

Quarterly Value-Added Benefits (VABs)

For members who qualify

Aetna

Asthma

- Asthma kit for members in case management and diagnosed with asthma. Kit includes peak flow meter, allergy-free pillow and pillow cover, and allergy-free mattress cover to reduce in-home asthma triggers (1 kit per year).

Career and life skills

- HiSET job skills training platform to find new career paths, earn credentials and certifications, and highlight skills to local employers. Must not have high school diploma, GED, or be in other education program. Members ages 16–18 must be withdrawn from Louisiana's K-12 system and have an approved age waiver.

Housing

- Up to 2 in-home housing condition assessments per year and up to \$1,000 per year per household toward remediating identified risks for members age 18 and older who are tenants and qualify. Includes access to legal services for housing disputes, eviction, disputes with residential landlord, security deposit help, small claims, and consultation and document preparation (1 per year).

Nutrition

- Medically tailored home-delivered food plus skills to make healthy food choices for members with chronic conditions or discharged from post-acute care. Includes cooked and delivered medically appropriate meals such as vegetarian, renal, or kosher. Includes 2 meals per day for 14 days, for a total of 28 meals once per year.

Pain management

- \$500 per year for alternatives to opioids for members age 16 and older diagnosed with chronic pain. Includes acupuncture, yoga, dry needling, and massage therapy.
- Up to 3 chiropractic visits per year for members age 21 and older.

Respite care for homeless members

- Room and board plus health and social care services for 14 to 30 days for members ages 18 and older who are homeless or were homeless before hospitalization and are being discharged from a local acute medical hospital and have post-acute medical needs.

Other

- \$10 gift card for members ages 6–12 who go to medical appointments and fill or refill their ADHD medication. Limit 2 per year (every 6 months).
- \$10 gift cards every 6 months for members age 18 and older who fill or refill their antipsychotic medication. Limit 2 per year (every 6 months).
- 24/7 Pyx Health platform to help members age 18 and older who are experiencing loneliness and social isolation get self-management support on a smart phone, computer, or tablet.
- Calming “comfort collection” supplies once per year for members in case management who have had trauma or are diagnosed with anxiety. Includes sound machine, aroma and light therapy products, and weighted pillows.

AmeriHealth Caritas Louisiana**Asthma**

- Environmental home assessment and case management plus a cleaning kit, bedding, and/or air purifier.

Career and Life Skills

- Covers the cost of the High School Equivalency Test (HiSET) for members age 16 and older who qualify when they enroll. Covers one retake, if needed. Must not have a high school diploma or GED.
- Connect members who qualify with free community-based adult literacy / limited English proficiency (LEP) programs to improve their reading and writing skills.

Housing

- Home assessments and financial help to remediate identified risks.
- Connect members to Louisiana Legal Aid Offices for help with pending evictions, landlord issues, and title problems.

Nutrition

- Make Every Calorie Count program with 2 phone sessions per year with a registered dietitian, plus a gym membership or at-home fitness kit.
- Home-delivered meals after discharge and for members with chronic care issues related to food insecurity.
- Non-perishable foods delivered to members experiencing homelessness.

Pain management

- Massage therapy, dry needling, TENS device, and gym membership or fitness kit for members age 21 and older diagnosed with chronic pain.

Pregnancy

- Pack and Play with sheet for completing prenatal visits.
- Home-delivered meals to support healthy pregnancy.
- Baby shower, education, and essential supplies for pregnant members up to 2 years postpartum.
- Remote patient monitoring.

Respite care for homeless members

- Up to 90 days of respite care with health care and social services for members experiencing homelessness.

Other

- Heart Healthy monitoring program with blood pressure cuffs and digital scales for members who qualify.

Healthy Blue**Asthma**

- Healthy Home program to address home-based, environmental asthma triggers for members in case management and diagnosed with asthma.
- Up to \$200 for asthma mitigation supplies and referral into Home Remediation program.

