Choose an MMP that:

- Serves your city or county
- Has the doctors, extra benefits, or special health care services you want

Ask yourself these questions:

- Do my doctors and other healthcare providers belong to one of these plans?
- Does the hospital I use work with one of these plans?
- Does one of the MMPs have any extra benefits that I want?
- Can one of the MMPs help with any special health care needs I may have?

Call to enroll

Call the Commonwealth Coordinated Care Helpline at 1-855-889-5243 (TDD 1-800-817-6008). You can call Monday through Friday 8:30 a.m. to 6 p.m. The call is toll free and we have interpreter services.

Anthem HealthKeepers
Offered by HealthKeepers, Inc.

Anthem HealthKeepers Medicare-Medicaid Plan (MMP), a Commonwealth Coordinated Care plan, serves these cities and counties in the Tidewater Region:

Chesapeake, Gloucester, Hampton, Isle of Wight, James City County, Mathews, Newport News, Norfolk, Northampton, Poquoson, Portsmouth, Suffolk, Virginia Beach, Williamsburg, York

For a list of doctors in the Anthem HealthKeepers MMP network, call Member Services at

1-855-817-5787
(TTY: 1-800-855-2880)
Monday through Friday from 8 a.m. to 8 p.m. local time.

mss.anthem.com/ccc

Anthem HealthKeepers MMP members may use these hospitals

- **Mary Immaculate**
- **Bon Secours DePaul Medical Center**
- **Chesapeake General**
- **Maryview**
- **Riverside Hospitals**
  - Riverside Regional Medical Center
  - Walter Reed Hospital
  - Tappahannock Hospital
  - Shore Memorial Hospital
  - Doctor's Hospital of Williamsburg
- **Sentara Hospitals**
  - Bayside
  - Careplex
  - Leigh
  - Norfolk General
  - Obici
  - Princess Anne
  - Virginia Beach General
  - Williamsburg Community

This list of hospitals does not represent a complete list of hospitals available to Anthem HealthKeepers MMP members. Call Member Services at 1-855-817-5787 (TTY: 1-800-855-2880) or visit mss.anthem.com/ccc if you have any questions.

Anthem HealthKeepers MMP includes these extra programs and services at no cost to you:

- Dental benefits, including exams, cleanings and X-rays
- Extra vision benefits, plus up to $100/year for 1 set of eyeglasses (lenses and frames)
- Podiatry benefits to keep your feet healthy
- Hearing exams and hearing aids - up to $1,000 for 1 hearing aid per year, plus batteries in common sizes of 10, 13, 312 or 675
- Help finding support from assistance programs with our *Golden Touch* program
- Enhanced smoking cessation program to help you quit
- Hypoallergenic bedding for members with asthma and other allergen-sensitive conditions
- Meal delivery for members returning from the hospital or nursing home
- Extra SafeLink® mobile phone Lifeline benefits with free minutes to call us, unlimited text messages to or from anyone, and 200 bonus lifetime minutes
- Helpful programs to help you manage asthma, diabetes, high blood pressure, depression, COPD, and other conditions

SafeLink Wireless® is a Lifeline-supported service. Lifeline is a government benefit program. Only those who qualify may enroll in lifeline. It can't be transferred. It is limited to one per household. You may need to show proof of income or that you take part in the program to enroll.

Humana.

Humana Gold Plus Integrated, a Commonwealth Coordinated Care plan, serves these cities and counties in the Tidewater Region:

Chesapeake, Gloucester, Hampton, Isle of Wight, James City County, Mathews, Newport News, Norfolk, Northampton, Poquoson, Portsmouth, Suffolk, Virginia Beach, Williamsburg, York

For a list of doctors in the Commonwealth Coordinated Care program by Humana Gold Plus Integrated MMP call:

1-855-784-3602 (TTY: 711)

www.humana.com

Commonwealth Coordinated Care by Humana Gold Plus Integrated MMP members can use these hospitals:

- **Sentara Hospitals, including**
  - Bayside
  - Careplex Hampton
  - Leigh
  - Norfolk General
  - Obici
  - Princess Anne
  - Virginia Beach General
  - Williamsburg
- **Bon Secours Hospitals, including**
  - DePaul Medical Center
  - Mary Immaculate
  - Maryview
- **Chesapeake Regional Medical Center**

The network also includes 2,300+ providers including primary care physicians, specialists, therapists, nursing facilities, and more.

The Humana Network also includes Community Service Boards. Some examples include:

- Colonial Behavioral Health
- Middle Peninsula-Northern Neck CSB
- Western Tidewater Community Services

Humana's provider network is growing every day. For a comprehensive listing of Humana's provider network, call 855-784-3602 (TTY: 711) or visit www.humana.com

Humana Gold Plus Integrated, a Commonwealth Coordinated Care Plan has extra programs and services that include:

- Up to $35 allowance for certain over-the-counter items each month
- Annual dental evaluation and cleaning
- Annual hearing screening and fitting/evaluation for hearing aids; and one hearing aid every three years
- Coverage for contact lenses, eyeglasses, lenses and frames
- Pre-cooked frozen meal delivery after an overnight stay in a hospital or nursing facility, when approved
- Smoking cessation services and resources to help quit
- Basic fitness center membership (Silver Sneakers) customized for older adults
- Up to $600 lifetime benefit to cover assisted devices, when approved for waiver enrollees
- Additional Respite Care 24 hours in-home, when approved for EDCD waiver enrollees
- Discounts on complementary and alternative medicine (CAM) services including chiropractic, acupuncture, and massage through Healthways Wholehealth Networks
- Discounts on some prescription medicines that may not be covered under your Humana Gold Plus Integrated Plan

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VA Premier
Health Plan, Inc.

