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Aetna Better Health[®] of Kentucky

VALUE-ADDED BENEFITS

NO-COST PROGRAMS AND SERVICES

2024

YOUR PATH TO BETTER HEALTH

You should expect more than excellent Medicaid coverage for you and your family—and that's exactly what Aetna Better Health of Kentucky has to offer! In addition to your health coverage, Aetna is proud to offer many exclusive bonus benefits and services at no cost to Aetna and SKY members!

All Value-Added Benefits program offerings and services are subject to change.

How to Access Programs and Services

For more help or questions about how to access these Value-Added Benefits, Services and Healthy Rewards please call Member Services at **1-855-300-5528 (TTY: 711)**, Monday through Friday, **7 AM to 7 PM ET**. If you speak a language other than English, we can help. Just call us at 1-855-300-5528 (TTY: 711). Then, ask for an interpreter. You'll get this service at no cost to you. If you're deaf or blind, we can give you info in other formats. These include sign language, braille, large print and audio.

Additional No-Cost Resources for Members

ABH-KY has multiple resources provided at no cost to our members, readily available to support our members' physical and emotional well-being. These resources can be found on our website <https://www.aetnabetterhealth.com/kentucky/resources-services.html> and include hotlines to provide members with immediate assistance:

- **24-Hour Nurse Line:** Need a quick answer to a health question? The 24-Hour Nurse Line is here for you. If your concern can't wait until you can see your doctor, call 1-855-620-3924 (TTY: 711) anytime. And we'll connect you with a nurse.
- **Behavioral Health Hotline:** Call Behavioral Health Services anytime at 1-888-604-6106 (TTY: 711). During business hours, you might speak to someone in Member Services. Or you may speak with a care manager. After hours, licensed clinical staff answer our hotline. They're trained in handling tough situations. And they can help you in a crisis. For true emergencies, call 911.

Aetna Better Care REWARDS™

Aetna Better Health of Kentucky members can get exclusive rewards for healthy behaviors like completing a mammogram or dental exam. Don't miss out on these rewards!

Aetna Better Care Program™ Incentives require NO action on behalf of the member to receive these benefits. Aetna will automatically send the gift cards following your doctor's appointments.

<p>\$10 for Completion of Diabetic Dilated Retinal Eye exam</p>	<p>Members can receive a \$10 gift card for completion of a dilated retinopathy eye exam.</p> <p>Eligibility Criteria: Members ages 18-75 with diabetes Limits & Restrictions: One gift card per year</p>
<p>\$20 for Follow-up visit with Mental Health Practitioner</p>	<p>Members 6 years and older will receive a \$20 incentive card for a follow-up visit with a mental health provider after discharging from the hospital after a behavioral health related inpatient stay.</p> <p>Eligibility Criteria: Members ages 6 and older Limits & Restrictions: Members are eligible after EACH visit with no annual limit. Visit must occur within 7 days post discharge.</p>
<p>\$25 for completion of annual well child visit</p>	<p>Members can receive a \$25 gift card for completion of an annual well child visit.</p> <p>Eligibility Criteria: Children ages 2-21 years. Limits & Restrictions: One gift card per year</p>
<p>\$25 for completion of Colorectal Cancer Screening</p>	<p>Members ages 45-75 can receive a \$25 gift card for completing a Colorectal Screening.</p> <p>Eligibility Criteria: Members ages 45-75. Limits & Restrictions: One gift card per year. Incentive is restricted to the following qualified screenings: Fecal occult blood test (FOBT), Flexible Sigmoidoscopy, Colonoscopy, CT colonography, Stool DNA (sDNA) with FIT test</p>

