STAR+PLUS Medicare-Medicaid Plans for Dual Eligible Members

Compare “Value-Added” or extra services offered by plans in Hidalgo County.

The plan you pick will provide basic health services and medications you've been getting through Medicare, plus long term services and supports through Medicaid.

Every plan will offer the same basic health services you've been getting through Medicare. These include:

- Doctor and clinic visits
- 24-hour emergency care
- Hospital care
- Surgery
- Ambulance service
- Lab and X-ray services
- Major organ transplants
- Family planning services
- Hearing tests and aids
- Home health services
- Chiropractors (neck and back doctors)
- Podiatrists (foot doctors)

In addition to the Medicare services, the plan you pick will include Medicaid long term services and supports such as:

- Adult day care
- Adult foster care
- Nursing
- Emergency response services
- Short-term help for caregivers
- Medical supplies
- Assisted living / home care
- Personal assistance (help with dressing, eating, and bathing)
- Adaptive aids (things like walkers and canes)
- Home modifications (things like wheelchair ramps and grab bars)
- Speech therapy (helping you learn to speak again or speak better)
- Occupational therapy (helping you learn to do everyday activities)
- Physical therapy (helping you learn to move around better or become stronger)
- Nursing home services, if you live in a nursing home

Extra Services:

**STAR+PLUS Medicare-Medicaid plans in your area also offer value-added services.** These are extra services and cannot be used in place of your Medicare or Medicaid services.

Use this chart to compare the extra services each plan offers its members. If you have questions about a plan’s extra services, call the number under that plan’s name.

A “blank” under a plan’s name means that the plan does not offer the service listed.

<table>
<thead>
<tr>
<th>Extra Services for Members in a Nursing Facility</th>
<th>Cigna-HealthSpring CarePlan MMP</th>
<th>Molina Dual Options</th>
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<tbody>
<tr>
<td>Extra Help Getting a Ride (when state services are not available)</td>
<td>Help getting a ride to a doctor and other medical appointments.</td>
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To ask about services or doctors:

- Cigna-HealthSpring CarePlan MMP: 877-653-0327
- Molina Dual Options: 855-895-9992
- Superior HealthPlan STAR+PLUS MMP: 866-896-1844

TTY line for people with a hearing or speech disability:

- Cigna-HealthSpring CarePlan MMP: 7-1-1
- Molina Dual Options: 800-735-2989 or 7-1-1 English 800-662-4954 Spanish
- Superior HealthPlan STAR+PLUS MMP: 800-735-2989 or 7-1-1

Plan website:

- Cigna-HealthSpring CarePlan MMP: http://www.cigna.com/sites/careplantx/
- Molina Dual Options: www.molinahealthcare.com
- Superior HealthPlan STAR+PLUS MMP: http://mmp.superiorhealthplan.com/
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<td>Extra Dental Services for Adults (21 and older) and Pregnant Women</td>
<td>Up to $2,000 each year for check-ups, x-rays, cleanings, fillings and simple tooth extractions for members 21 and older.</td>
<td>Additional dental services Up to $250 per year for dental checkups, x-rays and cleaning for members 21 and older.</td>
<td>• One routine eye exam every year. • One pair of contact lenses and eyeglasses (lenses and frames) every year with a maximum allowance of $200.</td>
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<tr>
<td>Extra Vision Services</td>
<td>An eye exam, a pair of glasses and an additional allowance of up to $100 for enhanced frame selection every 12 months for members age 21 and older.</td>
<td>• One routine eye exam a year. • $200 every two years for eyewear including eye glasses (frames and lenses) or contact lenses</td>
<td></td>
</tr>
<tr>
<td>Drug Store Services</td>
<td>$30 each quarter for over-the-counter medicines or healthcare-related items that do not require a prescription. Quarterly sum may carry over month to month but must be used by Aug. 31, 2019.</td>
<td>• $20 gift card each year for members who are diabetic after completing a diabetic eye exam. • $20 gift card each year for members who are diabetic after completing an A1c blood test. • $20 gift card each year for female members, age 21 to 64, who complete a cervical cancer screening. • $20 gift card each year for female members, age 50 to 74 and at average risk for breast cancer when they have a recommended mammogram. • $20 gift card for members age 50-75 who have a colorectal screening. • $25 gift card for members that complete their Annual Comprehensive Exam or In-Home Assessment during benefit year.</td>
<td>• A $20 gift card for getting your yearly check up. • A $20 gift card for getting your yearly flu vaccine. • A $20 gift card for getting your yearly breast cancer screening. • A $20 gift card for getting your annual colorectal cancer screening. • A $20 gift card for getting a HbA1c diabetes screening. • A $20 gift card for getting a kidney diabetes screening. • A $20 gift card for getting a diabetes eye exam.</td>
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<td>Health and Wellness Services</td>
<td>One lumbar pillow each year.</td>
<td>• Free personal blanket within 30 days of confirmed enrollment. • Free membership in national stop-smoking program for members 18 and older. • Free accessory tote bag within 30 days of confirmed enrollment. • Free skid proof socks within 30 days of confirmed enrollment.</td>
<td></td>
</tr>
<tr>
<td>Healthy Play and Exercise Programs</td>
<td>Choice of two Fitness Coach Home Fitness Kits.</td>
<td></td>
<td>Within thirty days of confirmed initial admission into a nursing home, members will receive a welcome kit including a one-time free tote bag, personal blanket, skid proof socks and labels for their personal items.</td>
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<td>Gift Programs</td>
<td>• Members can ask for one pair of non-slip warm socks in a 12-month period. • Members can ask for one bedside caddy in a 12-month period. • Members can ask for one deck of large print playing cards.</td>
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<td>Extra Services for Members in a Nursing Facility</td>
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<td>Extra Foot Doctor (Podiatry) Services</td>
<td></td>
<td>Twelve additional routine foot doctor visits each year.</td>
<td>Unlimited routine foot care.</td>
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<td>Extra Help Getting a Ride (when state services are not available)</td>
<td>Help getting a ride to a doctor and other medical appointments.</td>
<td>Additional Preventive and comprehensive care services up to a $1000 annual limit for non STAR+PLUS waiver members.</td>
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<td>Extra Dental Services for Adults (age 21 and older) and Pregnant Women</td>
<td>Up to $2,000 each year for check-ups, x-rays, cleanings, fillings and simple tooth extractions for members 21 and older.</td>
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**Extra Vision Services**

