

A Simple Guide to Accessing Your 2023 Benefits



Elderplan for Medicaid Beneficiaries (HMO D-SNP)¹

2023

 elderplan|homefirst.
a member of MJHS Health System





Making sure you receive the care you need is important to us. Making it easy for you to get that care is important too.

Elderplan is very proud to have you as our member. As part of our commitment to you, each year we work hard to provide the best benefits possible. But simply offering great benefits isn't enough. We also want to let you know just how easy they are to access.



Your Benefits at a Glance

Please note that your premiums, deductibles, coinsurance or copays may be zero if you are eligible for Medicare cost-sharing assistance under Medicaid.* For example, if you have full Medicaid, you pay 0% coinsurance for doctor visits.



NEW! Increased and expanded OTC Benefit^{2 3}

- In 2023, all members have an increased benefit of \$155 a month to purchase health related items at elderplan.conveybenefits.com/login or walmart.com
- Eligible members may also use this benefit toward:
 - Purchase of groceries at farmboxrx.com/elderplan
 - Purchase of home-delivered meals at www.momsmeals.com/landing/elderplan
 - Payment of internet, wireless, and utility bill with participating providers at MyBenefitsCenter.com
- Simply call Member Services to see if you qualify.
- You can also visit MyBenefitsCenter.com to view your OTC transaction history and card balance, as well as search eligible products and participating retailers.
- To learn more about your benefit or to activate your OTC card online, visit elderplan.org/for-members/otc-benefits.



NEW! Transportation: \$0 copay

- As a member, you get 24 medically necessary one-way trips every year.
- Simply call our Transportation partner, **ModivCare**, to schedule a ride at **1-877-659-6141** from 8 a.m. – 5 p.m., Monday – Friday.



NEW! Routine Podiatry: \$0 copay for each visit

- You may receive up to 12 visits per year.



NEW! Preventive and Comprehensive Dental: Keep your mouth healthy with a \$0 copay!

- There is no charge for cleanings, exams, x-rays and fillings.
- Comprehensive coverage includes root canals, crowns and extractions.
- Elderplan pays up to \$1,500 for comprehensive dental services.
- Simply call our Dental partner, **Healthplex**, for coverage information at **1-866-795-6493** from 8 a.m. – 6 p.m., Monday – Friday or visit **elderplan.org/find-a-dentist** to find a dentist near you.



\$0 or \$38.90 Plan Premium

- If you are eligible for Medicare cost-sharing assistance under Medicaid, or receive Extra Help your plan premium is \$0.



Primary Care Visits (PCP): 0% or 20% coinsurance*

- Your PCP will oversee your care, identify health conditions before they become serious problems, and can also recommend specialists when needed.

If you don't have a PCP or need help finding a specialist or podiatrist, Member Services is here to help. Simply call 1-800-353-3765 (TTY 711) from 8 a.m. – 8 p.m., 7 days a week. You can also check our live Provider Directory at elderplan.org.



Specialist Visits: 0% or 20% coinsurance*

- Specialists can help your PCP treat or manage your chronic conditions or life changing diagnosis. There are no referrals needed to see these doctors.



24/7 Virtual Doctor's Care: \$0 copay

- Teladoc's doctors can diagnose, treat and prescribe medication for non-emergency conditions.
- Simply call our Virtual Health partner, **Teladoc**, for assistance from Board certified doctors and behavioral health professionals 24/7 at **1-800-TELADOC (835-2362)** or visit **www.Teladoc.com** anytime. Mobile app also available.



Acupuncture: \$0 copay

- 20 visits a year in addition to traditional Medicare coverage for non-traditional, holistic care for chronic pain, allergies, osteoarthritis and more.
- For assistance finding a provider, call Member Services at **1-800-353-3765**, 8 a.m. – 8 p.m., 7 days a week.



Routine Hearing: \$0 copay for routine hearing exam, plus hearing aid fitting & evaluation every 3 years.

- Hearing aids are covered up to \$1,300 every 3 years for both ears combined, includes one year of batteries.⁴
- Simply call our Hearing partner, **HearUSA**, for more information at **1-800-442-8231** from 8 a.m. – 6 p.m., Monday – Friday or visit them online at **www.hearusa.com**.



Routine Vision: \$0 copay for one routine eye exam every year.

- Regular eye exams can help identify the need for vision correction and detect eye diseases.
- \$100 per year for eyeglasses and contact lenses.
- Simply call our Vision partner, **Superior Vision**, for more information at **1-844-353-2902** from 8 a.m. – 9 p.m., Monday – Friday and from 11 a.m. – 4:30 p.m. on Saturday, or visit them online at www.superiorvision.com.



Memory Fitness Program: \$0 copay to participate

- BrainHQ® – a memory fitness program to improve brain function through games, puzzles and other fun exercises.
- Simply sign up by calling our partner, **BrainHQ®**, from 10 a.m. – 7 p.m. at **1-888-496-1675 (TTY 711)**, or visit them online at elderplan.brainhq.com.



