

# Enhanced Care

EmblemHealth's Medicaid  
Managed Care Member Handbook







**ATTENTION:** Language assistance services, free of charge, are available to you. Call **1-877-411-3625** (TTY/TDD: **711**).

**Español (Spanish)**

ATENCIÓN: Usted tiene a su disposición, gratis, servicios de ayuda para idiomas. Llame al **1-877-411-3625** (TTY/TDD: **711**).

**中文 (Chinese)**

注意：我們免費提供相關的語言協助服務。請致電 **1-877-411-3625** (TTY/TDD: **711**)。

**Русский (Russian)**

ВНИМАНИЕ! Вам доступны бесплатные услуги переводчика. Звоните по тел. **1-877-411-3625** (служба текстового телефона TTY/TDD: **711**).

**Kreyòl Ayisyen (Haitian Creole)**

ATANSYON: Gen sèvis èd nan lang gratis ki disponib pou ou. Rele nimewo **1-877-411-3625** (TTY/TDD: **711**).

**한국어 (Korean)**

주의: 귀하에게 언어 지원 서비스가 무료로 제공됩니다. **1-877-411-3625**(TTY/TDD: **711**)번으로 전화하십시오.

**Italiano (Italian)**

ATTENZIONE: sono disponibili servizi gratuiti di assistenza linguistica. Chiami il numero **1-877-411-3625** (TTY/TDD: **711**).

**אידיש (Yiddish)**

אכטונג: שפראך הילף סערוויסעס, אהן קיין פרייז, זיינען דא צו באקומען פאר אייך. רופט **1-877-411-3625** (TTY/TDD: **711**).

**বাংলা (Bengali)**

মনোযোগ দিন: ভাষা সহায়তা পরিষেবাগুলি আপনার জন্য বিনামূল্যে উপলব্ধ আছে। **1-877-411-3625** (TTY/TDD: **711**) নম্বরে ফোন করুন।

**Polski (Polish)**

UWAGA: dostępna jest bezpłatna pomoc językowa. Prosimy zadzwonić pod numer **1-877-411-3625** (TTY/TDD: **711**).

**العربية (Arabic)**

يرجى الانتباه: تتوفر لك خدمات المساعدة اللغوية مجاناً، اتصل على الرقم **1-877-411-3625** أو (TTY/TDD: **711**).

**Français (French)**

ATTENTION : une assistance d'interprétation gratuite est à votre disposition. Veuillez composer le **1-877-411-3625** (TTY/TDD : **711**).



اردو (Urdu)

وجہ دیں: آپ کے لیے زبان سے متعلق اعانت کی خدمات، مفت دستیاب ہیں۔ 1-877-411-3625 (TTY/TDD: 711) پر کال کریں۔

### Tagalog (Tagalog)

NANANAWAGAN NG PANSIN: Mayroon kang magagamit na mga serbisyo para sa tulong sa wika nang walang bayad. Tawagan ang **1-877-411-3625** (TTY/TDD: **711**).

### Ελληνικά (Greek)

ΠΡΟΣΟΧΗ: Διατίθενται για σας υπηρεσίες γλωσσικής βοήθειας, δωρεάν. Καλέστε το **1-877-411-3625** (για άτομα με προβλήματα ακοής (TTY/TDD): **711**).

### Shqip (Albanian)

VINI RE: Shërbime ndihmore për gjuhën, falas, janë në dispozicionin tuaj. Telefononi në **1-877-411-3625** (TTY/TDD: **711**).

## NOTICE OF NONDISCRIMINATION POLICY

EmblemHealth complies with Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. EmblemHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### EmblemHealth:

- Provides free aids and services to people with disabilities to help
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose first language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please call member services at **1-877-411-3625** (TTY/TDD: **711**).

If you believe that EmblemHealth has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with EmblemHealth Grievance and Appeals Department, PO Box 2844, New York, NY 10116, or call member services at **1-877-411-3625**. (Dial **711** for TTY/TDD services.) You can file a grievance in person, by mail or by phone. If you need help filing a grievance, EmblemHealth's Grievance and Appeals Department is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights electronically through the Office of Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf) or by mail or phone at **U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201; 1-800-368-1019**, (dial **1-800-537-7697** for TTY services).