Housing

- Healthy Home program with home remediation assessment; case management; basic home repairs and pest control for members who qualify; tools such as CO2 detector, utility and rental help, legal aid, smoking cessation; and help with finding new housing, if necessary.

Pain management

- \$150 worth of non-pharmacologic aids such as heating pads, cervical traction devices, and massagers.
- \$75 per year for gym membership or in-home fitness supplies.
- Transportation to and from pain management appointments and services, and help with scheduling appointments.

- Access to acupuncture, chiropractic care, massage therapy, pain-reducing injections, hypnotherapy, osteopathic treatment, physiological therapy with biofeedback, and a meditation app.
- Links to community resources such as food and meal delivery, wellness essentials.

Pregnancy

- Referrals to the Nurse Family Partnership or Healthy Start program.
- In-home prenatal and postpartum visits with counseling on preventative health services, prenatal and postpartum services, nutrition, health-harming factors, and physical and mental child development.
- Home-delivered meals for postpartum members with gestational diabetes.
- Portable crib or infant car seat for going to 7 or more prenatal visits.
- Transportation to and from supported services such as Lamaze, doula, birthing appointments, and more.
- Breastfeeding support kit.

Respite care for homeless members

- Short-term respite care for members age 18 and older who qualify, are experiencing homelessness or housing insecurity, or are leaving an acute care setting after hospitalization and need a safe place to recover. Limits apply.
- May include finding short- and long-term housing to fit medical needs; making medical appointments; accessing community resources and Housing Assistance Flexible Support Funds for rental or security deposits, home utilities, basic home modifications, or other household furnishing needs; and access to other supports such as help with transportation.

Humana

Asthma

- Up to \$200 for carpet cleaning, bedding, and/or air purifier for members of all ages who qualify.

Housing

- Up to \$500 per lifetime financial help to identify and remediate health-harming risks, utilities, bills, and rent/mortgage hardship for members age 21 and older who qualify.

Nutrition

- 1 box of 14 shelf-stable disaster preparedness meals after a hurricane or tornado, twice per year, all ages.
- 14 refrigerated home-delivered meals after discharge from inpatient or residential facility. Limited to 4 discharges per year, all ages.

Respite care for homeless members

- Up to 89 days of respite care with health care and social services and financial help to stabilize housing for male members experiencing homelessness age 18 and older who qualify.

Weight management

- Coaching program for members age 12 and older with 6 coaching calls and \$50 for completing the program.

Other

- \$25 for follow up with provider after behavioral health hospitalization, all ages.
- \$25 for follow up with provider after inpatient hospital discharge, residential treatment, or detoxification visit, all ages.

Louisiana Healthcare Connections**Asthma**

- Home remediation services, hypoallergenic bedding, and in-home asthma management education.

Housing

- Home assessments and financial help toward remediation of identified risks such as pests, mold, utility issues, and drainage and sewage treatment.
- Access to legal advice if needed in health-related dispute, such as landlord not repairing health-harming damage.

Nutrition

- Home-delivered meals after hospital discharge for chronic heart failure, diabetes, or high-risk medical condition after delivery. Up to 2 meals per day for 7 days, up to 28 meals per year.

Pain management

- Expanded physical therapy services, including dry needling and therapeutic massage for members with chronic pain.

Pregnancy

- Healthy meal delivery for mothers in high-risk medical condition after delivery. Members may qualify for 2 meals per day for 7 days, up to 28 meals per year.
- Home visits for pregnant and postpartum members and their newborns.

Respite care for homeless members

- Up to 90 days of respite care with health care and social services and financial help for housing stabilization for members experiencing homelessness.

Other

- Added non-health care services for members in case management diagnosed with chronic pain, high-risk pregnancy, or chronic illness such as asthma, congestive heart failure, diabetes, hepatitis C, HIV, and sickle cell anemia.
- Extra 1GB of data per month for members in case management who have SafeLink phone services.
- Members in case management who do not qualify for SafeLink may qualify for ConnectionsPlus® program with mobile phones and data plans.

United Healthcare

No extra benefits this quarter