Healthy Exercise Program: \$0 for in-person visits or virtual classes⁵

- Elderplan offers no-cost gym memberships at participating fitness centers, a home fitness kit, including an option for a wearable fitness tracker and access to more than the 8000 exercise videos and digital fitness activities including coaching!
- Simply call our Fitness partner, **Silver&Fit®**, to learn more at **1-877-427-4788** from 9 a.m. – 5 p.m., Monday – Friday and/or enroll into the Home Fitness program at www.silverandfit.com anytime.



Prescription Drugs: We understand how important it is to have access to the medications your provider prescribes. Simply visit our website to:

- Find a drug at elderplan.org/prescription
- Find a pharmacy at elderplan.org/find-a-pharmacy
- Enroll in Mail-Order at elderplan.org/find-a-form by filling out the Prescription Drug Mail Order Form. You can also call **1-866-490-2102** 24 hours, 7 days a week.



Dedicated Care Manager: One of the biggest perks of being enrolled in this plan is your Care Manager.

- Your Care Manager will lead a team of caring clinical professionals all committed to helping you stay healthy. They will stay in touch with your doctors and help arrange your medical visits as well as transportation to get you there. They will be your go-to person and will work to help ensure you get the care you need to stay healthy. Your Care Manager will be your biggest health advocate.



And there's more...Elderplan is pleased to offer:



Exams, evaluations, screenings, and services in the comfort and safety of your home

As an Elderplan member, you can receive dental, hearing and vision exams, doctor and therapist visits, annual wellness visits, colorectal cancer screening, retinal eye exams, home-delivered meals, live and pre-recorded exercise videos, as well as the new memory fitness program at home.



A Wellness Incentive Program

We value your health and wellness. That's why we are proud to offer our well-respected Wellness Incentive program. It rewards you with a \$25 gift card for every eligible preventive screening and immunization you complete, including the flu shot and Covid-19 vaccine. Please call the Wellness Team at **718-759-4413** from 9 a.m. to 5 p.m., Monday through Friday, to learn more.



Member-to-Member® Program

Connect with each other through our exclusive and award-winning Member-to-Member program. And there's no cost to you! Whether it's a friendly chat, wellness and relaxation activities, virtual concerts, cooking demos, exercise classes, assistance with grocery shopping or a walk in the park Member-to-Member gives you options for staying connected and engaged. To join, simply call the Member-to-Member program at **347-254-7700 (TTY 711)**, 9 a.m. to 5 p.m., Monday through Friday, or visit us at www.elderplan.org/m2m.



Another Advantage of Being an Elderplan Member

Elderplan/HomeFirst is part of MJHS, a not-for-profit health system founded in 1907, that includes: MJHS Home Care, MJHS Hospice and Palliative Care, as well as Isabella and Menorah Centers for Centers for Rehabilitation and Nursing Care. So, should you require access to additional support over time, and choose to receive services from MJHS, the Elderplan team can work together with their colleagues from across the system to better coordinate your care and make it easier for you.

Improving your ability to easily access care is important to us. So, if you have questions about any of these plan benefits, or how to use them, we are here for you. Simply call Elderplan at **1-800-353-3765** (or **TTY: 711** for the hearing impaired), between 8 a.m. – 8 p.m., 7 days a week. Visit **www.elderplan.org**



Elderplan is an HMO plan with Medicare and Medicaid contracts. Enrollment in Elderplan depends on contract renewal.

Elderplan/HomeFirst complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a non-English language or require assistance in ASL, language assistance services, free of charge, are available to you. Call 1-800-353-3765 (TTY: 711).

Elderplan/HomeFirst cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-353-3765 (TTY: 711).

Elderplan/HomeFirst 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-353-3765 (TTY: 711)。



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- ¹ Elderplan for Medicaid Beneficiaries is a dual eligible Special Needs Plan available to Medicare beneficiaries who receive New York State Medicaid or other assistance through New York State medical assistance programs. Premiums, copays, coinsurance and deductibles may vary based on the level of Medicaid assistance and/or level of Low Income Subsidy (LIS) (Extra Help) that you may receive. Please contact the plan for further details.
- ² For eligible members (with certain chronic conditions), the Special Supplemental Benefits for the Chronically Ill (grocery and meals benefit) combines with the OTC benefit to cover certain grocery items, home-delivered meals, internet, wireless and utility bill payment as a part of the monthly OTC allowance.
- ³ Members in this plan receive a monthly maximum amount (\$155 every month) to purchase eligible over-the-counter (OTC) items at authorized retail stores. The OTC card balance cannot be carried over to the next month. The OTC card is not a debit or credit card and cannot be converted to cash.
- ⁴ Prior authorization is needed for hearing aids.
- ⁵ No-cost gym membership is available at all fitness centers and in the Silver&Fit® network.



Notes



Notes



1-800-353-3765
[TTY: 711]

8 a.m. – 8 p.m., 7 days a week

Visit www.elderplan.org
for more information.