Complaint forms are available at [hhs.gov/ocr/office/file/index.html](https://hhs.gov/ocr/office/file/index.html).

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# Welcome to Enhanced Care, EmblemHealth's Medicaid Managed Care Program

We are glad that you enrolled in Enhanced Care, EmblemHealth's Medicaid Managed Care program. This handbook will be your guide to the full range of health care services available to you. We want to be sure you get off to a good start as a new member. In order to get to know you better, we will get in touch with you in the next two or three weeks. You can ask us any questions you have, or get help making appointments. If you need to speak with us before we call on you, however, just call us at **855-283-2146**.

## HOW MANAGED CARE PLANS WORK

### The Plan, Our Providers, and You

- You may have heard about the changes in health care. Many consumers get their health benefits through managed care, which provides a central home for your care. If you were getting behavioral health services using your Medicaid card, now those services may be available through EmblemHealth Enhanced Care.
- EmblemHealth Enhanced Care has a contract with the State Department of Health to meet the health care needs of people with Medicaid. In turn, we choose a group of health care providers to help us meet your needs. These doctors and specialists, hospitals, labs, and other health care facilities make up our **provider network**. You will find a list in our Provider Directory. If you do not have a Provider Directory, call at **855-283-2146** to get a copy or visit our website at **emblemhealth.com**.
- When you join EmblemHealth Enhanced Care, one of our providers will help take care of you. Most of the time, that person will be your primary care provider (PCP). If you need to have a test, see a specialist, or go to the hospital, your PCP will arrange it.
- Your PCP is available to you every day, day and night. If you need to speak to your doctor after-hours or on weekends, leave a message and how you can be reached. Your PCP will get back to you as soon as possible. Even though your PCP is your main source for health care, in some cases you can self-refer to certain doctors for some services. See page 9 for details.

- You may be restricted to certain plan providers if you have been identified as a restricted recipient. Below are examples of why you may be restricted;
  - Getting care from several doctors for the same problem
  - Getting medical care more often than needed
  - Using prescription medicine(s) in a way that may be dangerous to your health
  - Allowing someone other than yourself to use your plan ID card

### **Confidentiality**

We respect your right to privacy. EmblemHealth Enhanced Care recognizes the trust needed between you, your family, your doctors, and other care providers. EmblemHealth Enhanced Care will never give out your medical or behavioral health history without your written approval. The only persons that will have your clinical information will be EmblemHealth Enhanced Care, your PCP and other providers who give you care, and your authorized representative. Referrals to such providers will always be discussed with you in advance by your PCP or your Health Home Care Manager, if you have one. EmblemHealth Enhanced Care staff have been trained in keeping strict member confidentiality.

### **HOW TO USE THIS HANDBOOK**

This handbook will help you when you join a managed care plan. It will tell you how your new health care system will work and how you can get the most from EmblemHealth Enhanced Care. This handbook is your guide to health and wellness services. It tells you the steps to take to make the plan work for you.

The first several pages will tell you what you need to know **right away**. The rest of the handbook can wait until you need it. Use it for reference or check it out a bit at a time.

When you have a question, check this handbook or call our member services unit. you can also call the managed care staff at your local department of social services (LDSS).

If you live in one of the five boroughs of New York City, Westchester, Nassau or Suffolk counties, you can also call the New York Medicaid Choice Help Line at **800-505-5678**.

### **HELP FROM MEMBER SERVICES**

There is someone to help you at Member Services Monday through Friday, 8 a.m. - 6 p.m. Call **855-283-2146** (TTY: **711**).

If you call us after business hours, leave a message including how to reach you. Your call will be returned on the next business day.

If you have a behavioral health (mental health or substance use) crisis at any time: Call Emblem Behavioral Health Services at **888-447-2526**.

- You can call Member Services to get help **anytime you have a question**. You may call us to choose or change your primary care provider (PCP for short) to ask about benefits and services, to get help with referrals, to replace a lost ID card, to report the birth of a new baby, or to ask about any change that might affect you or your family's benefits.