<p>\$25 for completion of HPV vaccine series before 13th birthday</p>	<p>Members can receive a \$25 gift card for completing the HPV vaccine series by their 13th birthday.</p> <p>For more information about childhood immunizations, visit: healthychildren.org</p> <p>Eligibility Criteria: Members 13 years old with HPV vaccine by their 13th birthday.</p>
<p>\$25 for completion of two infant flu shots</p>	<p>Members can receive a \$25 gift card for completing two Flu Vaccines by their second birthday.</p> <p>For more information about childhood immunizations, visit: healthychildren.org.</p> <p>Eligibility Criteria: Members 2 years old with 2 flu vaccines by their second birthday.</p> <p>Limits & Restrictions: The Nasal mist flu vaccine is not indicated for use in children under age two years. Incentive restricted to standard flu vaccine only.</p>
<p>\$25 HRA Incentive</p>	<p>Members who are newly enrolled and/or pregnant will receive a \$25 incentive card for completing the Health Risk Assessment (HRA). SKY members are eligible to receive an HRA incentive every year upon completion of the assessment.</p> <p>Eligibility Criteria: Members who are newly enrolled and/or pregnant. SKY members</p> <p>Limits & Restrictions: Pregnant Members- One gift card annually Newly Enrolled Members- One gift card within the first 30 days of enrollment SKY Members- One gift card annually</p>
<p>\$50 for completion of six well child visits before age 15 months</p>	<p>Members can receive a \$50 gift card for completing six (6) well child visits in their first 15 months.</p> <p>Eligibility Criteria: Children ages 0- 15 Months</p> <p>Limits & Restrictions: Must complete all six well child visit within 15 months of birth date.</p>

<p>\$50 for completion of HBA1c test</p>	<p>Members can receive a \$50 gift card for completing a HBA1c test.</p> <p>Eligibility Criteria: Members ages 18 and older with diabetes Limits & Restrictions: One gift card per year</p>
<p>\$50 for completion of mammogram</p>	<p>Members can receive a \$50 gift card for completing a mammogram.</p> <p>Eligibility Criteria: Females ages 50-74 Limits & Restrictions: One gift card per year</p>
<p>\$50 for completion of Pap test</p>	<p>Members can receive a \$50 gift card for completing a Pap test.</p> <p>Eligibility Criteria: Females ages 21-64 Limits & Restrictions: One gift card per year</p>
<p>\$1000 Scholarship upon completion of GED Certification</p>	<p>Members can receive \$1000 scholarships for trade school, college, or university when they complete Aetna GED Certification & Job Skills Training program.</p> <p>Eligibility Criteria: Members 18 years of age and older who have completed GED certification provided by Campus Ed. Limits & Restrictions: Proof of receipt must be provided by passing grade on GED when GED is taken with Campus Ed voucher.</p>
<p>Supporting Kentucky Youth (SKY) Members Only</p>	
<p>\$25 for completion of dental exam</p>	<p>SKY members can receive \$25 for completing a dental exam within two weeks of enrollment</p> <p>Eligibility Criteria: SKY members during first 2 weeks of enrollment period Limits & Restrictions: One gift card per year</p>
<p>\$25 for completion of vision exam</p>	<p>SKY members can receive \$25 for completing a vision exam within two weeks of enrollment</p> <p>Eligibility Criteria: SKY members during first 2 weeks of enrollment period Limits & Restrictions: One gift card per year</p>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

\$50 Gift card for participation in after school activities

Members can receive \$50 gift card to pay for 4-H, Boys & Girls Clubs of America, Boy Scouts of America, Girl Scouts of the United States of America, Big Brother Big Sisters and other established community organizations, afterschool programs or organized team sport programs.

Eligibility Criteria: Members ages 6-18 who have completed a well child visit within the last 12 months

Limits & Restrictions: Limit to one per child per year. Must have record of well child visit. SKY Members are excluded.

\$40 gift card to assist with certification fees tied to criminal record expungement

Members can receive \$40 gift card to assist with certification fees tied to criminal record expungement (as allowed by statute).

Eligibility Criteria: Members eligible for felony record expungement.

