

1**Read the letter**

Look at the letter that came with this chart. You will see that we have selected an MCO for you. You can keep that MCO, or you can read the chart on the next page to learn more about other MCOs in your area.

If you choose the MCO in the letter, you do not have to call or go to Steps 2 and 3. You do not have to do anything else.

If you do not want the MCO in the letter, go to Steps 2 and 3.

If you want to keep the MCO that we selected for you, you do not have to do anything else.

2**Read the chart**

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

If you want to choose a different MCO, read the chart on the next page.

3**Call to enroll**

Call the Managed Care HelpLine at 1-800-643-2273 (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.

Call us only if you want to choose a different MCO.

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

MCO Comparison Chart

An MCO is a ManagedCare Organization (health plan)

For these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For more information visit www.virginiamanagedcare.com



Virginia Department of
Medical Assistance Services

ROA 1113

Standard Benefits Include:

- No co-payments
- Language translation services
- Checkups for children
- Visits to the doctor when you are sick
- Hospital services
- Emergency care
- Laboratory services
- Prescription drugs
- Family planning services
- X-ray/imaging
- Mental health services
- Routine eye exams and glasses for children
- Routine eye exams for adults
- Home health services
- Rides to medical appointments
- Maternity and high risk pregnancy care
- Newborn care
- Immunizations (shots) for children
- Physical, occupational, and speech therapies

Health Care for Children

All MCOs provide:

- Immunizations (shots)
- Check-ups to age 21
- Vision screenings
- Health education
- Services for special health care needs
- Lead screenings
- Hearing screenings

**Special Health Care Needs**

Please call the Managed Care HelpLine if you or family members have special health needs or get care for:

- Pregnancy
- Heart condition
- High blood pressure
- Asthma or other breathing problems
- Kidney disease or dialysis
- HIV/AIDS
- Mental health
- Diabetes
- Cancer
- Home health services
- Special medical equipment
- Other special health needs

All MCOs can give you lists of PCPs (doctors) who speak languages other than English.

You may not be eligible to enroll in an MCO if you have other primary insurance, are in a nursing home, or participating in a home and community-based care waiver. If you have one of these or other circumstances that you feel make you ineligible to enroll in an MCO, please contact the Managed Care HelpLine.

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 1-800-643-2273 or visit our website at www.virginiamanagedcare.com.

A monthly premium is paid by the Virginia Department of Medical Assistance Services to your MCO 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.



Questions? Call the Managed Care HelpLine at 1-800-643-2273 (TDD 1-800-817-6608) or visit our website at www.virginiamanagedcare.com

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1-800-643-2273

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Anthem HealthKeepers Plus

Offered by HealthKeepers, Inc.

Anthem serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in Anthem call
1-800-901-0020

For more information about Anthem call

1-800-901-0020 or 1-757-326-5090
www.anthem.com/vamedicaid

Anthem members can use these hospitals:

- Bath County Community Hospital
- Bedford Memorial Hospital
- Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River, Roanoke Community, Roanoke Memorial, Stonewall Jackson)
- Halifax Regional Hospital
- HCA Hospitals (Alleghany Regional, Lewis-Gale, Montgomery Regional, Pulaski Community)
- LifePoint Hospitals (Clinch Valley Medical Center, Martinsville Memorial Hospital, Wythe County Hospital)
- Lynchburg General Hospital
- Martha Jefferson Hospital
- Pulaski Memorial
- Smyth County Community Hospital
- Twin County Regional Hospital
- UVA Medical Center
- UVA Health System

Anthem HealthKeepers Plus members get these extra programs and services:

- Outreach specialists who will visit you to provide education and support
- Bonus vision benefits for children and adults
- Free over-the-counter medications (when prescribed by doctors)
- Free rides to routine doctor visits (for Medicaid/FAMIS Plus enrollees only)
- Free interpreter services by phone or on-site for your medical appointments
- ConditionCare programs to help you manage problems like asthma, diabetes, chronic obstructive pulmonary disease, heart failure or coronary artery disease
- Our 24/7 NurseLine with toll-free access to registered nurses who can answer your health questions any time day or night
- Free New Baby, New Life program to help you have a healthy pregnancy
- More than 25 discounts and special offers, including:
 - Health services at retail health clinics like MinuteClinic at participating CVS
 - A free 30 day trial with the Jenny Craig program plus 25% off the Premium Program
 - Discounts plus free shipping with 1-800 CONTACTS and Glasses.com
 - And many more!