- If you are or become pregnant, your child will become part of EmblemHealth Enhanced Care on the day he or she is born. This will happen unless your newborn child is in a group that cannot join managed care. You should call us and your LDSS right away if you become pregnant and let us help you choose a doctor for your **newborn baby** before he or she is born.
- We offer **free sessions** to explain our health plan and how we can best help you. It's a great time for you to ask questions and meet other members. If you'd like to come to one of the sessions, call us to find a time and place that is best for you.
- **If you do not speak English**, we can help. We want you to know how to use your health care plan, no matter what language you speak. Just call us and we will find a way to talk to you in your own language. We have a group of people who can help. We will also help you find a PCP (primary care provider) who can serve you in your language.
- **For people with disabilities:** If you use a wheelchair, or are blind, or have trouble hearing or understanding, call us if you need extra help. We can tell you if a particular provider's office is wheelchair accessible or is equipped with special communications devices. Also, we have services like:
  - TTY machine (Our TTY phone number is **711**)
  - Information in Large Print
  - Case management
  - Help in making or getting to appointments
  - Names and addresses of providers who specialize in your disability
- **If you or your child are getting care in your home now**, your nurse or attendant may not know you have joined our plan. **Call us right away** to make sure your home care does not stop unexpectedly.

## YOUR HEALTH PLAN ID CARD

After you enroll, we will send you a Welcome Letter. Your EmblemHealth Enhanced Care ID card should arrive within 14 days after your enrollment date. Your card has your PCP's (primary care provider's) name and phone number on it. It will also have your Client Identification Number (CIN). If anything is wrong on your EmblemHealth Enhanced Care ID card, call us right away. Your ID card does not show that you have Medicaid or that EmblemHealth Enhanced Care is a special type of health plan.

Carry your ID card at all times and show it each time you go for care. If you need care before the card comes, your Welcome Letter is proof that you are a member. You can also go online at **emblemhealth.com** to print a temporary ID card. You should keep your Medicaid benefit card. You will need the card to get services that EmblemHealth Enhanced Care does not cover.



# PART I: FIRST THINGS YOU SHOULD KNOW

## HOW TO CHOOSE YOUR PRIMARY CARE PROVIDER (PCP)

- You may have already picked your primary care provider (PCP) to serve as your regular doctor. This person could be a doctor or a nurse practitioner. **If you have not chosen a PCP for you and your family, you should do so right away.** If you do not choose a doctor within 30 days, we will choose one for you. You may also be able to choose a PCP at your behavioral health clinic.
- Each family member can have a different PCP, or you can choose one PCP to take care of the whole family. A pediatrician treats children. Family practice doctors treat the whole family. Internal medicine doctors treat adults. Member Services can help you choose a PCP. Member Services (**855-283-2146**) can check to see if you already have a PCP or help you choose a PCP.
- You can call us to request a Provider Directory. This is a list of all the doctors, clinics, hospitals, labs, and others that work with EmblemHealth Enhanced Care. It lists the address, phone number, and special training of the doctors. The Provider Directory will show which doctors and providers are taking new patients. You should call their offices to make sure that they are taking new patients at the time you choose a PCP. You can also get a list of providers on our website at **emblemhealth.com**.

You may want to find a doctor that:

- You have seen before,
  - Understands your health problems,
  - Is taking new patients,
  - Can serve you in your language, and/or
  - Is easy to get to.
- Women can also choose one of our OB/GYN doctors to deal with women's health care. Women do not need a PCP referral to see a plan OB/GYN doctor. They can have routine checkups (twice a year), follow-up care if needed, and regular care during pregnancy.

- We also contract with FQHCs (Federally Qualified Health Centers). All FQHCs give primary and specialty care. Some consumers want to get their care from FQHCs because the centers often have a long history in the neighborhood. Maybe you want to try them because they are easy to get to. You should know that you have a choice. You can choose any one of the providers listed in our directory. Or you can sign up with a PCP at one of the FQHCs that we work with, listed below. Just call Member Services at **855-283-2146** for help.

