

Essential Extras

What is Essential Extras?

Essentials Extras is a Medicare Advantage benefit in which the member can choose from a list of optional services to tailor their plan to best suit their needs. This additional benefit is available on select Healthy Blue plans. On many plans, these benefits may be embedded as individual benefits. Please refer to the member's Evidence of Coverage.

The benefit options include the following:

- **Personal home helper** — This benefit provides in-home support for caregiver respite, home-based chores and activities of daily living (ADL) to address needs while recovering from injury or illness. It covers up to four hours per day for up to 31 days or 124 hours of care in a calendar year. Prior authorization is required. Benefit levels may vary by plan.
- **Transportation** — Transportation to and from medical visits, SilverSneakers^{®*} locations and pharmacy visits is covered by this benefit. This benefit covers up to 60 one-way trips each calendar year. Transportation requests must be made at least 48 business hours in advance. Benefit levels may vary by plan.
- **Assistive devices** — This provides up to a \$500 allowance toward the purchase of assistive or safety devices, such as toilet seats compliant with the *Americans with Disabilities Act (ADA)* standards, shower stools, hand-held shower heads, reaching devices, temporary wheelchair ramps and more. Benefit levels may vary by plan.
- **Healthy meals** — Members can receive meals to prevent, treat or avoid a health-related issue. To qualify for a meal, member must have a recent discharge, a BMI greater than or equal to 25, a BMI less than or equal to 18.5 or an HbA1C greater than 9.0. Nutritional assessment and prior authorization are required.
- **Adult day center** — This benefit includes one visit per week for up to eight hours. It also includes transportation to and from the adult day care location. To be eligible, the member must need help with at least two ADLs. The member must submit a request for reimbursement for a plan-approved, licensed facility (unless facility is willing to submit claim on behalf of member), but transportation is billed directly to the plan. The maximum reimbursement is \$80 per day. Prior authorization is required.
- **Health and fitness tracker** — Members can receive a wearable health and fitness tracker to help them achieve their health goals. Members are eligible for one device every two years. This benefit also comes with access to online programs to improve their physical health and cognitive skills. These programs include fitness and health coaching, as well as exercises that can improve their attention, memory and navigation abilities.
- **Healthy pantry** — Members can monthly nutritional counseling sessions, plus monthly pantry staples (nonperishable) to help them make changes to their diet that would help a diagnosed chronic medical condition. This benefit is filed under CMS' guidelines for Special Supplemental Benefits for the Chronically Ill (SSBCI). Prior authorization is required.
- **Pest control** — Based on qualifying clinical criteria, members could have their home treated every three months to control pests if an infestation is having a direct impact on a diagnosed chronic medical condition. There is also an option to replace the regular pest control service with a one-time treatment

* SilverSneakers is an independent company providing the SilverSneakers fitness program on behalf Healthy Blue.

plan for certain pests, such as bedbugs, if that is a more significant impact on member's chronic condition. This benefit filed under CMS' guidelines for SSBCI. Prior authorization is required

- **Service dog support** — Members can get up to \$500 per year to help pay for items used to care for their *ADA* service dog, like leashes or vests. This benefit is filed under CMS' guidelines for SSBCI. Prior authorization is required

Some of these benefits within Essential Extras may be a standard benefit on other plans.

For members who have Essential Extras, there may be overlap with your long-term services and supports (LTSS) plan. If you are a provider who is also contracted to provide services through a LTSS plan, be aware some of these benefits may overlap. Please encourage these members to select an Essential Extras benefit that does not overlap with their LTSS benefits.