards for healthy habits • Kids newsletters about fitness and nutrition
Care and Disease Management	Offers special programs for chronic diseases, sickle cell anemia, asthma, diabetes, heart disease, smoking cessation, pregnant mothers and babies, care coordination, intensive care management, ADHD, anxiety, depression, perinatal substance use, high risk pregnancy and special needs.	Offers special programs for pregnant moms, chronic diseases, asthma, diabetes, heart disease, ADHD, substance abuse, mental health issues. Offers rewards like a gift card for chronic care checkups or well care visits and mobile app tools. Video interpretation services available. Referral to community social service programs.	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. Tele-Monitoring Management System which measures and sends data to a WellCare nurse, provider or caregiver.
Behavioral Health and Substance Use	Covered 100% along with access to www.mystrength.com	Covered 100% along with access to www.liveandworkwell.com	Covered 100%; Online cognitive behavioral therapy through COBALT Therapeutics Program
Therapy	Covered 100% not to exceed 60 combined visits (physical, occupational and speech therapy)		



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Vision Services	Covered 100%, including eye exams and glasses	Covered 100%, including eye exams and glasses	Eye exams - \$2 copay, Glasses - \$2 copay
Hearing Services	Covered 100%, hearing aids and batteries		
Chiropractic Services	Covered 100%, limited to manual manipulation of the spine and x-rays	Covered 100%, limited to manual manipulation of the spine and one set of x-rays per year	Covered 100%, limited to manual manipulation of the spine and x-rays
Member with Special Health Care Needs	Identify Primary and Specialty providers; Integrated care management; Wellness training	Provide Special Needs Planning Guide; Six door and window alarms to address wandering	Support for medical and non-medical needs; Assistance line with referrals for social services
Value Added Services	<p>CentAccount: special card used like cash for completing health assessments, doctor visits, immunizations and more.</p> <p>24hr Crisis and 24hr Nurse Advice Lines</p> <p>Mobile app to view resources</p> <p>Breast Pumps</p> <p>Baby Showers and Diaper Days: education on prenatal and postpartum care for mothers and newborn and pediatric care for babies; rewards available</p> <p>ConnectionsPlus: free cell phone for members without reliable access to a telephone.</p> <p>Hope Bear: incentive program for participation in post-hospital appointments</p>	<p>myMoneyConnect™: Reloadable prepaid debit MasterCard® with wellness rewards.</p> <p>myCommunityConnect™: Location to get health and social services programs</p> <p>Baby Blocks™: Reminders and reward gift cards to keep mom-to-be and the baby healthy</p> <p>Purchase of Breast Pumps</p> <p>Healthy First Steps®: Ensures that mom and baby get good medical attention</p> <p>Baby Showers: Education on prenatal and postpartum care; rewards available</p> <p>24 Hour Crisis and Nurseline™</p> <p>Health4Me Mobile App: To review resources</p> <p>myWorkConnect™: Employment referrals</p>	<p>Supplemental Transportation: Covers the cost for family or friends to take you to your appointments</p> <p>My Well Care Mobile App: To view resources</p> <p>Discount Card: Allows enrollees to purchase needed items (e.g. milk, bread, detergent, and over-the counter pharmacy items) at a discount</p> <p>Hypoallergenic Bedding: Allows qualified members with asthma to receive bedding</p> <p>Doula Services for Pregnant Youth: Prenatal support, well-baby checks and immunizations</p> <p>Community Baby Showers: Education on prenatal and postpartum care; gift opportunities</p>