



It's time to choose a health plan!

FAMIS is a statewide program with six participating health plans. Read the following information to see what basic benefits and services are covered by each health plan. Use the chart on the back to compare benefits covered by each plan.

1 Read the letter you receive in the mail

Choose a health plan for each person in the FAMIS program.

2 How to choose your health plan

- Make a list of your health care providers and places you get care. Include hospitals, doctors, specialists, pharmacies, and therapists.
- Review the comparison chart on the back to compare health plans and choose the best one for you.
- For more information about health plans, call Cover Virginia at **1-855-242-8282** (TTY: 1-888-221-1590). Or go to **www.coverva.org**.

3 How to enroll in a health plan

There are 2 ways to enroll in a health plan:

1. Online at **www.commonhelp.virginia.gov** when you apply.
2. Call us at **1-855-242-8282** (TTY: 1-888-221-1590).

You can call Monday to Friday, 8:00 a.m. and 7:00 p.m. or Saturday 9:00 a.m. to 12:00 p.m. (Interpreters are available)

You can get this information in Spanish or other formats, such as large print or audio. (verify this)

Español (Spanish)
 ATENCIÓN: Para servicios gratuitos de interprete, llame al 1-855-242-8282 (Número de TTY: 1-888-221-1590).

All health plans offer these benefits and services:

Basic health benefits

- Behavioral therapy
- Community Mental Health Rehabilitative Services (CMHRS)
- Dental care services by Smiles for Children
- Durable medical equipment and supplies (DME)
- Early Intervention (EI) services
- Emergency room care
- Family planning and prenatal care services
- Hearing (audiology) services
- Hospital and home health services
- Hospice services
- Physical, occupational and speech therapies
- Prescription drugs ordered by a physician
- Rides to medical appointments (see plan for restrictions)
- Services for special education students
- Vision care (routine eye exams every 24 months, eyeglasses and medically necessary contact lenses)
- Visits to the doctor when you are sick
- Well visits, including routine checkups and annual exams
- X-ray, lab and imaging services

Special health care needs

Once enrolled, contact your health plan if you or your child needs care for:

- Asthma
- Cancer
- Diabetes
- Heart condition
- High blood pressure
- HIV/AIDS
- Kidney disease or dialysis
- Pregnancy
- Other special health needs

See your member handbook for a full list of services.

Out of pocket costs

Service	Co-pay Status 1	Co-pay Status 2
Outpatient hospital or doctor	\$2 per visit	\$5 per visit
Prescription drugs	\$2 per prescription	\$5 per prescription
Inpatient hospital	\$15 per admission	\$25 per admission
Non-emergency use of emergency room	\$10 per visit	\$25 per visit
Yearly-co payment limit per family	\$180	\$350

Other co-payments may apply to other services



Aetna Better Health® of Virginia

1-800-279-1878

TTY 711

www.aetnabetterhealth.com/virginia

Added benefits:

Healthy moms and kids

- Baby Matters maternity incentive program (\$50 gift card for pre- and postnatal check-ups)
- Infant baby box for safer sleep
- Diapers for one month (300 diapers)
- Free breast pump and lactation classes
- Ted E. Bear, M.D.™ Club
- Free swim lessons
- Free sports physicals

Phone and online tools

- Free smartphone with 350 minutes, data and unlimited texts each month
- 24/7 Member Services

Wellness programs

- Better Breathing asthma program and second inhaler or nebulizer
- Diabetes Care for Life program

Other benefits

- Free rides to grocery store, food bank, place of worship, WIC office, and certain social activities (30 round trips each year)
- GED certificate incentive
- Meals delivered to your home after hospital stay, 2 meals each day for 7 days



Anthem HealthKeepers Plus

Offered by HealthKeepers, Inc.

