

Special Health Programs **Just for You!**



PASSPORT
HEALTH ★ PLAN



Passport Health Plan is happy to offer you special programs to help you **stay healthy** and well. These programs offer you one-on-one support from health educators and personalized information on how to handle your health issues and live well.

Our health educators are here for you – they understand the issues you face and want to help!

On top of all the great programs you can join, you may be able to earn **free rewards** just for making healthy choices.

Important Phone Numbers

- To learn more about our special programs and rewards, please call us at **1-877-903-0082**.
- To ask about our behavioral (mental) health benefits, please call us at **1-855-834-5651**.
- To get help quitting smoking, please call the Kentucky Quit Now Support Line at **1-800-784-8669**.

Chronic Respiratory Program

Who's In the Program:

Members with asthma and chronic obstructive pulmonary disease (COPD).

What's Offered:

Asthma

An asthma educator is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care.

We'll give you information about:

- Your medicines
- Nutrition
- Exercise
- How to avoid asthma attacks

COPD

A COPD educator is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care.

We'll give you information about:

- Your medicines
- Nutrition
- Exercise
- Screenings and tests



Diabetes Program

Who's In the Program:

Members with diabetes.

What's Offered:

A diabetes educator is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care. He or she will:

- Help you get the supplies you need
- Help you find diabetes classes
- Teach you about controlling your blood sugar

We'll give you information about:

- Your medicines
- Nutrition
- Exercise
- Screenings and tests



Congestive Heart Failure (CHF) Program

Who's In the Program:

Members with CHF.

What's Offered:

A CHF educator is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care.

We'll give you information about:

- Your medicines
- Nutrition
- Watching your weight
- Making healthy lifestyle changes



Coronary Artery Disease (CAD) Program

Who's In the Program:

Members with heart disease or blood vessel diseases, or members who have had a stroke.

What's Offered:

A CAD educator is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care.

We'll give you information about:

- Your medicines
- Nutrition
- Exercise
- How to deal with your risks
- How to quit smoking



Complex and Catastrophic Care Programs

Who's In the Program:

Members who need ongoing help with their health care. These members may:

- Deal with a lot of health problems.
- See more than one doctor.
- Go to the emergency room more often than most due to their chronic conditions.

What's Offered:

A nurse is here to work with you one-on-one, help answer your questions and help you talk with your doctor about your care.

A nurse will:

- Help you understand your health problems.
- Help set up care with your doctor.
- Help you find community resources.
- Work with community partners on your behalf.
- Help you set goals to better your health.

We'll give you information about:

- Your medicines
- Nutrition
- Exercise
- Transportation



Behavioral (Mental) Health Program

Who's In the Program:

Members who need someone to talk to about stress, trauma, worries, sadness, or concerns about drug or alcohol problems.



What's Offered:

We can help you:

- Find the resources you need to better manage feelings of sadness, worries, stress, or concerns about drug and alcohol use.
- Get an appointment with a doctor or therapist.
- Get the information you need about options for mental health treatment.



Mommy Steps Program

Who's In the Program:

Some members who are pregnant or have recently delivered.

What's Offered:

A Mommy Steps educator is here to work with you one-on-one to:

- Answer questions you have.
- Help you and your baby get the care you need.
- Work with you and your OB doctor during your pregnancy and after you deliver .

A Mommy Steps educator will also talk with you about:

- Things that are harmful to your unborn baby
- The importance of not using tobacco products, alcohol or drugs
- Your pregnancy and the stress you might be feeling
- Transportation resources to appointments and childbirth education classes
- Community resources and services that can help you
- WIC Program Information (provides you with food vouchers)
- Nutrition and vitamins
- Caring for and feeding your newborn
- The importance of calling the Department for Community Based Services (DCBS) to report the birth and enroll your baby
- Birth control and what is the healthy wait before your next baby



Care Connectors Program

Care Connectors are available for members who may need extra help.

They can:

- Help connect you with case and disease management programs.
- Help you get your questions answered.
- Set up doctor visits.
- Set up rides to and from your medical visits, when needed.
- Set up health screenings for you.
- Find services in your area.
- Set up follow-up care with a specialist, if you visited the emergency room.
- Help with pharmacy problems such as prescription refills and prior authorizations.
- Find resources to help you pay for electric bills, food and housing.



Early, Periodic Screening, Diagnosis, & Treatment (EPSDT) Program

Who's In the Program:

Members under 21 years old.

What's Offered:

Our EPSDT Program makes sure your children and teens are checked for health problems early and as they grow. Our staff will work with you and the doctor to make sure your children and teens get the needed services at the right ages and times.





PASSPORT
HEALTH★PLAN



www.passporthealthplan.com

HLTH02164 | APP_8/21/2018