It’s time to choose a Health Plan for you and your family.

How can you choose a Health Plan?

Look at the chart below to compare the extra services each Health Plan offers. Here are some things to think about when you decide which Health Plan to choose:

- Which Health Plans do your current doctors take?
- Does one of the Health Plans have extra services you want or need?

Compare extra benefits. You can choose one plan for each family member or the same plan for more than one family member. This is a summary of extra benefits, for the most current and complete listing visit www.healthy.la or call 1-855-229-6848 Monday – Friday 8AM – 5PM.

This chart summarizes extra benefits available to members who get physical health benefits through Healthy Louisiana.

<table>
<thead>
<tr>
<th>Website</th>
<th>AETNA BETTER HEALTH® OF LOUISIANA</th>
<th>Amerigroup RealSolutions</th>
<th>AmeriHealth Caritas Louisiana</th>
<th>UnitedHealthcare Community Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Services</td>
<td>1-866-242-0802</td>
<td>TTY 711</td>
<td>1-800-600-4444</td>
<td>TTY 711</td>
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<tr>
<td>Available 24 hours a day, 7 days a week</td>
<td>1-866-242-0802</td>
<td>TTY 711</td>
<td></td>
<td>1-866-396-8133</td>
</tr>
<tr>
<td>Member Services can help you find a doctor, learn about benefits, access services, file a complaint about a provider or appeal a denied service.</td>
<td>All Health Plans allow unlimited visits to in-network doctors, as needed.</td>
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<tr>
<td>Care Management Programs</td>
<td>All of the Health Plans have special programs to help members with chronic illness such as asthma, congestive heart failure, diabetes, Hepatitis C, HIV/AIDS, obesity and sickle cell anemia. If they do not have a program in place that fits your needs, they will work with you to create one. They also have programs for pregnant women with a high risk of problems during pregnancy and delivery.</td>
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<tr>
<td>Circumstances</td>
<td>All Health Plans cover newborn male circumcision. Check with the Individual Plan to find out more about their rules for getting this service.</td>
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<tr>
<td>Help to stop Smoking</td>
<td>All Health Plans cover coaching and medications (with a prescription) to help members stop smoking.*</td>
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**Adult Vision (21+)**
- Eye exam (No-co-pay): $100 toward glasses or contacts (once a year)
- Eye exam (No-co-pay): Glasses covered In Full (once a year)
- Eye exam (No-co-pay): $100 toward glasses or contacts (once a year)
- Eye exam (No-co-pay): Glasses covered In Full (once a year)
- Eye exam (No-co-pay): $100 toward glasses or contacts (once a year)

**Adult Dental (21+)**
- Dental exams and cleanings (twince a year)
- Filling and extractions
- X-rays (once a year) $600 total benefit per year*
- Dental exams and cleanings (twice a year)
- Filling and extractions
- X-rays (once a year) $600 total benefit per year*
- Dental exams, clearings, fillings, extractions and x-rays with in-network providers, up to $500 per year.*
- Dental exams, clearings, fillings, extractions and x-rays with in-network providers, up to $500 per year.*
- Two visits each year for exams, cleanings, x-rays, fillings, extractions, crowns and more at federally Qualified Health Centers.*

**Adult Pain Management**
Members who have gone to the Emergency Room 5+ times for pain are reviewed for a case management program.

**Access to Health Information Online**
- www.teladoc.com - Video chat with a U.S. board certified doctor. Many conditions can be treated with teleadoc: sinus problems, bronchitis, allergies, cold and flu symptoms, respiratory infection, ear infection, and more.
- www.my teladoc com
- Video chat with a doctor through LiveHealth Online. It's an easy way to see the doctor when you can't make it to the doctor's office.
- Great for getting help with cold, flu, fever, colds, nosebleeds, infections and allergies.

**Community Programs**
- Myriads and Get Scouts membership for one year for eligible members.* (Ted E. Bear, M.D. Club)
- Boys & Girls Club membership for eligible members.*
- Boys & Girls Club membership for eligible members.*

*Please contact the Health Plans for eligibility requirements and details for this benefit.

Questions? Call 1-855-229-6848
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Revision: February 2016
### Asthma Benefits
- Home assessment for members diagnosed with asthma.
- Inhaler sensor to help control asthma for members diagnosed with asthma.*
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<table>
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<tr>
<th>Benefit Description</th>
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</thead>
<tbody>
<tr>
<td>Medical services for children's health</td>
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### Other Benefits
- Acupuncture for members 19+ up to $100 reimbursement
- Hospice Services for Caregivers – Up to 15 months* per member
- *Within a 12-month period

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<tr>
<td>Acupuncture for members 19+ up to $100 reimbursement</td>
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### Rewards
- All of the Health Plans offer rewards for healthy behaviors, unless otherwise noted. Rewards are available once a year per member, in the form of a reward debit card or gift card

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<td>$20 for well visits from birth to 15 months*</td>
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<tr>
<td>$20 for a completed Health Assessment, one per household</td>
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</table>

### Pregnancy Reward Program
- **Promise Program**
  - **$10 for prenatal visit in the first trimester, or within 6 weeks of joining the plan**
  - **$25 for prenatal visit in the first 6 weeks of pregnancy**
  - **$50 for attending most recommended prenatal visits**
  - **$10 for each prenatal visit, up to $110 per pregnancy**

### Postpartum Exam
- **$50 for a postpartum visit**

### Adult Weight Management
- **$5 for a flu shot**

### Pediatric Weight Management Program
- **$10 for a postpartum visit (3 - 8 weeks after delivery)**

### Pharmacy Copays
- **No copays**

### Over the Counter (OTC) Medications
- **Free with a doctor’s prescription.**
- **$50 monthly benefit per household for OTC vitamins and health products.**

### Extra Medication Supply for School
- **$50 monthly benefit per household for OTC vitamins and health products.**

### Adult Vaccinations
- **$10 for a flu shot**

### Teaching and Social Media Programs
- **$50 for a flu shot**

### Mobile Apps
- **Aetna Better Health**
- **Amerigroup Mobile**
- **AmeriHealth Caritas Mobile App**
- **Start Smart Louisiana**
- **LA Health Connect**
- **Health4Me**

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