### **Bronx**

- La Casa De Salud - 3 locations
- Morris Heights Health Center - 7 locations
- Union Community Health Center - 4 locations
- Community Healthcare Network - 4 locations
- Institute for Family Health - 9 locations

### **Brooklyn**

- Community Health Network - 3 locations
- Institute for Family Health - 2 locations
- Premium Health - 2 locations
- Damian Family Care Center
- Brownsville Multi-Services - 5 locations
- Joseph P. Addabbo Family Health Center
- Bedford Stuyvesant Family Health Center - 2 locations

### **Manhattan**

- Betances Health Center - 2 locations
- Boriken Neighborhood Health Center (fka East Harlem Council for Human Services)
- Community Healthcare Network - 2 locations
- Damian Family Care Center - 3 locations
- William F. Ryan Community Health Center - 5 locations

### **Queens**

- Community Healthcare Network - 4 locations
- Damian Family Care Center - 5 locations
- The Floating Hospital Health Center - 9 locations
- Joseph P. Addabbo Family Health Center - 5 locations

### **Staten Island**

- Community Health Center of Richmond - 3 locations
- Beacon Christian Community Health Center - 2 locations

### **Westchester**

- Open Door Family Medical Center
- Mt. Vernon Neighborhood Health Center - 4 locations

### **Suffolk**

- LISH - 8 locations

### **Nassau**

- Long Island FQHC - 7 locations

When you call Customer Service, just mention the name of the FQHC or doctor you want.

In almost all cases, your doctors will be EmblemHealth Enhanced Care providers. There are four instances when you can still **see another provider that you had before you joined EmblemHealth Enhanced Care**. In these cases, your provider must agree to work with EmblemHealth Enhanced Care Plus. You can continue to see your doctor if:

- You are more than 3 months pregnant when you join EmblemHealth Enhanced Care and you are getting prenatal care. In that case, you can keep your provider until after your delivery through post-partum care.
- At the time you join EmblemHealth Enhanced Care, you have a life-threatening disease or condition that gets worse with time. In that case, you can ask to keep your provider for up to 60 days.

- At the time you join EmblemHealth Enhanced Care, you are being treated for a Behavioral Health condition. In most cases, you can still go to the same provider. Some people may have to choose a provider that works with the health plan. Be sure to talk to your provider about this change. EmblemHealth Enhanced Care will work with you and your provider to make sure you keep getting the care you need.
- At the time you join EmblemHealth Enhanced Care, regular Medicaid paid for your home care and you need to keep getting that care for at least 120 days. In that case, you can keep your same home care agency, nurse or attendant, and the same amount of home care, for at least 90 days.

EmblemHealth Enhanced Care must tell you about any changes to your home care before the changes take effect.

- If you have a long-lasting illness, like HIV/AIDS or other long-term health problems, you may be able to **choose a specialist to act as your PCP**. Speak to your PCP. If you, the specialist, your PCP, and we agree, the specialist will then provide your routine and specialty care.
- If you choose to receive your primary care services at a Behavioral Health Clinic, you must choose or be assigned a specific provider or provider team within the clinic to serve as your PCP.
- If you need to, you can **change your PCP** in the first 30 days after your first appointment with your PCP. After that, you can change your PCP any time, for any reason. You can also change your OB/GYN or a specialist to whom your PCP has referred you.
- If your **provider leaves EmblemHealth Enhanced Care**, we will tell you within 15 days from when we know about this. If you wish, you may be able to see that provider if you are more than three months pregnant or if you are receiving ongoing treatment for a condition. If you are pregnant, you may continue to see your doctor for up to 60 days after delivery. If you are seeing a doctor regularly for an ongoing condition, you may continue your present course of treatment for up to 90 days. Your doctor must agree to work with the plan during this time. If any of these conditions apply to you, check with your PCP or call Member Services at **855-283-2146**.

