

Quarterly Value-Added Benefits (VABs)

For members who qualify

Aetna

Asthma

- In-person asthma home assessment plus asthma kit for members in case management with asthma diagnosis. Kit includes peak flow meter, spacer, and tools such as allergy-free mattress covers to reduce in-home asthma triggers (1 per year per household).

Career and life skills

- HiSET job skills training platform to find new career paths, earn credentials and certifications, and highlight skills to local employers. Must not have high school diploma, GED, or be in other education program. Members ages 16–18 must be withdrawn from Louisiana's K-12 system and have an approved age waiver.

Housing

- Up to 2 in-home housing condition assessments per year and up to \$1,000 per year per household toward remediating identified risks for members 18 and older who are tenants and qualify. Includes access to legal services for housing disputes, eviction, disputes with residential landlord, security deposit assistance, small claims, and consultation and document preparation (1 per year).

Nutrition

- Medically tailored home-delivered food plus nutrition skills to make healthy food choices for members with chronic condition or discharged from post-acute care. Includes cooked and delivered medically appropriate meals such as vegetarian, renal, or kosher. Includes 2 meals per day for 14 days, for a total of 28 meals once per year.

Pain management

- \$500 per year for alternatives to opioids for members ages 16 and older diagnosed with chronic pain. Includes acupuncture, yoga, dry needling, and massage therapy. Up to 3 chiropractic visits per year for members ages 21 and older. Members ages 16–20 can get this yearly benefit but not the extra standard benefit chiropractic services for members under age 21.

Respite care for homeless members

Room and board plus health and social care services for 14 to 30 days for members ages 18 and older who are homeless or were homeless before hospitalization and are being discharged from a local acute medical hospital and have post-acute medical needs.

Other

- \$10 gift card for members ages 6–12 who go to medical appointments and fill or refill their ADHD medication. Limit 2 per year (every 6 months).
- \$10 gift cards every 6 months for members 18 and older who fill or refill their antipsychotic medication. Limit 2 per year (every 6 months).
- 24/7 Pyx Health platform to help members ages 18 and older who are experiencing loneliness and social isolation get self-management support on smart phone, computer, or tablet.
- Calming “comfort collection” supplies once per year for members in case management who have had trauma or have anxiety diagnosis. Includes sound machine, aroma and light therapy products, and weighted pillows.

AmeriHealth Caritas Louisiana**Asthma**

- Home assessment and cleaning kit, bedding, and/or air purifier.

Career and life skills

- GED test prep and exam voucher.

Housing

- Up to 90 days respite care with health care and social services for members experiencing homelessness.
- Home assessments and financial help to remediate identified risks.

Nutrition

- Make Every Calorie Count program with 2 visits per year with registered dietitian plus gym membership or at-home fitness kit.
- Home-delivered meals after discharge.

Pain management

- Massage therapy, dry needling, TENS device, and gym membership or fitness kit plus remote patient monitoring and equipment for members ages 21 and older diagnosed with chronic pain.

Pregnancy

- Pack and Play with sheet for completing prenatal visits.
- Home delivered meals to support healthy pregnancy.
- Baby shower, education, and essential supplies such as diapers and car seats for pregnant members up to 2 years postpartum.
- Remote patient monitoring.

Weight management

- Fruits and veggies for members with obesity.
Gym memberships plus group meetings at community wellness centers.

Other

- Heart Healthy monitoring program with blood pressure cuffs and digital scales.

Healthy Blue**Asthma**

- Healthy Home program to address home-based, environmental asthma triggers for members in case management and diagnosed with asthma.
- Up to \$200 for asthma mitigation supplies and referral into Home Remediation program.

Housing

- Healthy Home program with home remediation assessment; case management; basic home repairs and pest control (if qualify); tools such as CO2 detector, utility and rental help, legal aid, smoking cessation; and help with finding new housing, if necessary.
- Help with safe place to recover after hospital stay and help finding and maintaining safe, stable housing for members 18 and older who qualify.