CoventryCares of Virginia (formerly CareNet) serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in CoventryCares call
1-800-279-1878

For more information about CoventryCares call

1-800-279-1878
www.coventrycaresva.com

CoventryCares (formerly CareNet) members can use these hospitals:

- Bath County Community Hospital
- Bedford Memorial Hospital
- Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River, Stonewall Jackson)
- Danville Regional Medical Center
- HCA Hospitals (Alleghany Regional, Lewis-Gale, Montgomery Regional, Pulaski Community)
- Lynchburg General Hospital
- Martha Jefferson Hospital
- UVA Medical Center
- UVA-HealthSouth Rehabilitation Hospital
- Virginia Baptist Hospital

CoventryCares (formerly CareNet) extra programs and services:

- Asthma management program
- Diabetes management program
- Coronary artery disease management program
- High risk OB case management
- Baby Matters prenatal program for all pregnant members and maternity incentive
- Doc Bear Club Membership (ages 0-12)
- Home visits to review benefits
- Translation service for medical appointments
- Discounts on eyewear: frames, lenses, and contacts for adults
- Social worker to assist with member needs
- National pharmacy network (Costco, CVS, Rite Aid, Walgreens, Walmart)
- Lactation classes and breast pumps
- Services at MedExpress Urgent Care Center



INTotal Health serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Rappahannock, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in INTotal Health call
1-855-323-5588

For more information about INTotal Health call

1-855-323-5588
www.intotalhealth.org

INTotal Health members can use these hospitals:

- Bluefield Regional Medical Center
- Buchanan General Hospital
- Carilion Hospitals (Franklin Memorial, Giles Community, New River Valley, Roanoke Community, Roanoke Memorial, Stonewall Jackson, Tazewell Community)
- Danville Regional Medical Center
- LifePoint Hospitals (Clinch Valley Medical Center, DLP Twin County Regional Hospital, Memorial Hospital - Martinsville & Henry County, Wythe County Community Hospital)
- Mountain States Health Alliance Hospitals (Dickenson Community Hospital, Franklin Woods Community Hospital, Indian Path Medical Center, Johnson City Medical Center, Johnson County Community Hospital, Johnston Memorial Hospital, Laughlin Memorial Hospital, Norton Community Hospital, Russell County Medical Center, Smyth County Community Hospital, Sycamore Shoals Hospital, Unicoi County Memorial Hospital)
- Princeton Community Hospital
- Wellmont Health System Hospitals (Bristol Regional Medical Center, Lee Regional Medical Center, Lonesome Pine Hospital, Hancock County, Hawkins County Memorial, Holston Valley Medical Center, Mountain View Regional Medical Center)

INTotal Health extra programs and services:

- No-cost Boys & Girls Club membership
- No-cost Sports Physicals for members ages 10 to 18
- Asthma management program
- Diabetes management program
- Starring: Baby and Me® program for all pregnant members
- 100 free minutes and free healthy text messaging for qualifying Safelink subscribers
- Healthy Families – childhood obesity management and prevention program
- Dedicated Member outreach specialists
- Home services available to review benefits and coordinate care
- 24 hours Nurse Helpline
- Case Management to help you manage your health
- Interpreter Services
- Free health education classes
- Transportation – provided by Logisticare
- Health Promotion programs that include: Smoking Cessation, Women's wellness, Healthy Lifestyle Choices and Nutrition

For a complete list of facilities available to INTotal Health throughout Virginia, please visit our website at www.intotalhealth.org. Or call 1-855-323-5588. For emergency care, members may go to any hospital.