## HOW TO GET REGULAR HEALTH CARE

- Regular health care means exams, regular checkups, shots, or other treatments to keep you well, give you advice when you need it, and refer you to the hospital or specialists when needed. It means you and your PCP working together to keep you well or to see that you get the care you need.
- Day or night, your PCP is only a phone call away. Be sure to call him or her whenever you have a medical question or concern. If you call after-hours or on weekends, leave a message and where or how you can be reached. Your PCP will call you back as quickly as possible. Remember, your PCP knows you and knows how the health plan works.
- Your care must be **medically necessary**. The services you get must be needed:
  1. To prevent, diagnose, and correct what could cause more suffering, or
  2. To deal with a danger to your life, or
  3. To deal with a problem that could cause illness, or
  4. To deal with something that could limit your normal activities.



- Your PCP will take care of most of your health care needs, but you must have an appointment to see your PCP. If ever you can't keep an appointment, call to let your PCP know.
- As soon as you choose a PCP, call to make a first appointment. If you can, prepare for your first appointment. Your PCP will need to know as much about your medical history as you can tell him or her. Make a list of your medical background, any problems you have now, any medications you are taking, and the questions you want to ask your PCP. In most cases, your first visit should be within three months of your joining the plan.
- **If you need care before your first appointment**, call your PCP's office to explain your concern. He or she will give you an earlier appointment. You should still keep the first appointment to discuss your medical history and ask questions.
- Use the following list as an **appointment guide for our limits on how long you may have to wait after your request for an appointment**:
- Adult baseline and routine physicals: within 12 weeks
  - **Urgent care**: within 24 hours
  - **Non-urgent sick visits**: within 3 days
  - **Routine, preventive care**: within 4 weeks
  - **First pre-natal visit**: within 3 weeks during 1st trimester (2 weeks during 2nd, 1 week during 3rd)
  - **First newborn visit**: within 2 weeks of hospital discharge
  - **First family planning visit**: within 2 weeks
  - **Follow-up visit after mental health/substance use ER or inpatient visit**: 5 days
  - **Non-urgent mental health or substance use visit**: 2 weeks

## HOW TO GET SPECIALTY CARE AND REFERRALS

- If you need care that your PCP cannot give, he or she will refer you to a specialist who can. If your PCP refers you to another doctor, we will pay for your care. Most of these specialists are EmblemHealth Enhanced Care providers. Talk with your PCP to be sure you know how referrals work.
- If you think a specialist does not meet your needs, talk to your PCP. Your PCP can help you if you need to see a different specialist.
- There are some treatments and services that your PCP must ask EmblemHealth Enhanced Care to approve before you can get them. Your PCP will be able to tell you what they are.
- If you are having trouble getting a referral you think you need, contact Member Services at **855-283-2146**.
- If we do not have a specialist in our provider network who can give you the care you need, we will get you the care you need from a specialist outside our plan. This is called an **out-of-network referral**. Your PCP or plan provider must ask EmblemHealth Enhanced Care for approval before you can get an out-of-network referral. If you or your PCP or plan provider refers you to a provider who is not in our network, you are not responsible for any of the costs except any copayments as described in this handbook.
- To request services by a specialist or providers outside our provider network, contact Customer Service at **855-283-2146**. We will need a written reason why you need to see a specialist or provider who is not in our network. You can ask your PCP or other provider to send us this information on your behalf. We will follow the same rules for prior authorization requests.

- Sometimes, we may not approve an out-of-network referral because we have a provider in EmblemHealth Enhanced Care that can treat you. If you think our plan provider does not have the right training or experience to treat you, you can ask us to check if your out-of-network referral is medically needed. You will need to ask for a **Plan Appeal**. See page 33 to find out how.
- Sometimes, we may not approve an out-of-network referral for a specific treatment because you asked for care that is not very different from what you can get from EmblemHealth Enhanced Care's provider. You can ask us to check if your out-of-network referral for the treatment you want is medically needed. You will need to ask for a **Plan Appeal**. See page 33 to find out how.
- If you need to see a specialist for ongoing care, your PCP may be able to refer you for a specified number of visits or length of time (a **standing referral**). If you have a standing referral, you will not need a new referral for each time you need care.
- *If you have a long-term disease or a disabling illness that gets worse over time*, your PCP may be able to arrange for:
  - Your specialist to act as your PCP, or
  - A referral to a specialty care center that deals with the treatment of your illness.

You can also call Member Services for help in getting access to a specialty care center.