1-800-901-0020

TTY 711

www.anthem.com/vamedicaid

Added benefits:

Healthy moms and kids

- Boys & Girls Club membership
- Free diapers and umbrella stroller
- Sports physicals for kids
- Books for Babies

Phone and online tools

- Free smartphone with 350 minutes, 1 GB of data and unlimited texting

Wellness programs

- \$120 of Weight Watchers® vouchers (13 weeks of local meetings and 14 weeks eTools)
- Healthy Rewards gift card up to \$50 per goal
- Online fitness classes

Other benefits

- Free rides to grocery store, farmer's market or food bank (up to 3 rides every 3 months)
- \$120 in GED testing vouchers
- \$25 gift card for high school and college students (with A's and B's)
- Coupons with over \$1,000 in savings at local stores
- Up to \$20 Walmart gift card for completing health screener
- Air purifier (with approval)
- Meals delivered to your home after hospital stay, 2 meals each day for 7 days



1-800-424-4518

TTY 711

www.MCCofVA.com

Added benefits:

Vision

- \$150 for glasses or contact lenses every 2 years

Healthy moms and kids

- Pregnancy supplies and mobile information tools
- Member baby showers hosted quarterly per region
- Yearly sports physicals for children
- Bicycle helmets for children

Phone and online tools

- Free smartphone with 1,000 minutes, 1 GB of data and unlimited texts each month

Wellness programs

- Healthy Rewards gift card up to \$50
- Yearly routine physicals for adults
- Online tool for anxiety, insomnia and depression

Other benefits

- Fresh meals delivered to your home after hospital stay
- Mobile app to quit smoking



1-800-881-2166

TTY 711

www.optimahealth.com/familycare

Added benefits:

Healthy moms and kids

- OB care support program, baby showers and incentives up to \$75
- Ready, Set, Read! child literacy program

Phone and online tools

- Free smartphone with 350 minutes, unlimited texts and free calls to health plan each month
- Web and mobile app tools

Wellness programs

- Weight management
- Wellness rewards for healthy behavior
- Online search tool to find community resources, health plan services and programs

Other benefits

- Member education home visit
- Free sports physicals
- MDLive: 24-hour physician access for non-life threatening health questions or medical needs
- Up to \$275 for GED prep and testing vouchers



1-844-752-9434

TTY 711

www.uhccommunityplan.com/va

Added benefits:

Healthy moms and kids

- Baby Blocks incentives program
- Prenatal and maternity incentives
- Free mattress cover and pillowcase for members with asthma
- Free sports physical
- Free registration for Boys & Girls Club
- KidsHealth® online resources

Phone and online tools

- Help with applying for Lifeline cell phone, voice minutes and unlimited texts
- Online member tools
- On My Way™ interactive website for teens

Wellness programs

- Weight Watchers®

Other benefits

- Fresh EBT mobile app
- Fotonovelas health education pamphlet in Spanish
- Fresh meals delivered to your home after hospital stay for members who qualify
- Rides to certain non-medical sites, including WIC appointments and food banks



1-800-727-7536 | TTY 711

www.virginiapremier.com

Northern Virginia members* with Kaiser Permanente: 1-855-249-5025

Added benefits:

Vision

- Up to \$100 for frames or contacts every 48 months

Healthy moms and kids

- Breast pump, lactation consultant, prenatal and parenting classes, and family planning
- Healthy Heartbeats prenatal and postpartum wellness program with incentives
- Safe Sleep education program
- Watch Me Grow: Childhood wellness program with incentives

Phone and online tools

- Free smartphone with 350 minutes, 1 GB of data and unlimited texts each month
- Free calls to Member Services

Wellness programs

- Personal fitness program for your specific needs
- Help to quit smoking
- Nutrition education program
- Registered nurse and mobile programs to help manage chronic conditions

*Kaiser: Arlington, Alexandria, Fairfax, Fairfax City, Falls Church, Loudoun, Manassas, Manassas Park and Prince William. Starting September 1, 2019: Fauquier, King George and Stafford