Get more with Healthy Blue

Healthy Blue

No-cost extras to help you and your family stay healthy

With your MO HealthNet Managed Care plan, Healthy Blue, you get all the benefits you expect, plus no-cost extras to make staying healthy easier.

Eligible members can get the following extra benefits:

Extras to assist with maternal and infant care

- Mom and Baby Essentials gift card to purchase items that support a healthy pregnancy and a healthy environment for baby, such as:
  - Convertible car seat
  - Portable crib
  - Diapers
  - Safe Sleep Kit
  - Baby monitor
  - Babyproof items
  - Breastfeeding accessories and pillows
- Home-delivered meals post-delivery
- Another breast pump following 24-month period after getting one as part of their medical benefit

Extras to help improve chronic conditions

- Choose one item from the Asthma and COPD catalog that includes products such as:
  - Travel nebulizer
  - Hypoallergenic bedding
  - Pillow covers and mattress covers
  - HEPA air filters
  - Asthma spacers



- Fresh Food Connect benefit for adults living with diabetes that includes a choice of one of the following:
  - Healthy Grocery Card from over 1,000 online retailers or in-store at retailers such as Walmart
  - Three Farm Fresh produce boxes
  - Annual membership to Sam's Club or Costco
- Exercise Essentials benefit that includes one of the following options for those diagnosed with obesity:
  - Gift card to use toward gym membership fees
  - Choose two items from a fitness catalog
- Eligible members receive a 3-month voucher for the WW® Core Membership, a self-guided digital program through the WW app.
- Healthy Lifestyle Aids benefit for members with an eligible diagnosis includes a choice of one item from a catalog which includes products such as:
  - Digital scale
  - Home blood pressure cuff
  - Digital thermometer
  - Pulse oximeter
  - Heart-rate monitor
  - Abdominal binder

Extras to help emotional well-being and everyday life

- Eligible members get unlimited access to an online community designed to help members cope with emotional health issues such as depression, anxiety, stress, chronic pain, insomnia, and managing drugs or alcohol.
- Eligible members get a gift card to purchase sensory products.
- Eligible members get 10 equine therapy sessions to provide positive impacts on both the physical and nervous systems. Equine therapy can help members improve in areas such as communication and social skills, motor skills, and sensory integration. It can also help reduce anxiety and irritability, and increase self-esteem.
- Eligible members get 10 art therapy sessions to help tap into self-expression. This can help reduce stress, anxiety, and depression, and promote relaxation and healing. It can also be used as a form of communication and to express feelings.
- Annual subscription to a meditation app.
- Community Resource Link, located at **healthybluemo.com/mohelp**, is an online resource that locates and displays community-based programs, benefits, and services, such as affordable housing, food security, employment, and other social determinants of health (SDOH).
- Eligible members can select up to two home safety item from a custom catalog, such as:
  - Carbon monoxide detectors
  - Smoke alarms
  - Fire extinguishers
  - Lock boxes
  - Radon detectors
  - Air quality monitors
  - Air purifiers
  - Home lead test kits
  - Water and shower filters
- Eligible members can get a gift card to enroll in various online classes and one-of-a-kind classes for kids in areas such as:
  - Arts
  - Coding and tech
  - English
  - Health and wellness

  - Life skills
  - Math
  - Music
  - Science and nature

Other resources to help you stay healthy

- Non-Emergency Medical Transportation (NEMT) is available for eligible members to get to a WIC appointment, birthing class, methadone clinics, and more. Members should call their transportation services number at **888-597-1193** on the back of their member ID card.
- Enrollment in our Healthy Rewards program to earn gift cards for completing checkups and health screenings.
- Local community resources, such as food, financial, and home assistance, that can be found by calling our Social Resource Team at **833-439-1058**.
- Eligible members get a gift card to use toward membership fees at youth clubs, such as Boys & Girls Clubs, Boy Scouts, Girl Scouts, and 4-H Club.
- Eligible members get a gift card to help cover the cost of the HiSET test.

Log online to access the Benefit Reward Hub to view other benefits you're eligible for and redeem at **healthybluemo.com** or call the Customer Service Line at **833-388-1407 (TTY 711)** Monday through Friday from 8 a.m. to 7 p.m. Central time.

Eligibility requirements, limitations, and restrictions apply. Extra health benefits offered are subject to change.

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