

# Get more with Healthy Blue



## No-cost extras to help you and your family stay healthy

With your MO HealthNet Managed Care plan, Healthy Blue, you receive all the benefits you expect, plus no-cost extras to make staying healthy easier.

Eligible members can get the following extra benefits:

### Extras to assist with maternal and infant care

- Mom and Baby Essentials gift card to purchase items that support a healthy pregnancy and a healthy environment for baby, such as:
  - Convertible car seat
  - Portable crib
  - Diapers
  - Safe Sleep Kit
  - Baby monitor
  - High chair
  - Babyproof items
  - Breastfeeding accessories and pillows
- Home-delivered meals post-delivery
- Additional breast pump following 24-month period after receiving one as part of their medical benefit

### Extras to help improve chronic conditions

- Choose one item from the Asthma and COPD catalog that includes products such as:
  - Inhaler vaporizer kits
  - Travel nebulizer compressor systems
  - Hypoallergenic bedding
  - Pillow covers and mattress covers
  - HEPA air filters
  - Asthma-monitoring devices
  - Asthma spacers



- Fresh Food Connect benefit for adults living with diabetes that includes a choice of one of the following:
  - Healthy Grocery card
  - Three farm-fresh diabetic produce boxes
  - Annual membership to Sam’s Club or Costco
- Exercise Essentials benefit that includes one of the following options for those diagnosed with obesity:
  - At-home exercise kit
  - Three-month gym membership
- Voucher for WW® (formerly Weight Watchers) to help cover initial fees and 13 weeks of membership for those diagnosed with obesity
- Healthy Lifestyle Aids benefit for members with an eligible diagnosis that includes a choice of one item from a catalog which includes products such as:
  - Digital scale
  - Home blood pressure cuff
  - Digital thermometer
  - Pulse oximeter
  - Heart-rate monitor
  - Abdominal binder
  - Lumbar-support items
  - Activity tracker
  - Memory-foam pillow

### Extras to help emotional well-being and everyday life

- ChooseHealthy resource that offers over 1,000 videos, articles, and self-care tools covering topics such as fitness, exercise, and overall health
- Emotional well-being – online mental health resources designed to help members cope with emotional health issues such as depression, anxiety, stress, chronic pain, insomnia, and managing drugs or alcohol

- Equine (horse) therapy riding sessions, where available, for eligible members ages 6 years and older
- Art therapy sessions for eligible members ages 3 and older
- Annual subscription to a meditation app
- Community Resource Link, located at **healthybluemo.com/mohelp**, is an online resource that locates and displays all available community-based programs, benefits, and services, such as affordable housing, food security, employment, and other social determinants of health (SDOH) to increase independence and stability

### Other resources to help you stay healthy

- Non-Emergency Medical Transportation (NEMT) is available for eligible members to get to a WIC appointment, birthing class, Methadone clinic, and more. Members should call their transportation services number at **888-597-1193** on back of their member ID card.
- Enrollment in our Healthy Rewards program to earn gift cards for completing checkups and health screenings
- Local community resources, such as food, financial, and home assistance, that can be found by calling our Social Resource Team at **833-439-1058**
- Youth Club Membership card to use toward fees at youth clubs such as Boys & Girls Clubs, Boy Scouts, Girl Scouts, and 4-H Club
- Voucher to help cover the cost of the HiSET test

Log on to the Benefit Reward Hub to view additional benefits you’re eligible for and redeem at **healthybluemo.com** or call the Benefit Rewards Customer Service Line at **888-990-8681 (TTY 711)** Monday through Friday from 8 a.m. to 7 p.m. Central time.

Eligibility requirements, limitations, and restrictions apply. Additional health benefits offered are subject to change.

Healthy Blue is a Medicaid product offered by Missouri Care, Inc., a MO HealthNet Managed Care health plan contracting with the Missouri Department of Social Services. Healthy Blue is administered statewide by Missouri Care, Inc. and in the Kansas City service region by Missouri Care, Inc. in cooperation with Blue Cross and Blue Shield of Kansas City. Missouri Care, Inc. and Blue Cross and Blue Shield of Kansas City are both independent licensees of the Blue Cross and Blue Shield Association.

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Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle esta información en otros formatos, como Braille, audio, letra de imprenta grande y servicios de interpretación de lenguaje de señas americano. Estos servicios se ofrecen sin cargo. Simplemente llámenos sin cargo al 833-388-1407. Los usuarios de TTY deben llamar al 711.

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