Limits & Restrictions: Assistance as allowed by state statutes; KRS 431.079, KRS 431.078, KRS 431.076, KRS 431.073

<https://apps.legislature.ky.gov/lrcsearch>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

<p>Aetna Social Needs Assistance</p>	<p>Members can receive support if they are facing conditions of extreme hardship threatening their health and safety. The Social Needs Assistance Program combines financial assistance and referrals to resources and programs to help those that need assistance when experiencing extreme hardship.</p> <p>Eligibility Criteria: Members identified and determined through results of the Health-Related Social Needs Screening who may be experiencing extreme hardship.</p> <p><i>Examples of hardship may include: Your utilities have been disconnected, or you have a utility disconnect notice. You are experiencing housing instability, and/or need help covering housing-related costs. You have an unexpected home repair and/or "modification" and need help covering the cost. You are experiencing food insecurities and need a referral to local food banks.</i></p> <p>Limits & Restrictions: Must complete the Health-Related Social Needs Screening. Final determination for eligibility will be assessed by the health plan. Up to \$500 per year for members receiving social support through financial assistance and unlimited referrals.</p>
<p>Alternatives to Opioids</p>	<p>Adult members can receive up to \$150 to use towards these services: acupuncture, massage therapy, dry-needling, and yoga.</p> <p>Eligibility Criteria: Emerging risk population with or at risk for an opioid use disorder</p> <p>Limits & Restrictions: \$150 quarterly</p>
<p>Back to School Assistance Program</p>	<p>Aetna's Community Outreach through school-based family resource coordinators offer backpacks filled with school supplies.</p> <p>Eligibility Criteria: Children ages 5 - 18</p> <p>Limits & Restrictions: Once per calendar year</p>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

<p>Children’s Over-the-Counter Benefit</p>	<p>Children and youth (0-18) supported by ABHKY will be eligible for a \$15 monthly stipend covering over-the-counter needs such as pain relievers, bandages, thermometers, and more.</p> <p>Children’s OTC benefits can be accessed by eligible members by visiting any OTC Health Solutions-enabled CVS Pharmacy® store to access a hard copy of the program catalogue or through the OTCHS website at the bottom of the log in page at the following link:</p> <ul style="list-style-type: none"> Children’s OTC: http://www.cvs.com/otchs/abhkykids <p>Eligibility Criteria: Members ages 0-18 statewide are eligible for the \$15 monthly stipend.</p> <p>Limits & Restrictions: The Children’s stipend is \$15 per month, per member. The amount will not roll over.</p>
<p>Enhanced Transportation</p>	<p>10 round trips (up to 60 miles total per round trip) per year to activities, such as job interviews, job training, shopping for professional attire, grocery store or food bank, and accessing community health services not otherwise covered.</p> <p>Eligibility Criteria: Members 18 and older and SKY members ages 18-26 with employment, food, or transportation needs</p> <p>Limits & Restrictions: 10 round trips up to 60 miles per round trip per year. Please note that members must provide 3-day advance notice to arrange transportation services.</p>
<p>GED Certification & Job Skills Training</p>	<p>Members will have access to a job skills training platform and the opportunity to discover near career paths, earn credentials and certifications, and highlight those skills to local employers actively looking for talent.</p> <p>Eligibility Criteria: Members 18 years of age or older</p> <p>Limits & Restrictions: 18-year-olds must have permission from the school board and a parent or guardian to enroll in GED prep classes. GED voucher good for one year from issue date.</p>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

<p>Slow Cooking Nutrition</p>	<p>Slow-cooking nutrition is a free online course which consists of a one or two class series. The course offers nutrition 101, wellness activities, healthy meals/recipes for a crock pot and Aetna benefits overview. The course focuses on nutritious and affordable meals using a slow cooker. At completion of the course participants receive an Aetna branded crock pot.</p> <p>Eligibility Criteria: All Members Limits & Restrictions: One crockpot for course completion</p>
<p>Home Delivered Meals</p>	<p>In partnership with GA Foods, an organization that cooks and delivers nutritious, medically appropriate meals to members with certain chronic conditions post-discharge. We also provide members with tailored nutritional counseling. This is a 4-12 week program with the goal of educating members on healthy eating, food preparation and more.</p> <p>Eligibility Criteria: Care Management referral for members with at least one of the following conditions: Diabetes, congestive heart failure, kidney disease, COPD, or Malnutrition Limits & Restrictions: Available post-discharge (up to 2 cycles)</p>
<p>“Keeping Kids Safe” Opioid Lockbox Program</p>	<p>This program is a part of Aetna’s national campaign to fight the opiate crisis. This harm reduction intervention is used to support safety by providing members with a lockbox to secure their opioid medications.</p> <p>Eligibility Criteria: Members prescribed an opioid medication and have children in their home Limits & Restrictions: One lockbox per household</p>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

