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# CARE COORDINATED PRODUCTS

2021 Additional Benefits and Services

# 2021 MEDICA DUAL SOLUTION®

H2458 | HMO D-SNP

Minnesota Senior Health Options (MSHO)

### Anti-glare lens coating

Anti-glare lens coating on one pair of new covered glasses or two covered lenses up to once per 24 months through our eyewear vendor Eye-Kraft®.

### CogniFit®

Unlimited access to app or web-based brain memory fitness tools and games. CogniFit® developed brain training software measures cognitive abilities and trains the skills that are important to remain sharp.

## Condition-based health education

A combination of face-to-face and/or telephonic visits; six visits over six months with highly trained community health workers. Visits are tailored to condition-specific health education, self-management skill development, and social determinants of health (SDOH).

Conditions may include:

- Hypertension
- Diabetes
- Pre-diabetes
- Asthma/COPD
- Heart conditions
- Mental health
- Alzheimer's/related dementias

## Dental education

One call per plan year from friendly Delta Dental® of Minnesota staff to provide education on dental benefits and oral health and to offer an [electric toothbrush](#). They also offer help:

- Finding a dentist
- Scheduling a dental appointment
- Arranging rides to dental visits
- Setting up an interpreter for dental visits

## Dental services

- Two porcelain fused to metal crowns per year
- An additional dental exam each year in addition to the one covered by MA
- A 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
- Root scaling and planing; one service every 24 months that includes a service for 1-3 teeth as well as for a full quadrant, as required; this is in addition to the once-per-lifetime service covered by Medical Assistance
- Periodontal maintenance covered up to 4 times per year; includes removing any new plaque and calculus, and polishing the teeth; only covered following previous root scaling and planing

## FOODRx

This program developed by Second Harvest Heartland lasts for six months and provides:

- Medically-tailored, culturally-relevant staple foods
- Education about food to improve health
- Community referrals to food resources
- Coaching sessions

Eligible members are identified through Medica analytical tools that look at a combination of chronic conditions and other information.

## Healthy Savings®

Instant savings 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.

## Hospital readmission prevention

Four visits with a highly trained community companion from Lutheran Social Services of Minnesota after a qualifying hospital stay. Services are delivered via face-to-face and telephonic visits. Services include:

- Medication reconciliation
- Home safety evaluation
- Referrals to community resources
- Short-term home-delivered meals are available for members not on a waiver
- Also available with the service is a post-hospitalization member care kit that includes:
  - A reacher, a long-handled scrub brush, long-handled shoehorn, one-week four-row pill minder, and educational materials on the use of items and self-care tips

## Personal Health Advocate<sup>SM</sup>

24/7 telephonic support service through Health Advocate<sup>SM</sup> 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.

## Reemo<sup>TM</sup> smartwatch

The non-stigmatizing ready-to-use Reemo<sup>TM</sup> smartwatch includes a step tracker, heart rate monitor, messaging and self-reporting on health measures, and 24/7 telephonic support (PERS). Members who register with an email also have access to an online information dashboard; access can be shared with family or care-givers if desired.

## Routine foot care

Unlimited benefit includes cutting or removal of corns and calluses, trimming, cutting, clipping, or debriding of nails, hygienic and preventive maintenance care including cleaning the feet, soaking the feet, use of skin creams to maintain skin tone of feet of ambulatory members.

## SilverSneakers®

SilverSneakers® physical fitness benefit gives access to:

- On-demand fitness videos online or through the SilverSneakers app
- SilverSneakers fitness center locations
- SilverSneakers FLEX community locations
- An at home fitness kit

## SilverSneakers® transportation

- Access to unlimited public transportation where available to SilverSneakers® locations.
- Where public transportation is not available up to three round trips per week with a volunteer driver or taxi to SilverSneakers locations.

## Smoking cessation

In addition to the Medicare-covered face to face counseling sessions, Medica partners with Active Health® to offer additional services to quit tobacco. They include:

- Confidential phone 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)

# 2021 MEDICA CHOICE CARE<sup>SM</sup> MSC+

Minnesota Senior Care Plus (MSC+)

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- Confidential telephonic coaching sessions
- Written self-help materials
- Digital support/coaching via app
- Home delivered nicotine replacement therapy for 8-10 weeks per year (as medically appropriate)
- Coaching plans run approximately ten (10) weeks. Members may make unlimited attempts to quit tobacco. Coaching plans are customized and structured based on individual needs.

# 2021 MEDICA ACCESSABILITY SOLUTION<sup>®</sup> ENHANCED

H9952 | HMO D-SNP

Special Needs BasicCare Special Needs Plan (SNBC SNP)

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## Healthy pregnancy resources

The family of apps from Ovia Health™; Ovia Fertility, Ovia Pregnancy and Ovia Parenting are available for women 18-46. App tools include:

- 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
- A large library of educational articles

Eligible members also receive home-delivered prenatal vitamins and supplements

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