Pain management

- \$150 worth of non-pharmacologic aids such as heating pads, cervical traction devices, and massagers.
- \$75 yearly for gym membership or in-home fitness supplies.
- Transportation to and from pain management appointments and services, and case management help with scheduling appointments.

- Acupuncture, chiropractic care, massage therapy, pain-reducing injections, hypnotherapy, osteopathic treatment, physiological therapy with biofeedback, meditation app.
- Links to community resources such as food and meal delivery, wellness essentials.

Pregnancy

- Referrals to the Nurse Family Partnership or Healthy Start program.
- In-home prenatal and postpartum visits with counseling on preventative health services, prenatal and postpartum services, nutrition, health harming factors, and physical and mental child development.
- Home-delivered meals for postpartum members with gestational diabetes.
- Baby Essential Bundle with free items such as baby monitor, diapers, and more.
- Transportation to and from supported services such as Lamaze, doula, birthing appointments, and more.
- Breastfeeding support kit.

Respite care for homeless members

Short-term respite care for members 18 and older who qualify, are experiencing homelessness or housing insecurity, or are leaving an acute care setting after hospitalization and need a safe place to recover. Limits apply.

- May include finding short- and long-term housing to fit medical needs; making medical appointments; accessing community resources and Housing Assistance Flexible Support Funds for rental or security deposits, home utilities, basic home modifications, or other household furnishing needs; and access to other supports such as transportation assistance.

Humana

Asthma

- Up to \$200 for carpet cleaning, bedding, and/or air purifier, if qualify, all ages.

Housing

- Up to \$500 per lifetime financial help to identify and remediate health-harming risks, utilities, bills, and rent/mortgage hardship, if qualify, ages 21 and older.

Nutrition

- 1 box of 14 shelf-stable disaster preparedness meals after a hurricane or tornado, twice per year, all ages.
- 14 refrigerated home-delivered meals after discharge from inpatient or residential facility. Limited to 4 discharges per year, all ages.

Respite care for homeless members

- Up to 89 days of respite care with health care and social services, financial help to stabilize housing, for male members experiencing homelessness, if qualify, ages 18 and older.

Weight management

- Coaching program for ages 12 and older with 6 coaching calls and \$50 for completing the program.

Other

- \$25 for follow up with provider after behavioral health hospitalization, all ages.
- \$25 for follow up with provider after inpatient hospital discharge, residential treatment, or detoxification visit, all ages.

Louisiana Health Care Connections**Asthma**

- Home remediation services, hypoallergenic bedding, and in-home asthma management education.

Housing

- Up to 90 days of respite care with health care and social services, financial assistance for housing stabilization, for members experiencing homelessness.
- Home assessments and financial assistance toward remediation of identified risks such as pests, mold, utility issues, and drainage and sewage treatment.
- Access to legal advice if needed in health-related dispute, such as landlord not repairing health harming damage.

Nutrition

- Home-delivered meals after hospital discharge for chronic heart failure, diabetes, or high-risk medical condition after delivery. Up to 2 meals per day for 7 days, up to 28 meals per year.

Pain management

- Expanded physical therapy services, including dry needling and therapeutic massage, for members with chronic pain.

Pregnancy

- Healthy meal delivery for mothers in high-risk medical condition after delivery. Members may qualify for 2 meals per day for 7 days, up to 28 meals per year.
- Home visits for pregnant and postpartum members and their newborns.

Other

- Added non-health care services for members in case management diagnosed with chronic pain; high-risk pregnancy; or chronic illness such as asthma, congestive heart failure, diabetes, hepatitis C, HIV, and sickle cell anemia.
- Extra 1GB of data per month for members in case management who have SafeLink phone services.
- Members in case management who do not qualify for SafeLink may qualify for ConnectionsPlus® program with mobile phones and data plans.

United Healthcare

No extra benefits this quarter