MajestaCare serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in MajestaCare call
1-866-996-9140 (TTY VA Relay 7-1-1)

For more information about MajestaCare call

1-866-996-9140
www.MajestaCare.com

MajestaCare members can use these hospitals:

- Alleghany - Montgomery Regional
- Bath Community Hospital
- Bedford Memorial Hospital
- Carilion Clinic Hospitals (Childrens, Saint Albans, Franklin Memorial, Giles Community, New River Valley Medical Center, Roanoke Community, Roanoke Memorial, Stonewall Jackson)
- Danville Regional
- LewisGale Hospitals (Alleghany, Medical Center - Salem, Montgomery, Pulaski)
- Memorial Hospital of Martinsville
- Moorehead Memorial Hospital
- Pioneer Community Hospital of Patrick County
- Pulaski Memorial
- Smyth County Community Hospital
- University of Virginia Health System
- Wythe County Community Hospital

MajestaCare extra programs and services:

- Moms to Bee Rewards Program
- Baby Bee Well Rewards Program
- Vision benefits and Discounts – \$100.00 towards contacts or frames and 100% for lenses ("plain" uni, bi or trifocal) – every 24 months for adults
- Bee Aware of Your Health Programs: Asthma, COPD, Heart Disease, Diabetes and Depression
- Certified Diabetes Education Programs / Free Diabetic classes
- Nurses to personally better manage your health care needs
- 24 hours/7 days a week Nurse line available to answer all your health care needs
- Smoking Cessation assistance
- Dedicated Member outreach specialists to assist and educate you
- Transportation, language and translation services at no cost to you
- Bee apart of our Free Member Outreach Events
- Bee Heard – Member Advisory Committee



Optima Family Care

A Service of Sentara

Family Care serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in Optima Family Care call
1-800-881-2166

For more information about Family Care call

1-800-881-2166 or 1-757-552-8975
www.optimahealth.com/familycare

Family Care members can use these hospitals:

- Bath County Community Hospital
- Bedford Memorial Hospital
- Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River Valley Medical Center, Stonewall Jackson)
- HCA Hospitals (Lewis Gale Medical Center, Lewis Gale at Alleghany, Lewis Gale at Pulaski, Lewis Gale at Montgomery)
- LifePoint Hospitals (Memorial Hospital of Martinsville & Henry County, Wythe County Community Hospital)

The list of hospitals does not represent a complete list of facilities available to Family Care members. Call one of our Member Service representatives at 1-800-881-2166 if you have any questions.

Family Care extra programs and services:

- Asthma management program
- Diabetes management program
- Disease prevention programs
- Sentara's Partners in Pregnancy prenatal program for all pregnant members
- Home visits to review benefits
- Discounts on eye wear: frames, lenses, and contacts for adults



VAPremier serves these cities and counties:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

For a list of doctors in VAPremier call
1-888-338-4579

For more information about VAPremier call

1-888-338-4579 or 1-540-344-8838
www.virginiapremier.com

VAPremier members can use these hospitals:

- Bath County Community Hospital
- Carilion Hospitals (Bedford Memorial, Franklin Memorial, Giles Community, New River Valley, Roanoke Community, Roanoke Memorial, Stonewall Jackson)
- Danville Regional Medical Center
- Halifax Regional
- LewisGale Hospitals (Alleghany, Medical Center - Salem, Montgomery, Pulaski)
- Lynchburg General Hospital
- Memorial Hospital of Martinsville
- RJ Reynolds - Patrick County Memorial Hospital
- University of Virginia Medical Center
- VCU Health Systems
- Virginia Baptist Hospital
- Wythe County Community Hospital

VAPremier extra programs and services:

- Disease Management Programs: Asthma, Diabetes, COPD, Heart Disease, Children's Weight Management, Behavioral Health and End Stage Renal Disease
- Healthy Heartbeats prenatal program for all pregnant members, including prenatal classes
- Watch Me Grow! is Virginia Premier's preventative health program to support kids as they go through different stages of growth and development
- Home visits or telephone calls to review benefits
- \$100 credit for contacts or \$32 credit for glasses for adults
- Services at retail health clinics (such as Minute Clinics)
- Case Management nurses to help you better manage your current medical needs
- Health Education Programs: exercise, nutrition, stop smoking and women's wellness
- 24 hour nurse line for around the clock assistance
- Social worker to assist with social issues (such as housing and utilities cut off notices)

Los beneficios estándar incluyen:

- No tiene co-pagos
- Servicios de traducción
- Chequeos para los niños
- Visitas al doctor cuando usted está enfermo
- Servicios de hospital
- Cuidado de emergencia
- Servicios de laboratorio
- Prescripciones médicas (remedios)
- Servicios de planificación familiar
- Radiografías y tomografías
- Servicios de salud mental
- Exámen de ojos de rutina y anteojos (gafas) para niños
- Exámen de ojos para adultos
- Servicios de cuidado de salud a domicilio
- Transporte a las visitas médicas
- Maternidad y cuidado prenatal de alto riesgo
- Cuidado del recién nacido
- Inmunizaciones (vacunas) para niños
- Terapia física, ocupacional y del habla

Cuidado de salud para niños

Todas las MCOs proveen:

- Inmunizaciones (vacunas)
- Chequeos hasta los 21 años
- Exámenes de la vista
- Educación para la salud
- Servicios para personas con necesidades médicas especiales
- Chequeos por envenenamiento por plomo
- Chequeos con el audiólogo (oído)



Necesidades médicas especiales

Por favor llame a la línea de ayuda de atención administrada, si una persona de su familia tiene alguna necesidad médica especial, como por ejemplo:

- Embarazo
- Problemas de corazón
- Presión arterial alta
- Asma u otros problemas respiratorios
- Problemas de riñón o diálisis
- VIH/SIDA
- Salud mental
- Diabetes
- Cáncer
- Servicios de cuidado de salud a domicilio
- Equipo médico especial
- Otras necesidades médicas especiales

Todas las MCOs pueden darle listas de PCPs (doctores) que hablan otros idiomas que no sean inglés.

Puede ser que usted no se pueda subscribir (unir) a una MCO si tiene otro seguro médico primario, en una casa de cuidados o si usted participa en la exclusión (waiver) del cuidado de salud administrada por tener un hogar y recibir cuidado de un centro comunitario. Si usted tiene una de esas u otras condiciones, por las que cree que no puede tener derecho a unirse a una MCO, por favor contacte a la línea de ayuda de cuidado administrado.

Declaración de Igualdad de Oportunidades

Los servicios del departamento de asistencia médica se brindan sin tener en cuenta raza, color, credo, sexo, orientación sexual, edad, incapacidades, origen o barreras de idioma.

La información de este cuadro es correcta a nuestro entender. La información puede cambiar sin previo aviso. Para información al día, llame al 1-800-643-2273 o visite nuestro sitio web en www.virginiamanagedcare.com.

Virginia Department of Medical Assistance Services paga una cuota mensual (prima) por su cobertura médica a su MCO. Si usted no reunió los requisitos por los meses anteriores de su cobertura, debido a que usted no envió la información correcta o cambios en su situación a su empleador (patrón), usted puede tener que reembolsar (pagar) las cuotas mensuales, si usted recibió servicios médicos durante esos meses.



¿Preguntas? Llame a la línea de ayuda de atención administrada al 1-800-643-2273 (TDD 1-800-817-6608) o visite nuestro sitio web en www.virginiamanagedcare.com

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1

Lea la carta

Lea la carta que viene con este cuadro. Usted verá que hemos seleccionado una MCO para usted. Usted puede conservar esta MCO o puede leer el cuadro de la siguiente página para ver otras MCO en su área.

Si elige la MCO de la carta, no tiene que llamar ni leer los pasos 2 y 3. No tiene que hacer nada más.

Si usted no quiere la MCO de la carta, lea los pasos 2 y 3.

Si quiere conservar la MCO que elegimos para usted, no tiene que hacer nada más.

2

Lea el cuadro

Lea el cuadro de la siguiente página. Compare las MCO en su ciudad o condado y elija la **mejor para usted y su familia**.

Si quiere elegir una MCO diferente, lea el cuadro de la siguiente página.

3

Llame para inscribirse

Llame a la línea de ayuda de atención administrada al 1-800-643-2273 (TDD 1-800-817-6608). Usted puede llamar de lunes a viernes de 8:30 a.m. a 6:00 p.m. La llamada es gratuita y tenemos servicios de intérpretes y traductores.

Llame solamente si quiere elegir una MCO diferente.

