

Additional Benefits and Services

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How to Access	Benefit Title	Benefit Description
Member accesses through in network provider.	Enhanced Podiatry	Unlimited routine foot care that includes cutting or removal of corns and calluses, trimming, cutting, clipping, or debriding of nails as well as hygienic and preventive maintenance care that includes cleaning the feet, soaking the feet, and use of skin creams to maintain skin tone of feet of walking members.
CHW Solutions makes outbound call to eligible member. Care Coordinators can also make a referral for eligible member.	*Condition-Based Health Education	Access personalized health education coaching administered by partner CHW Solutions. You are eligible to receive a combination of six total face-to-face and telephonic visits over six months from a highly trained community health worker (CHW). Visits are tailored to you and focused on condition specific health education, self-management skill development, and social determinants of health (SDOH) that are important to you and include: Hypertension, Diabetes, Pre-diabetes, Asthma/COPD, Heart conditions, Mental health, Alzheimer's and related dementias
Member accesses through participating locations.	1. *Physical Fitness 2. Enhanced Transportation	1. The One Pass fitness program is a fitness benefit that includes access to 20,000+ fitness locations nationwide, exercise equipment and other gym amenities including group exercise classes led by certified instructors. <ul style="list-style-type: none"> • Online resources include 20,000+ on-demand and live-streaming fitness classes and events • A Home Fitness Kit is available to members residing 15 miles outside of a participating fitness location, or members physically unable to visit a fitness location. • Unlimited access to BrainHQ memory fitness application • Access to virtual and in-person clubs and social events Members get their One Pass code and find locations and classes at Medica.com/Fitness . Members with additional questions should call 1 (877) 504-6830 (TTY: 711) 2. Access to unlimited public transportation where available to One Pass gym locations. Where public transportation is not available you may get up to one (1) round trip per day with a volunteer driver or taxi to One Pass gym locations.

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Member accesses through app.	*Memory Fitness	You have unlimited access to digital app and web-based brain memory fitness tools. Train your brain with scientifically validated cognitive tests and training programs developed by partner CogniFit®. First test your cognitive abilities and then train personalized skills important to remain mentally sharp. Visit www.medica.com/brain to sign up and login to your personal account anytime.
Member accesses through Care Coordinator referral.	*Personal Emergency Response System (PERS)	The stylish and ready-to-use Reemo™ smartwatch includes a step tracker, heart rate monitor, messaging and self-reporting on health measures, and 24/7 telephonic support PERS. You can register with your email to access an online information dashboard and share that access with family or caregivers as you desire.
Member accesses through Care Coordinator referral	*Activity Tracker	Personalized Reemo™ smartwatch that tracks steps and heart rate. Members can access a web-based portal to view and download their health data and trends as well as share viewing rights with authorized caregivers.
Reemo™ makes outbound engagement calls to eligible members	*Telemonitoring SSBCI	Members that have chronic conditions that meet certain criteria may be eligible for a supplemental benefit for the chronically ill. Member may receive a blood pressure cuff and weight scale that wirelessly connect with the Reemo™ smartwatch to securely track their vital data over time. Reemo™ will teach members how to use this equipment and setup preferred times to check blood pressure and weight.

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<p>Member accesses through outreach from Lutheran Social Service. Care Coordinator can also make referral for member who meet eligibility criteria.</p>	<p>*Re-admission prevention</p>	<p>If you experience a qualifying hospital stay you are eligible for up to four post-discharge visits from a Community Companion trained by partner Lutheran Social Service of Minnesota. Visits are both face-to-face and telephonic with services that include:</p> <ul style="list-style-type: none"> • Medication review and reconciliation • Home safety evaluation to prevent falls • Short-term home-delivered meals (available if you are not on the Elderly Waiver) • A post-hospitalization member care kit that includes: <ul style="list-style-type: none"> ○ Reacher ○ Long-handled scrub brush ○ Long-handled shoehorn ○ Four-row one-week pill minder container ○ Educational materials on self-care tips and the use of these items <p>Referral to additional community resources</p>
<p>Member accesses through in network provider.</p>	<p>Additional Dental services</p>	<p>You are eligible to receive additional dental services:</p> <ul style="list-style-type: none"> • Two porcelain-fused-to-metal crowns on any two teeth per year • One additional dental exam each year in addition to the one covered by Medical Assistance • One full mouth x-ray once every five years • One molar root canal per tooth per lifetime • One molar root canal retreatment per tooth per lifetime; only covered if completed at least 24 months after the original root canal
<p>Member accesses through in network provider.</p>	<p>Eyewear Upgrade</p>	<p>You are eligible to get anti-glare lens coating on one pair of covered glasses or two covered lenses once per 24 months through our eyewear partner Eye-Kraft®.</p>