Virginia Premier CompleteCare, a Commonwealth Coordinated Care plan, serves these cities and counties in the Tidewater Region:

Chesapeake, Gloucester, Hampton, Isle of Wight, Mathews, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach

For a list of doctors in Virginia Premier CompleteCare's network, call:

Toll-free: 1-855-338-6467
TTY: 1-800-828-1120
TDD: 1-800-828-1140

For more information about Virginia Premier, call:
Toll-free: 1-855-338-6467

www.vapremier.com/completecare

Virginia Premier CompleteCare members can use these hosptials:

- **Southampton Memorial**
- **Bon Secours**
  - DePaul
  - Mary Immaculate
  - Maryview
- **Southern Virginia Regional Medical Center**
  - Greensville Memorial
- **VCU Health System**
  - MCV
- **Chesapeake General**

This is not a complete list. Virginia Premier CompleteCare's network also includes Community Service Boards and Adult Services. Additional doctors and community resources are available. Please contact our plan at 1-855-338-6467 or visit www.vapremier.com/completecare for more information

Virginia Premier CompleteCare's extra programs and services:

- Extra podiatry benefits for qualified members
- Home visits and/or telephone calls to review benefits and evaluate your health
- Resources and services for women's health
- Health education programs for exercise and nutrition
- Quit smoking services and resources
- Social worker to assist with social issues (such as housing and utilities cut off notices)
- Disease Management Programs: Asthma, Diabetes, COPD, Heart Disease, End Stage Renal Disease, Behavioral Health, Cancer
- Resources to help you remain in the community and take care of yourself when you need extra assistance
- Virginia Premier's roundtrip transportation services to plan-approved locations

Standard benefits include:

- All your Medicaid benefits
- All your Medicare benefits, like regular checkups and exams
- One member ID card and health plan to support all your health needs
- Over-the-counter medications (when prescribed by doctors)
- Interpreter services by phone or onsite for your medical appointments
- Prescription drugs
- Long-term services and supports, such as nursing facility care
- No copayments (except for prescription drugs) for:
  - Doctor visits - both sick visits and well checkups
  - Hospital services
  - Emergency and urgent care
  - Laboratory services
  - Women's health services
  - X-ray/imaging
  - Mental health services
  - Rides to routine doctor visits and medical appointments
  - Physical, occupational and speech therapies
- Free translation services
- A team approach (Interdisciplinary Care Team) to addressing your medical needs, which includes you, your family or designee and your PCP
- Annual Physical

Long Term Services and Support

All MMPs provide:

- Skilled Nurse Facility
- Adult Day Health Care
- Personal Care - Agency and Consumer Directed
- Personal Emergency Response System (PERS) - With or without Medication Monitoring
- Respite Care -Agency and Consumer Directed
- Transition Services

Behavioral Health Services

- Acute Inpatient Hospitalization
- Therapeutic Day Treatment Services
- Mental Health Skills Building Services
- Day Treatment/Partial Hospitalization
- Intensive Community Treatment
- Psychosocial Rehabilitation
- Crisis Stabilization
- Crisis Intervention
- Mental Health Case Management
- Substance Abuse Day Treatment
- Substance Abuse Intensive Outpatient
- Opioid Treatment
- Substance Abuse Crisis Intervention
- Substance Abuse Case Management

A monthly premium is paid by the Virginia Department of Medical Assistance Services to your MMP for your coverage. If you are found to be ineligible for prior months of coverage due to your failure to report truthful information or changes in your circumstances to your worker, you may have to repay these monthly premiums, even if you received no medical services during those months.

Equal Opportunity Statement

Department of Medical Assistance Services are available without regard to race, color, creed, sex, sexual orientation, age, disabilities, national origin, ancestry or language barriers.

The information in this chart is correct to the best of our knowledge. Information may change without notice. For updated information, call 1-855-889-5243 or visit our website at www.virginiaccc.com.

Español ? ? हिन्दी
Tiếng Việt اللغة العربية
فارسی 1-855-889-5243 한국말

MMP Comparison Chart

Abra este panfleto y encontrará esta información en español, en la parte de adentro.

An MMP is a Medicare-Medicaid plan (health plan)

For these cities and counties:

Chesapeake, Gloucester, Hampton, Isle of Wight, James City County, Mathews, Newport News, Norfolk, Northampton, Poquoson, Portsmouth, Suffolk, Virginia Beach, Williamsburg, York

For more information visit www.virginiaccc.com

1 Read the letter

Look at the letter that came with this chart.

2 Read the chart

Read the chart on the next page. Compare the MMPs in your city or county and choose the best one for you and your family.

3 Call to enroll

Call the Commonwealth Coordinated Care HelpLine at 1-855-889-5243 (TDD 1-800-817-6608). You can call Monday to Friday, 8:30 a.m. to 6 p.m. The call is free and we have interpreter and translator services.

We are here to help you. We can:

- Help you enroll in a health plan
- Tell you which plans your PCP is in
- Answer questions about benefits
- Help you with any problems

Questions? Call the Commonwealth Coordinated Care HelpLine at 1-855-889-5243 (TDD 1-800-817-6608) or visit our website at www.virginiaccc.com

Virginia Department of Medical Assistance Services