



UnitedHealthcare Community Plan of Washington

# Value-added benefits



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## What are value-added benefits?

Thank you for choosing UnitedHealthcare. As a member of UnitedHealthcare Community Plan, you also have access to value-added benefits at no cost to you. These unique services are offered, in addition to the required Medicaid services, to benefit your health and everyday life. Your experience and feedback as a member is the inspiration behind these value-added benefits.

### Table of contents

Fitness/healthy lifestyles.....	3
Food security .....	3
Housing support .....	3
Kids activity/clubs .....	3
Life transition support .....	3
Maternity support .....	4
Rewards programs .....	4
Transition support for jail/detention.....	5
Vision .....	5
Additional services .....	5



## Fitness/ healthy lifestyles

- **AbleTo:** Self care app with emotional health tools including meditations, breathing exercises, videos, blogs and more. For more information, visit [ableto.com/begin](https://ableto.com/begin) and follow the online steps to sign up (note: use your UnitedHealthcare member ID number as your access code).



## Food security

- **Mom's Meals:** People with high-risk pregnancies who are engaged with a Healthy First Steps care manager may be eligible for home-delivered meals for a two-week period after delivery. Meals are provided for the birthing person and up to four additional household members. To learn more, call Healthy First Steps at **1-800-599-5985**.



## Housing support

- **On My Way (OMW) program:** Helps prepare youth members to reach their housing, employment and financial management needs for the future. Learn more at [uhcomw.com](https://uhcomw.com).



## Kids activities/clubs

- Sports physical through your Primary Care Provider.
- Boys & Girls Club membership for 6-18 years old.
  - Memberships grant access to all programs and benefits — you can call your local Boys & Girls Club to learn more.
  - This program is offered at all Boys & Girls Clubs, with locations across various Washington counties.

To redeem, you can present your UnitedHealthcare Community Plan ID card when registering.



## Life transition support

- **On My Way (OMW) program:** Helps prepare youth members to reach their housing, employment, and financial management needs for the future. Go to [uhcomw.com](https://uhcomw.com).
- Members transitioning out of jail/detention may receive duffel bags containing essentials upon leaving an incarcerated setting in addition to care coordination services. Member Services can refer incarcerated members to their assigned case manager. Call **1-877-542-8997**.

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## Maternity support

- **Car seat (NEW Jan. 1, 2024):** A family can choose between two car seat models per newborn to be shipped directly to them. The car seat must be ordered no later than 12 months from the date of birth. The car seat restraint system meets all applicable federal motor vehicle safety standards. To order, email [maternalhealthwa@uhc.com](mailto:maternalhealthwa@uhc.com).
- **Babyscripts:** Educational content, appointment reminders and helpful gift card reward for enrollments (\$75), one prenatal appointment (\$50) and one postpartum appointment (\$25). Download the Babyscripts™ myJourney app through the App Store® or Google Play®.
- **Healthy First Steps® program:** Work directly with a maternity professional for extra support, access community resources (including WIC) and get help finding a doctor, midwife or specialist. Some members may be eligible for postpartum meal delivery. To learn more, call Healthy First Steps at **1-800-599-5985** or visit [uhchealthyfirststeps.com](http://uhchealthyfirststeps.com).
- **Mom's Meals:** People with high-risk pregnancies who are engaged with a Healthy First Steps care manager may be eligible for home-delivered meals for a two-week period after delivery. Meals are provided for the birthing person and up to four additional household members. To learn more, call Healthy First Steps at **1-800-599-5985**.
- **Doula care:** All pregnant members are eligible for doula services through The Doula Network. Doulas help with planning for delivery and parenthood, provide emotional and physical support during labor, and offer breastfeeding and other support after delivery. Members can reach out to Healthy First Steps for assistance or request a doula themselves by visiting [thedoulanetwork.com](http://thedoulanetwork.com). (Select For Birthing Persons > Request a Doula). The Doula care value-added benefit ends Dec. 31, 2024.
- **Text4Baby:** Education and support. To sign up, you can text BABY to 511411 for messages in English and BEBE to 511411 for messages in Spanish.
- **Wellhop program:** Virtual group peer support. Connect with other moms for support during your pregnancy and beyond. To learn more, go to [momandbaby.wellhop.com](http://momandbaby.wellhop.com).



## Rewards programs

(Up to \$200 per member per year)

- **Healthy Rewards:** Earn rewards for completing important preventive care visits including well-child visits, immunizations, breast cancer screening, diabetes monitoring and more. Up to \$200 per member per year. Eligible members will be notified by mail or email.

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## Transition support for jail/detention

- Members transitioning out of jail/detention may receive duffel bags containing essentials upon leaving an incarcerated setting in addition to care coordination services. Member Services can refer incarcerated members to their assigned case manager. Call **1-877-542-8997**.



## Vision benefit (Adults 21 and older)

- **Eyeglasses (NEW Jan. 1, 2024):** Up to \$100 for a single pair of frames and lenses every two years through March Vision's network of providers. Go to [marchvisioncare.com](https://marchvisioncare.com).



## Additional services

- **90-day medication fills:** Option to have prescriptions mailed to a member's home or fill at their pharmacy. Limited to maintenance medications.
- **UnitedHealthcare app:** Manage your health online or on the go. Mobile access to health information, member ID card, current benefits, find a doctor, and more. Download the UnitedHealthcare app on the App Store® or Google Play®.

Access to these benefits is dependent on Apple Health eligibility. The products and services described in the chart above are not offered or guaranteed through Apple Health. Access to these benefits is not subject to the Apple Health appeals process. Any disputes regarding these products and services may be subject to the managed care plan's grievance process.