Pacify	<p>Pacify’s tech-enabled platform provides 24/7 perinatal and infant feeding support to new and expecting parents via their smartphones. The Pacify app connects families to a nationwide network of doulas, lactation consultants, and registered nurses within minutes.</p> <p>Eligibility Criteria: High-Risk pregnant members or new moms. Limits & Restrictions: High-Risk pregnant members or new moms.</p>
Pyx	<p>Adult members who experience loneliness can access the Pyx Health platform. Pyx Health takes unlimited time to listen, offer companionship, supply curated SDOH resources, and connect members to things like our 24/7 Informed Health Line, Behavioral Health Crisis Line, Member Services, and our Find a Provider tool. The customized app offers 24/7 engagement for the member, as well as connections to health plan resources, community services, crisis, and other national support lines.</p> <p>Eligibility Criteria: Members ages 18 and older Limits & Restrictions: Limited to members ages 18 and older</p>

Aetna Better Health of Kentucky No-Cost Bonus Benefits and Services

To receive these benefits please call Member Services

Period Promise Over-the-Counter Benefit

Female members in Region 5, ages 15- 55, will receive a \$20 monthly stipend to spend on period products like tampons, pantyliners, maxi pads, flushable feminine wipes, and hand sanitizer.

Period Promise OTC benefits can be accessed by eligible members by visiting any OTC Health Solutions-enabled CVS Pharmacy® store to access a hard copy of the program catalogue or through the OTCHS website at the bottom of the log in page at the following link:

- Period Promise OTC: <https://www.cvs.com/otchs/promise>

Eligibility Criteria:(Non-SKY) Female members ages 15-55 in Region 5 are eligible for the \$20 monthly stipend

Limits & Restrictions: The Period Promise benefit is \$20 per month, per member. The amount will not roll over. SKY members are excluded from this benefit.

**Aetna Better Health of Kentucky
No-Cost Bonus Benefits and Services**

To receive these benefits please call Member Services

**Remote Patient Monitoring Program
(Vheda Health)**

Telemonitoring program that provides our members living with diabetes, COPD, CHF, and/or hypertension access to education and self-management tools that can help keep your condition under control and promote your optimum health and wellness.

Eligibility Criteria: 18 years of age or older living with diabetes, COPD, CHF, asthma and/or hypertension

Limits & Restrictions: Member will receive an iPhone and other equipment based on condition state, such as, glucometer, blood pressure cuff, weight scale, or pulse oximeter. For this program, lancets or strips will not be provided with the glucometer.

Maternity Matters Program

Whether you are newly pregnant or just had a baby, our Maternity Matters program offers benefits and incentives to help you on your motherhood journey! By completing activities that will help improve the health of yourself and your baby, you will earn rewards via a reloadable card that can be used for healthy foods, maternity supplies, and diapers at a variety of local and online stores.

To receive these benefits please call Members Services

<p>\$25 for completion of Initial Prenatal Visit</p>	<p>Pregnant members can receive \$25 for completing their initial prenatal visit.</p> <p>Eligibility: Pregnant members Limits & Restrictions: One per pregnancy</p>
<p>\$10 for completion of Subsequent Prenatal Visits</p>	<p>Pregnant members can receive an additional \$10 for each visit.</p> <p>Eligibility: Pregnant members Limits & Restrictions: \$100 max per pregnancy/10 visits max</p>
<p>\$25 for completion of Post-Partum Visit</p>	<p>New mothers can receive \$25 for attending a post-partum visit within 7-84 days after the baby is born.</p> <p>Eligibility: New Moms Limits & Restrictions: One gift card per pregnancy</p>
<p>Cribs OR Car Seats for Moms</p>	<p>Pregnant members can earn up to \$90 to purchase a portable crib OR car seat at 37 weeks or more of pregnancy for seeing their doctor regularly (at least 7 visits) during their pregnancy.</p> <p>Eligibility: Pregnant members Limits & Restrictions: One crib OR car seat per pregnancy; exceptions are made for multiple births (twins)</p>

