



Aetna Better Health<sup>®</sup> of Virginia

1-800-279-1878  
TTY 711

www.aetnabetterhealth.com/virginia

**Added benefits:**

**Adult dental and vision**

- 2 dental exams and cleanings and 1 set of x-rays each year
- 1 eye exam and \$100 for frames, glasses or contacts each year

**Healthy moms and kids**

- Maternity incentive program
- Diapers for one month (300 diapers)
- Ted E. Bear, M.D.<sup>™</sup> 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, church 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<sup>®</sup> HealthKeepers Plus  
Offered by HealthKeepers, Inc.

1-800-901-0020  
TTY 711

www.anthem.com/vamedicaid

**Added benefits:**

**Adult dental and vision**

- Dental exam, cleaning and set of x-rays each year

**Healthy moms and kids**

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

**Phone and online tools**

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

**Wellness programs**

- \$120 of Weight Watchers<sup>®</sup> vouchers
- 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:**

**Adult dental and vision**

- 2 dental exams and cleanings and 1 set of x-rays each year (\$550 year limit)
- \$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 help quit smoking



1-800-881-2166  
TTY 711

www.optimahealth.com/familycare

**Added benefits:**

**Adult dental and vision**

- 1 dental cleaning and 1 set of x-rays each year
- Discount for frames, lenses and contacts

**Healthy moms and kids**

- OB care support programs, Baby Showers and incentives up to \$75
- Ready, Set, Read! program
- Free breast feeding classes and breast pumps

**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**

- Help to quit smoking
- Weight management
- Wellness rewards for healthy behavior
- Online search tool to find community resources and programs

**Other benefits**

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



1-844-752-9434  
TTY 711

www.uhccommunityplan.com/va

**Added benefits:**

**Adult dental and vision**

- 1 dental exam, cleaning and set of x-rays each year
- 1 eye exam each year
- Frames and lenses every 2 years

**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 Boys & Girls Club registration

**Phone and online tools**

- Help with applying for free cell phone, voice minutes and unlimited texts
- On My Way<sup>™</sup> website for teens

**Wellness programs**

- Weight Watchers<sup>®</sup>
- Member rewards
- Behavior management incentives
- Adult pain management and treatment (non-opioid)

**Other benefits**

- Fresh EBT mobile app
- 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  
Northern Virginia members\* with Kaiser Permanente: 1-855-249-5025  
www.virginiapremier.com

**Added benefits:**

**Adult dental and vision**

- 1 dental exam, cleaning and set of bite wing x-rays each year
- Lenses and up to \$100 for frames or contacts every 48 months

**Healthy moms and kids**

- Baby Showers
- Breast pump, prenatal and parenting classes, lactation consultant, and family planning
- Healthy Heartbeats prenatal and postpartum wellness program with incentives

**Phone and online tools**

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

**Wellness programs**

- Personal fitness program for your specific needs
- Help to quit smoking
- Nutrition education program
- Registered nurse and text-based 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.