Estamos aquí para ayudarlo. Podemos:

- Ayudarlo a unirse a un plan de salud
- Decirle a qué planes pertenece su doctor
- Contestar preguntas sobre sus beneficios
- Ayudarlo con cualquier problema

Cuadro de comparación de MCO

Una MCO es una organización de atención administrada (plan de salud)


Para estas ciudades y condados:

Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe

Si quiere más información, visite www.virginiamanagedcare.com



Virginia Department of
Medical Assistance Services

 <p>Anthem. HealthKeepers Plus Offered by HealthKeepers, Inc.</p> <p>El plan Anthem está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de Anthem llame al 1-800-901-0020</p> <p>Para más información sobre Anthem llame al 1-800-901-0020 o 1-757-326-5090</p> <p>www.anthem.com/vamedicaid</p>	<p>Los miembros de Anthem pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Bath County Community Hospital Bedford Memorial Hospital Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River, Roanoke Community, Roanoke Memorial, Stonewall Jackson) Halifax Regional Hospital HCA Hospitals (Alleghany Regional, Lewis-Gale, Montgomery Regional, Pulaski Community) LifePoint Hospitals (Clinch Valley Medical Center, Martinsville Memorial Hospital, Wythe County Hospital) Lynchburg General Hospital Martha Jefferson Hospital Pulaski Memorial Smyth County Community Hospital Twin County Regional Hospital UVA Medical Center UVA Health System 	<p>Los programas y servicios extra de Anthem HealthKeepers Plus:</p> <ul style="list-style-type: none"> Especialistas que le visitarán para proporcionar educación y apoyo Beneficios de la vista extra para niños y adultos Medicamentos de venta libre (gratis cuando sean recetados por los médicos) Viajes gratis a las visitas de rutina al médico (solamente para los inscritos en Medicaid / FAMIS Plus) Servicios de intérprete gratis por teléfono o en el lugar de sus citas médicas Programas ConditionCare para ayudarlo a controlar problemas como asma, diabetes, enfermedad pulmonar obstructiva crónica, insuficiencia cardíaca o enfermedad de la arteria coronaria Línea de enfermería disponible 24/7 con acceso gratuito a enfermeras registradas que pueden responder a sus preguntas de salud, en cualquier hora del día o de la noche Programa Free New Baby, New Life para ayudarlo a tener un embarazo saludable Más de 25 descuentos y ofertas especiales, entre ellos: <ul style="list-style-type: none"> Los servicios de salud en las clínicas de salud minoristas como MinuteClinic en las farmacias CVS participantes 30 días de prueba, gratuita con el programa de Jenny Craig, más 25% de descuento en Premium Program Descuentos – envío gratuito con 1-800 CONTACTS y Glasses.com ¡Y mucho más!
 <p>El plan CoventryCares (anteriormente CareNet) está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de CoventryCares llame al 1-800-279-1878</p> <p>Para más información sobre CoventryCares llame al 1-800-279-1878</p> <p>www.coventrycaresva.com</p>	<p>Los miembros de CoventryCares (anteriormente CareNet) pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Bath County Community Hospital Bedford Memorial Hospital Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River, Stonewall Jackson) HCA Hospitals (Alleghany Regional, Lewis-Gale, Montgomery Regional, Pulaski Community) Lynchburg General Hospital Martha Jefferson Hospital UVA Medical Center UVA-HealthSouth Rehabilitation Hospital Virginia Baptist Hospital 	<p>Los programas y servicios extra de CoventryCares (anteriormente CareNet):</p> <ul style="list-style-type: none"> Programa sobre cómo manejarse con asma Programa sobre cómo manejarse con diabetes Programa sobre cómo manejarse con enfermedad de la arteria coronaria Administración de casos para embarazos de alto riesgo Programa prenatal Baby Matters para todas las afiliadas embarazadas e incentivos de maternidad Doc Care Club – Asociación (0-12 años de edad) Visitas a domicilio para rever los beneficios Servicios de traducción para las citas médicas Descuento en anteojos: marcos, lentes y lentes de contacto para adultos Trabajador social para ayudar con las necesidades del miembro Farmacia de Red nacional (Costco, CVS, Rite Aid, Walgreens, Walmart) Clases de lactancia y extractor de leche Servicios en el Centro de atención urgente de MedExpress
