



YOUR GUIDE TO FREE VALUE-ADDED SERVICES

Together, we can improve
your nursing facility experience

Valid September 1, 2016 to February 28, 2017
Hidalgo, Tarrant and Northeast - Rural service areas



Restrictions and limitations may apply.

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MY INFORMATION

Name: _____

Cigna-HealthSpring Member ID#: _____

Address: _____

Phone number: _____

Date of birth: _____

MY IMPORTANT CONTACTS

Member Services

1-877-653-0327 (TTY: 7-1-1)

Monday to Friday, 8 a.m. to 5 p.m. Central Time

Mental Health Crisis Line

1-800-959-4941

24 hours a day, 7 days a week

Behavioral Health and Substance Abuse Line

1-877-725-2539

Monday to Friday, 8 a.m. to 5 p.m. Central Time

Service Coordination

1-877-725-2688

Monday to Friday, 8 a.m. to 5 p.m. Central Time

Dental Services

1-855-418-1628

Monday to Friday, 7 a.m. to 8 p.m. Central Time

Vision Services

1-800-879-6901

Monday to Friday, 7 a.m. to 7 p.m. Central Time

More information

STARPLUS.MyCignaHealthSpring.com/vas

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VALUE-ADDED SERVICES

Cigna-HealthSpring offers Members **FREE Value-Added Services** that are not covered by STAR+PLUS. These services are called **Value-Added Services**.

This booklet gives Members details about the **FREE services** that help keep Members healthy.

This booklet does not list every service offered by Cigna-HealthSpring for our STAR+PLUS Members.

For more detailed information, please review the Member Handbook or call Member Services toll free at **1-877-653-0327 (TTY: 7-1-1)** Monday to Friday, 8 a.m. to 5 p.m. Central Time.

Members can also visit our website:

STARPLUS.MyCignaHealthSpring.com/starplushandbook

VALUE-ADDED SERVICES INCLUDE:

Extra dental services for adults and pregnant women*

Cigna-HealthSpring STAR+PLUS offers many choices for dental services **for FREE!**

- › \$0 copay
- › Oral examinations
- › X-rays
- › Prophylaxis (cleaning)
- › Restorative services
- › Simple extractions

Who is this for?

Pregnant women or Members age 21 and older who are only covered by Medicaid, not Medicare.

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**
or our dental provider **1-855-418-1628**

*A \$500 annual maximum limit applies to all services. Members can visit a participating dentist directly to get services. A main doctor referral is not needed.

Extra vision services*

Cigna-HealthSpring STAR+PLUS gives Members one (1) FREE eye exam, one (1) FREE pair of glasses and an additional allowance of up to \$100 for enhanced frame selection every 12 months.

Who is this for?

Members age 21 and older who are only covered by Medicaid, not Medicare.

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**
or our vision provider **1-800-879-6901**

*\$100 allowance does not apply to contact lenses, add-ons, replacement eyewear or sunglasses.

NEW! Reacher / Grabber

Members can request one (1) Reacher/Grabber in a 12-month period.

Who is this for?

All Members

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

NEW! Fleece Lap Blanket

Members can request one (1) blanket in a 12-month period.

Who is this for?

All Members

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

NEW! Clip on Lamp

Members can request one (1) clip on lamp in a 12-month period.

Who is this for?

All Members

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

VALUE-ADDED SERVICES

\$20 gift card for mammogram*

Female Members receive a \$20 gift card for completing a recommended mammogram each year.

Who is this for?

Female Members age 50-74 who are only covered by Medicaid, not Medicare.

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

*Members must be an active Cigna-HealthSpring STAR+PLUS Member to receive the gift card. Limit one (1) gift card per Member per year.

\$20 gift card for diabetes lab test*

Diabetic Members get a \$20 gift card for completing a recommended diabetes lab test.

Who is this for?

Members age 18 to 75 who are only covered by Medicaid, not Medicare.

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

*Members must be an active Cigna-HealthSpring STAR+PLUS Member with Type 1 or Type 2 diabetes to receive the gift card. Limit one (1) gift card per Member per year.

\$20 gift card - Good Health Rewards*

Members get a \$20 gift card for getting one of the following:

- › An annual well visit with certain test labs or immunizations

OR

- › A Texas Health Steps checkup along with certain test labs or immunizations

Who is this for? Members who are only covered by Medicaid, not Medicare.

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

*Members must be an active Cigna-HealthSpring STAR+PLUS Member to receive the gift card. Limit one (1) gift card per Member per year.

Cold and flu kit

Members can request one (1) cold and flu kit every 12 months.

Kit includes:

- › Carry case
- › Thermometer
- › Hand sanitizers
- › Wipes
- › Tissue packet
- › Blistex® medicated lip ointment

Who is this for?

All Members

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

VALUE-ADDED SERVICES

Home fitness kit

Members will receive one (1) home fitness kit to work out in the privacy of their residence. Members can choose one (1) of the following:

Walking kit includes:

- › Pedometer
- › Booklet with instructions

Exercise kit includes:

- › Resistance exercise band
- › Booklet with instructions

Who is this for?

All Members

How do I join?

Call Member Services **1-877-653-0327 (TTY: 7-1-1)**

Personal hygiene kit

Members can request one (1) personal hygiene kit every 12 months.

Kit includes:

- › Soft brush
- › Emery board
- › Comb
- › Mirror

Who is this for?

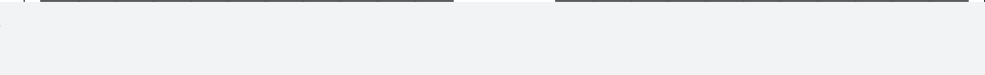
All Members

Who do I call?

Member Services **1-877-653-0327 (TTY: 7-1-1)**

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