



MMP



What are flexible benefits, rewards, and incentives

Thank you for choosing UnitedHealthcare. As a member of UnitedHealthcare Community Plan, you can also receive flexible benefits, rewards, and incentives. These unique services are offered, in addition to your Medicare/Medicaid covered services, to benefit your health and everyday life. Your experience and feedback as a member is the inspiration behind these additional services.

We hear you

We get great ideas from members like you in our communities. That’s why we’re inviting you to join our Member Advisory Council. The Council helps us understand how we’re doing, and what we could do better. To join, please call **1-800-256-6533** and ask to be transferred to a Member Advocate in your area.

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Help for members with asthma or COPD

Roach repellent wall plug-ins: Members can request a six-pack of roach repellent wall plug-ins.

Terms: One pack per year. Members must be under active case management and have a diagnosis of asthma or COPD. Excludes members living in a Nursing facility.

Hypoallergenic bedding: Members can request one hypoallergenic mattress cover and one pillowcase.

Terms: Members must be under case management for asthma or COPD. One mattress cover and pillowcase per year. Excludes members living in a nursing facility.

Did you know... this idea came from members just like you. We get great ideas from members like you in our communities. That's why we're inviting you to join our Member Advisory Council. To register please call **1-800-256-6533** and ask to be transferred to a Member Advocate in your area.



Helpful hints

To learn more about Asthma triggers you can scan the QR code using the camera app on your smart phone to watch a short video

Behavioral health



Online mental health resources: Live and Work Well is an online tool that you can use to get support, answers and expert care. Find articles, self-care tools, caring providers, and other mental health and substance use disorder resources.

For more information, scan the QR code or visit **liveandworkwell.com**. Excludes members living in a nursing facility.

Community living assistance

Find Help: Access to online resources to connect with free or low-cost community resources. For example, food banks, shelters, education, housing and employment services.

Terms: Members will be able to access Find Help through health plan staff, Member Advocates or by contact Members Services at **1-800-256-6533**.

Home delivered meals: Members who have recently been discharged from an inpatient hospital stay will have access to 12 prepared home-delivered meals.

Terms: Excludes Waiver, Assisted Living Residences and nursing facility members. Members must have recent discharge within 30 days from hospital or skilled nursing facility back to their community homes. Members qualify for this meal delivery once per year. If you have questions about this service, contact **1-800-256-6533** to speak with a Service Coordinator or Member Advocate. Excludes members who are on a waiver or those living in a nursing facility.

Diabetes and other disease management

Diabetic Insoles: Members who have diabetes can request two pair of full-length foot insoles.

Terms: One pack per year. Excludes bed-bound members and those living in a Nursing facility.

Pill organizer with a health tracker booklet: Members can request one pill organizer and health tracker booklet to independently manage their medications and track their health.

Terms: One per member per year. Excludes members living in a nursing facility.

Helpful hints

Bring all of your non-refrigerated medications, including over the counter medications and/or supplements, to all of your doctor's appointment. If you are taking medications that require refrigeration please write them down in your health tracker booklet to bring with you to your appointment. Review all medications with your doctor and discuss any concerns you may have. We encourage you to ask your doctor for an active list of medications to ensure that you are taking your current medications correctly.

Oximeter with health tracker booklet: Eligible members who do not qualify for the oximeter as a Medicaid benefit and are under active case management can request one finger pulse oximeter, two reusable cloth face masks and a health tracker booklet. This will allow for members who are at high risk of developing complications from COVID-19 to monitor their oxygen levels.

Terms: Must have a diagnosis of Asthma, COPD, heart failure, sickle cell disease, or are immunocompromised and be under active case management. Members who have gotten all CDC recommended COVID-19 vaccines doses are not eligible. One per member per year. Excludes members living in a nursing facility.

Gift programs

Adult activity books: Members may request adult activity books: word search, crossword puzzle, Sudoku, coloring book, and prepaid-postage postcards. Member will also receive a pack of colored pencils.

Terms: One pack of books per year. Excludes members in a skilled nursing facility. Excludes members living in the community.

Nursing facility Welcome Kit: Members entering a nursing facility can request a welcome kit which includes:

- Gripper socks
- Water bottle/coffee cup
- Nightlight
- Shower cap
- Lighted magnifier
- Reusable bag

Terms: One kit at per member at time of admission. Excludes members in a skilled nursing facility.

Waterproof clothing labels: Members can request one pack of pre-printed member name waterproof clothing labels to keep clothing and personal items from getting lost.

Terms: One pack per member per year. Excludes members living in the community.

Healthy living and exercise

Exercise kit: Members who want to become more active or lose weight can request an exercise kit which includes one pedometer, one pack of resistance bands and one water bottle.

Terms: One exercise kit per year.

Herb garden kit with recipes: Members who are interested in improving their health through healthier home cooking can request an herb garden kit.

Terms: One kit per year. Excludes members living in a nursing facility.

Bonsai kit: Members can request a bonsai kit, as allowed by their facility, for stress relief and cognitive engagement.

Terms: One kit per year. Excludes members who live in the community.

Did you know... the YMCA and Baker Ripley offer financial assistance for memberships. For more information, contact your local center. Many community centers have free or reduce cost exercise classes or camps. For more information contact your local community center.



Did you know... Texas Health and Human Services has multiple resources on healthy living. For more information, scan the QR code or visit hhs.texas.gov/services/health/wellness/texercise/healthy-eating.

Vision, dental and Transportation

Extra vision services: Members may receive up to \$105 every two years to cover: An upgraded selection of frames and lenses or contact lenses in place of glasses. This includes damaged/lost frames and lenses. Must be from an in-network provider. This value-added service cannot be used for a second or spare pair. For more information on your extra vision services please contact Member Services at **1-800-256-6533**.

Terms: Members age 21 and over.

Adult dental services: Members age 21 and over may receive a \$1,000 annual benefit to cover: routine exam and cleaning once per calendar year, full mouth X-ray, scaling, dentures, denture repair and root planing, if medically necessary. Members may also receive access to discounts for non-covered services. For more information on your dental services, contact Member Services at **1-800-256-6533**.

Terms: Excludes wavier members.

Help getting a ride: As a part of your UnitedHealthcare transportation benefits, you may also be eligible for additional transportation assistance to healthcare appointments not currently covered by Medicaid. For example, transportation to dental appointments for waiver members. Members must call ModivCare at **1-866-427-6607** at least 2 days before the appointment to schedule transportation.

Terms: Limited to twelve (12) one-way trips per year.

Tips for when you call to schedule a ride

- UnitedHealthcare member ID
- Provider's name
- Provider's address
- Provider's phone number
- Appointment time