 <p>El plan INTotal Health está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Rappahannock, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de INTotal Health llame al 1-855-323-5588</p> <p>Para más información sobre INTotal Health llame al 1-855-323-5588</p> <p>www.intotalhealth.org</p>	<p>Los miembros de INTotal Health pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Bluefield Regional Medical Center Buchanan General Hospital Carilion Hospitals (Franklin Memorial, Giles Community, New River Valley, Roanoke Community, Roanoke Memorial, Stonewall Jackson, Tazewell Community) Danville Regional Medical Center LifePoint Hospitals (Clinch Valley Medical Center, DLP Twin County Regional Hospital, Memorial Hospital - Martinsville & Henry County, Wythe County Community Hospital) Mountain States Health Alliance Hospitals (Dickenson Community Hospital, Franklin Woods Community Hospital, Indian Path Medical Center, Johnson City Medical Center, Johnson County Community Hospital, Johnston Memorial Hospital, Laughlin Memorial Hospital, Norton Community Hospital, Russell County Medical Center, Smyth County Community Hospital, Sycamore Shoals Hospital, Unicoi County Memorial Hospital) Princeton Community Hospital Wellmont Health System Hospitals (Bristol Regional Medical Center, Lee Regional Medical Center, Lonesome Pine Hospital, Hancock County, Hawkins County Memorial, Holston Valley Medical Center, Mountain View Regional Medical Center) <p><i>Para obtener una lista completa de las instalaciones disponibles a INTotal Health a través de Virginia, por favor visite nuestro sitio web www.intotalhealth.org o llame al 1-855-323-5588. Para la atención de emergencia, los miembros pueden ir a cualquier hospital.</i></p>	<p>Los programas y servicios extra de INTotal Health:</p> <ul style="list-style-type: none"> Membresía, sin costo, a Boys & Girls Club Exámenes físicos para deportes para niños entre 10 a 18 años de edad, sin costo Programa de control de asma Programa de control de la diabetes Protagonista: Programa Baby & Me para todas embarazadas que son miembros 100 minutos gratis y mensajes de texto sobre salud gratis, para los suscriptores elegibles de Safelink Healthy Families – control de la obesidad infantil y programa de prevención Especialista dedicado a visitas a los miembros Servicios a domicilio disponibles para examinar los beneficios y coordinar los servicios de atención Línea de enfermería las 24 horas Administración de caso para ayudarlo a controlar su salud Servicios de intérprete Clases de educación de la salud gratuitas Transporte – provisto por Logisticare Programas de promoción de la salud que incluyen: dejar de fumar, bienestar de las mujeres, estilo de vida saludable y nutrición
 <p>El plan MajestaCare está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de MajestaCare llame al 1-866-996-9140 (TTY VA Relay 7-1-1)</p> <p>Para más información sobre MajestaCare llame al 1-866-996-9140</p> <p>www.MajestaCare.com</p>	<p>Los miembros de MajestaCare pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Alleghany - Montgomery Regional Bath Community Hospital Bedford Memorial Hospital Carilion Clinic Hospitals (Childrens, Saint Albans, Franklin Memorial, Giles Community, New River Valley Medical Center, Roanoke Community, Roanoke Memorial, Stonewall Jackson) Danville Regional LewisGale Hospitals (Alleghany, Medical Center - Salem, Montgomery, Pulaski) Memorial Hospital of Martinsville Moorehead Memorial Hospital Pioneer Community Hospital of Patrick County Pulaski Memorial Smyth County Community Hospital University of Virginia Health System Wythe County Community Hospital 	<p>Los programas y servicios extra de MajestaCare:</p> <ul style="list-style-type: none"> Programas de recompensas “Moms to Bee” (futuras mamás) Programas de recompensas “Baby Bee Well” (cuidado del bebé) Beneficios y descuentos para el cuidado de la vista – \$100.00 por contactos o marcos de anteojos y 100% por lentes (“comunes” uni, bi o trifocales) – para adultos cada 24 meses Programas “Bee Aware of Your Health” (Sea consciente de su salud): Asma, COPD, Enfermedad del corazón, Diabetes y Depresión Programas educacionales certificados para Diabetes / Clases gratuitas para diabéticos Enfermeras personales para atender mejor sus necesidades de cuidado de salud Línea de enfermería disponible las 24 horas/los 7 días a la semana disponible para contestar todas sus necesidades de cuidado de su salud Ayuda para dejar de fumar Especialistas, promotores dedicados a miembros para ayudarlo y educarlo Servicios de transporte, idiomas y traducción sin costo Eventos gratuitos para miembros “Bee apart” Comité de consejos al miembro “Bee Heard”