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<p>Member access through outreach from Second Harvest Heartland to eligible member.</p>	<p>*Food and Produce SSBCI</p>	<p>The FOODRx program administered by partner Second Harvest Heartland provides a food box delivered to your home each month for up to six months that includes:</p> <ul style="list-style-type: none"> • Medically-tailored, culturally-relevant staple foods to use in meal creation for approximately 25 meals • A monthly call from a Second Harvest Heartland engagement coordinator to educate about the food box and to obtain feedback • Referrals to additional community resources based on your feedback
<p>Member accesses through mailed communication from Medica when they meet eligibility criteria.</p>	<p>*Food and Produce SSBCI</p>	<p>The Healthy Savings® Healthy Food program provides you with a monthly allowance of \$150 to be used on any combination of healthy foods such as fresh fruits, vegetables, nutritional drinks, coffee, breakfast foods, pasta, and more. Simply scan your Healthy Savings card to receive your savings at participating retail grocers. There is no carry-over month to month. You can find more information, including a list of participating retail grocers at www.Medica.com/HealthySavings or contact Member Services for additional benefit details (phone numbers are printed on the back cover of this booklet). You will receive a letter if you are eligible for this benefit.</p> <p>For members who qualify for this benefit they can also receive Access to unlimited public transportation where available to Healthy Foods grocery locations. Where public transportation is not available members may get up to one (1) round trip per day with a volunteer driver or taxi to Healthy Foods grocery locations. Rides can be arranged through Provide-A-Ride program.</p>
<p>Member accesses through mailed communication from Medica when they meet eligibility criteria.</p>	<p>*Utility Assistance Allowance SSBCI</p>	<p>Members that have chronic conditions that meet certain criteria may be eligible for a supplemental benefit for the chronically ill. Members receive a monthly allowance of \$100 to help them pay utility bills. They have two easy options: go to any Walmart store and use their Bill Pay service or pay online at HealthyBenefitsPlus.com member portal or on the Healthy Benefits+™ mobile app.</p>

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<p>Member accesses through outreach from Papa Pals to eligible member.</p>	<p>*Social Needs Benefit SSBCI</p>	<p>Get paired with a trained caregiver “Papa Pal” who can increase your community connections and monitor your well-being and quality of life. You receive up to 72 hours of virtual visits within the calendar year. Your Papa Pal will help you with unskilled services such as companionship to reduce social isolation, technology training, and reminders about your benefits and health care.</p>
<p>Member can request enrollment, and eligible members will receive confirmation of ability to enroll on website.</p>	<p>*Foundation Learning Online Courses SSBCI</p>	<p>Members with certain chronic conditions may be eligible for a supplemental benefit for the chronically ill. Life skills courses include subjects like practical math and safe online browsing. Members may request course enrollment via a secure website. Once enrolled, members can access their secure account anytime from a computer or device.</p>
<p>Member can access dental OTC by calling customer service.</p> <p>Member can access CVS OTC via web or telephone.</p>	<p>Dental Over the counter items</p> <p>*CVS Over the Counter Items</p>	<p>1. Members can get an electric toothbrush kit (once every three years) that contains:</p> <ul style="list-style-type: none"> • An Oral-B® Vitality™ Sensitive Clean™ Electric Rechargeable Toothbrush • Two Oral-B® Sensitive Gum Care Brush Head Refills <p>2. For those members who received an electric toothbrush kit within the past three years you can get a flosser kit that contains:</p> <ul style="list-style-type: none"> • An Oral-B® brand water flosser • Two Oral-B® Sensitive Gum Care Brush Head Refills <p>3. Members receive a quarterly allowance of \$300 (January, April, July, October) to obtain over the counter items available through our partner CVS’ mail order service online or by phone delivered to your home. There is no carry-over quarter to quarter.</p>

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How to Access	Benefit Title	Benefit Description
Member can access dental OTC by calling customer service.	Dental Over the counter items	<p>Members can get an electric toothbrush kit (once every three years) that contains:</p> <ul style="list-style-type: none"> • An Oral-B® Vitality™ Sensitive Clean™ Electric Rechargeable Toothbrush • Two Oral-B® Sensitive Gum Care Brush Head Refills
Member accesses through participating locations.	<ol style="list-style-type: none"> 1. *Physical Fitness, Memory Fitness 2. Enhanced Transportation 	<ol style="list-style-type: none"> 1. The One Pass fitness program is a fitness benefit that includes access to 20,000+ fitness locations nationwide, exercise equipment and other gym amenities including group exercise classes led by certified instructors. <ul style="list-style-type: none"> • Online resources include on-demand and live-streaming fitness classes as well as individual exercises. • BrainHQ provides unlimited access to an online platform with activities that support brain speed, memory and cognitive resilience. • Access to virtual and in-person clubs and social events • A Home Fitness Kit is available to members residing 15 miles outside of a participating fitness location, or members physically unable to visit a fitness location. <p>Members get their One Pass code and find locations and classes at medica.com/fitness. Members with additional questions should call 1-877-504-6830 [(TTY:711)], Monday through Friday, 8:00am-9:00pm CT.</p> 2. Access to unlimited public transportation where available to One Pass fitness program locations. Where public transportation is not available you may get up to three (3) round trips per week with a volunteer driver or taxi to One Pass fitness program locations.
Member accesses through in network provider.	Eyewear Upgrade	You are eligible to get anti-glare lens coating on one pair of covered glasses or two covered lenses once per 24 months through our eyewear partner Eye-Kraft®.