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| An eye exam, a pair of glasses and an additional allowance of up to $100 for enhanced frame selection every 12 months for members age 21 and older. |  | • One routine eye exam a year.  
• $200 every two years for eyewear including eye glasses (frames and lenses) or contact lenses |  |

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<td>$30 each quarter for over-the-counter medicines or healthcare-related items that do not require a prescription. Quarterly sum may carry over month to month but must be used by Aug. 31, 2019.</td>
<td>$120 every three months for coverage of approved over-the-counter medicines and health care-related items.</td>
<td></td>
<td>Up to $35 allowance per member, each month through mail order for commonly-used over-the-counter items.</td>
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**Extra Help with Part D Cost Sharing**

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<td>$0 co-payment for Tier-One Generic Prescriptions and Tier-Two Brand Prescriptions.</td>
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**Gift Cards**

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<td>Home Visits</td>
<td>Up to 8 hours of respite care one time each year for non-STAR+PLUS Waiver (SPW) Members.</td>
<td>Up to an extra 8 hours of respite services for members who aren't in the STAR PLUS waiver.</td>
<td>Up to an extra eight hours of in-home respite services for STAR+PLUS MMP non-waiver members 21 and older.</td>
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**Health and Wellness Services**

- One box of vinyl gloves each month for members who aren't in the STAR+PLUS waiver.
- One lumbar pillow each year.

- Free membership in national stop-smoking program for Members 18 and older.
- Weight Watchers program meeting vouchers for Members 21 and older with a BMI of 30 or over.
- Up to 28 home-delivered meals for two weeks, with maximum of 56 meals for four weeks, each year after getting out of hospital or nursing facility or when a doctor asks as part of a supervised program to ease the effects of a chronic illness.

**Healthy Play and Exercise Programs**

Choice of two Fitness Coach Home Fitness Kits or facility membership.

**Gift Programs**

- Members can ask for one personal assistance kit in a 12-month period.
- Members can ask for one pair of non-slip warm socks in a 12-month period.
- Members can ask for one bedside caddy in a 12-month period.
- Members get one 7-day pillbox every 12 months.

Twelve additional routine foot doctor visits each year.

Unlimited routine foot care.

**Emergency Response Services (ERS)**

Emergency Response System access in Member’s home for rapid response to medical emergencies for non-HCBS STAR+PLUS (SPW) Waiver Members.

Emergency response services for non-STAR+PLUS Waiver Members age 21 and older.

Round-the-clock emergency response services for STAR+PLUS MMP members for up to six months after discharge from a hospital or nursing home.

**Meals**

Ten home-delivered meals each year after getting out of hospital or nursing home for STAR+PLUS MMP non-waiver members age 21 and older. Referral required.