Supporting Kentucky Youth (SKY) Members - Only Program Rewards

To receive these benefits please call Members Services or contact your SKY Care Manager

SKY Transition Age Youth Milestones

<p><i>Tattoo Removal</i></p>	<p>Members receive \$150 toward tattoo removal service.</p> <p>Eligibility Criteria: SKY members ages 17-21; Requests must be made to a Care Manager Limits & Restrictions: One gift card per year.</p>
<p><i>Driver's License Fees</i></p>	<p>Members receive \$150 toward payment for Drivers Education School and Driver's License fee.</p> <p>Eligibility Criteria: SKY members ages 17-21; Requests must be made to a Care Manager Limits & Restrictions: One gift card per year.</p>
<p><i>Moving Expenses</i></p>	<p>Members receive \$500 in form of gift card to assist with Moving Expenses.</p> <p>Eligibility Criteria: SKY members ages 17-21; Requests must be made to a Care Manager Limits & Restrictions: One gift card per year</p>
<p>Birthday in a Box</p>	<p>Each child receives a "birthday in a box" that includes party supplies (e.g., paper goods, minimal party decorations), balloons, book/journal, puzzle/game, and a large cupcake. The Birthday in a Box is coordinated by the SKY care manager.</p> <p>Eligibility Criteria: SKY members; Requests must be made to a Care Manager Limits & Restrictions: Once per year</p>

<p>Calming Comfort Collection</p>	<p>Members with high adverse childhood experiences (ACEs) score or an anxiety diagnosis can receive supplies to help calm the impact of trauma. Items include a sound machine, weighted sensory plush, aroma therapy and light therapy products.</p> <p>Eligibility Criteria: SKY members with an adverse childhood experiences (ACEs) score of 5 or higher or an anxiety diagnosis within the last 24 months</p> <p>Limits & Restrictions: \$50 worth of calming supplies per calendar year to use on the above listed available items</p>
<p>Connections for Life</p> <p>Aetna will provide a smartphone and wireless plan for eligible SKY members ages 13 – 17 years who are not in stable placement (placement with family or in a pre-adoptive or adoptive home) or a laptop for eligible SKY members ages 18+ years of age who are aging out and need a laptop.</p>	
<p><i>Smartphones & Wireless Plan (13-17)</i></p>	<p>Eligibility Criteria: SKY members ages 13 – 17 years who are not in stable placement (placement with family or in a pre-adoptive or adoptive home)</p> <p>Limits & Restrictions: One phone and data plan per member</p>
<p><i>Laptops (18-26)</i></p>	<p>Eligibility Criteria: SKY members ages 18-26 years</p> <p>Limits & Restrictions: One laptop per member</p>
<p>Foster Care Duffle Bag Program</p>	<p>Aetna will provide personalized duffle bags filled with personal hygiene items, supplies, and a blanket to SKY care members whose placements have changed from one home to another. Some items include shampoo, conditioner, journal, and coloring book.</p> <p>Eligibility Criteria: SKY members population who are transitioning from one home to another</p> <p>Limits & Restrictions: Once per calendar year</p>

<p>LACES Program (Language, Access, Communication, Empowerment, Support)</p>	<p>SKY members who have been identified as deaf or hard of hearing will be screened for unidentified language access needs and assessed to provide recommendations, resources, and supports to help improve member’s language acquisition and communication.</p> <p>Eligibility Criteria: SKY members identified as being deaf or hard of hearing.</p> <p>Limits & Restrictions: The number of members receiving Communication Skills Assessments and Guide by Your Side services is limited, and referrals will be routed through the SKY Behavioral Health Specialist.</p>
<p>YMCA Memberships</p>	<p>SKY members can receive gift card to pay for YMCA memberships to promote better health and well-being.</p> <p>Membership tiers: \$ 745 gift card for family membership. \$ 505 gift card for individual membership.</p> <p>Eligibility Criteria: SKY members; Requests must be made to a Care Manager.</p> <p>Limits & Restrictions: One membership per family and/or member once a year. Family memberships are limited to two adults.</p>