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<p>Reemo™ will make outbound calls and/or member accesses through Care Coordinator referral</p>	<p>Activity Tracker</p>	<p>Personalized Reemo™ smartwatch that tracks steps and heart rate. Members can access a web-based portal to view and download their health data and trends as well as share viewing rights with authorized caregivers.</p>
<p>Member accesses through in network provider.</p>	<p>Dental services</p>	<p>You are eligible to receive additional dental services:</p> <ul style="list-style-type: none"> • One porcelain-fused-to-metal crown on any tooth per year • One additional dental exam each year in addition to the one covered by Medical Assistance • One full mouth x-ray once every five years • One molar root canal per tooth per lifetime • One molar root canal retreatment per tooth per lifetime; only covered if completed at least 24 months after the original root canal
<p>Member accesses through outreach from Second Harvest Heartland to eligible member.</p>	<p>*Food and Produce SSBCI</p>	<p>The FOODRx program administered by partner Second Harvest Heartland provides a food box delivered to your home each month for up to six months that includes:</p> <ul style="list-style-type: none"> • Medically-tailored, culturally-relevant staple foods to use in meal creation for approximately 25 meals • A monthly telephonic call from a Second Harvest Heartland engagement coordinator to educate about the food box and to obtain feedback • Referrals to additional community resources based on your feedback

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Benefits with an asterisk (*) have a corresponding benefit guideline which should be referenced for additional details regarding member eligibility, process for accessing benefit, and Care Coordinator responsibilities when applicable.

Benefits noted with *SSBCI* (Special Supplemental Benefit for the Chronically Ill) are for members who have been identified through a monthly query of Medica claims data with one or more of the following chronic conditions: Diabetes, Congestive Heart Failure, Hypertension, Ischemic Heart Disease

Medical Assistance Additional Services

Program/Product	Title	The following non-benefit descriptions are applicable to pre- and post-enrollment marketing materials. Medica is allowed to describe these additional services in Section 15 (Additional Information) of the MN DHS Medical Assistance model Member Handbooks.
SNBC ISNBC	Healthy Pregnancy Program	<p>The family of apps from Ovia Health™ include: Ovia Fertility, Ovia Pregnancy and Ovia Parenting and are available for women aged 18-46. App tools include:</p> <ul style="list-style-type: none"> • Health and menstrual cycle tracker • Pregnancy calendar and daily baby updates • Child’s development checklist • Daily health and wellness content • Data and symptom feedback • One-on-one coaching <p>A large library of educational articles</p>
All products	Healthy Foods Discount Program	<p>The Healthy Savings® program provides you with instant savings of up to \$50 each week on healthy foods. Register online to receive weekly emails or download the app to see the offers available. It works in addition to other coupons. Simply buy the promoted products and scan the barcode from the card or app at check out in participating stores.</p>
All products	eVisits	<p>In addition to in-person doctor’s office visits, you have access to online care through virtuwel® at www.virtuwel.com. Available 24 hours a day, 7 days a week, without an appointment.</p> <p>eVisits – An online exchange of non-urgent medical information between a health care provider and an established patient, where the provider gives the patient medical advice. An eVisit is conducted over a secure encrypted website, and is an alternative to an office visit.</p>
All products	Sanvello App for stress, anxiety, and depression	<p>Sanvello is a self-help app that empowers individuals to engage with activities to improve their mental health from the convenience of their mobile device anytime, anywhere. Individuals can relieve symptoms a build life skills that can reduce potential high-cost interventions through:</p> <ul style="list-style-type: none"> • Daily mood tracking • Coping tools • Guided Journeys • Personalized progress • Community support

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All Products	Oral Health Education	<p>Members will receive a telephone call from a trained Delta Dental staff who will help members use their dental benefits. This help includes assistance to:</p> <ul style="list-style-type: none"> • Find a nearby dentist office, • Schedule a routine dental appointment, • Arrange transportation to a dental appointment and back to your home, • Arrange an interpreter during a dental visit. <p>This Delta Dental staff will provide members with tips and answer questions about daily oral care of your teeth or dentures. Contact Delta Dental Customer Service 651-406-5919 or 800-459-8574</p>
All Products	Tobacco Cessation	<p>Medica partners with Active Health® to offer additional services to help members quit tobacco. They include:</p> <ul style="list-style-type: none"> • Confidential telephonic coaching sessions • Written self-help materials • Digital support/coaching via app • Home delivered nicotine replacement therapy not covered under Part D for 8-10 weeks per year (as medically appropriate) <p>Coaching plans run about ten (10) weeks. Members may make unlimited attempts to quit tobacco. Coaching plans are customized and structured based on member's individual needs. www.medica.com/Wellness/Medicaid-tobacco-cessation 866-905-7430 (TTY: 711)</p>
All Products	Nurseline/Advocacy	<p>Nurse line, Advocacy and Transportation Support. 24/7 telephonic support service through Health Advocate that provides a dedicated nonclinical personal health advocate to triage a member to a registered nurse for clinical support, assist a member obtain health care services, and resolve health insurance issues. Self-directed through toll free number; Medicaid NurseLine and Provide-a-Ride Assistance: 1-866-715-0915</p>