 <p>El plan Family Care está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de Optima Family Care llame al 1-800-881-2166</p> <p>Para más información sobre Family Care llame al 1-800-881-2166 o 1-757-552-8975</p> <p>www.optimahealth.com/familycare</p>	<p>Los miembros de Family Care pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Bath County Community Hospital Bedford Memorial Hospital Carilion Hospitals (Franklin Memorial, Giles Memorial, Medical Center, New River Valley Medical Center, Stonewall Jackson) HCA Hospitals (Lewis Gale Medical Center, Lewis Gale at Alleghany, Lewis Gale at Pulaski, Lewis Gale at Montgomery) LifePoint Hospitals (Memorial Hospital of Martinsville & Henry County, Wythe County Community Hospital) <p><i>La lista de los hospitales no representa un listado completo de las instalaciones a disposición de los miembros de FamilyCare. Si tiene alguna pregunta, llame a uno de nuestros representantes de Servicios a los Afiliados al 1-800-881-2166.</i></p>	<p>Los programas y servicios extra de Family Care:</p> <ul style="list-style-type: none"> Programa sobre cómo manejarse con asma Programa sobre cómo manejarse con diabetes Programas de prevención de enfermedades Programa prenatal Sentara's Partners in Pregnancy para todas las socias embarazadas Visitas a domicilio para rever los beneficios Descuento en anteojos: marcos, lentes y lentes de contacto para adultos
 <p>El plan VAPremier está en las siguientes ciudades y condados: Alleghany, Bath, Bedford City, Bedford County, Botetourt, Buena Vista, Craig, Covington, Floyd, Franklin County, Giles, Henry, Highland, Lexington, Martinsville, Montgomery, Patrick, Pulaski, Radford, Roanoke City, Roanoke County, Rockbridge, Salem, Wythe</p> <p>Para una lista de doctores de VAPremier llame al 1-888-338-4579</p> <p>Para más información sobre VAPremier llame al 1-888-338-4579 o 1-540-344-8838</p> <p>www.virginiapremier.com</p>	<p>Los miembros de VAPremier pueden usar estos hospitales:</p> <ul style="list-style-type: none"> Bath County Community Hospital Carilion Hospitals (Bedford Memorial, Franklin Memorial, Giles Community, New River Valley, Roanoke Community, Roanoke Memorial, Stonewall Jackson) Danville Regional Medical Center Halifax Regional LewisGale Hospitals (Alleghany, Medical Center - Salem, Montgomery, Pulaski) Lynchburg General Hospital Memorial Hospital of Martinsville RJ Reynolds - Patrick County Memorial Hospital University of Virginia Medical Center VCU Health Systems Virginia Baptist Hospital Wythe County Community Hospital 	<p>Los programas y servicios extra de VA Premier:</p> <ul style="list-style-type: none"> Programas de control de enfermedades: Asma, Diabetes, COPD, Enfermedad del corazón, Control de peso de niños, Salud del comportamiento y Enfermedad de riñón en etapa terminal. Programa prenatal “Healthy Heartbeats” para todas las mujeres embarazadas (miembros) incluyendo clases prenatales ¡Watch Me Grow! es el programa de salud preventiva de Virginia Premier para apoyar a los niños a medida que avanzan a través de las diferentes etapas del crecimiento y desarrollo Visitas a domicilio o llamadas por teléfonos para revisar los beneficios \$100 de crédito por lentes de contactos o \$32 de crédito por anteojos para adultos Servicios en clínicas de salud (como Minute Clinics) Enfermeras de administración de caso para ayudar a controlar mejor sus necesidades médicas Programas de educación de la salud: ejercicio, nutrición, dejar de fumar y cuidado de la mujer Línea de enfermería las 24 horas para asistencia sin interrupción Trabajador social para ayudar con problemas sociales (como vivienda y avisos de cortes de servicios públicos)