## GET THESE SERVICES FROM OUR PLAN *WITHOUT* A REFERRAL

**You may self-refer for the following services:**

### Women's Health Care

You do not need a referral from your PCP to see one of our providers if:

- You are pregnant,
- You need OB/GYN services,
- You need family planning services,
- You want to see a mid-wife, or
- You need to have a breast or pelvic exam.

### Family Planning

You can get the following family planning services: advice about birth control, birth control prescriptions, male and female condoms, pregnancy tests, sterilization, or an abortion. During your visits for these things, you can also get tests for sexually transmitted infections, a breast cancer exam, or a pelvic exam.

*You do not need a referral* from your PCP to get these services. In fact, you can choose where to get these services. You can use your EmblemHealth Enhanced Care ID card to see one of our family planning providers. Check the plan's Provider Directory or call Member Services for help in finding a provider.

Or, you can use your Medicaid card if you want to go to a doctor or clinic outside our plan. Ask your PCP or Member Services (**855-283-2146**) for a list of places to go to get these services. You can also call the New York State Growing Up Healthy Hotline (**800-522-5006**) for the names of family planning providers near you.

## **HIV and STI Screening**

Everyone should know their HIV status. HIV and sexually transmitted infection (STI) screenings are part of your regular health care.

You can get an HIV or STI test any time you have an office or clinic visit.

- You can get an HIV or STI test any time you have family planning services. You do not need a referral from your PCP (primary care provider). Just make an appointment with any family planning provider. If you want an HIV or STI test, but **not as part of a family planning service**, your PCP can provide or arrange it for you.
- Or, if you'd rather not see one of our EmblemHealth Enhanced Care providers, you can use your Medicaid card to see a family planning provider outside EmblemHealth Enhanced Care. For help in finding either a plan provider or a Medicaid provider for family planning services, call Member Services at **855-283-2146**.
- Everyone should talk to their doctor about having an HIV test. To get free HIV testing or testing where your name isn't given, call **800-541-AIDS** (English) or **800-233-SIDA** (Spanish).

Some tests are “rapid tests” and the results are ready while you wait. The provider who gives you the test will explain the results and arrange for follow-up care if needed. You will also learn how to protect your partner. If your test is negative, we can help you learn to stay that way.

## **Eye Care**

The covered benefits include the needed services of an ophthalmologist, optometrist and an ophthalmic dispenser, and include an eye exam and pair of eyeglasses, if needed. Generally, you can get these once every two years, or more often if medically needed. Enrollees diagnosed with diabetes may self-refer for a dilated eye (retinal) examination once in any 12-month period. You just choose one of our participating providers.

New eyeglasses, with Medicaid-approved frames, are usually provided once every two years. New lenses may be ordered more often, if, for example, your vision changes more than one-half diopter. If you break your glasses, they can be repaired. Lost eyeglasses, or broken eyeglasses that can't be fixed, will be replaced with the same prescription and style of frames. If you need to see an eye specialist for care of an eye disease or defect, your PCP will refer you.

## **Behavioral Health – (Mental Health and Substance Use)**

We want to help you get the mental health and substance use services that you may need. If at any time you think you need help with mental health or substance use, you can see any behavioral health providers in our network to see what services you may need. This includes services like clinic and detox services. You do not need a referral from your PCP.

## **Smoking Cessation**

You can get medication, supplies, and counseling if you want help to quit smoking. You do not need a referral from your PCP to get these services. EmblemHealth's Tobacco-Free Quit-Smoking program offers unlimited counseling sessions with a quit coach until you successfully quit smoking.

## Maternal Depression Screening

If you are pregnant and think you need help with depression, you can get a screening to see what services you may need. You do not need a referral from your PCP. You can get a screening for depression during pregnancy and for up to a year after your delivery.

## Emergencies

You are always covered for emergencies. An emergency means a medical or behavioral condition:

- That comes on suddenly, and
- Has pain or other symptoms.

An emergency would make a person with an average knowledge of health fear that someone will suffer serious harm to body parts or functions, or serious disfigurement without care right away.

Examples of emergencies are:

- A heart attack or severe chest pain
- Bleeding that won't stop or a bad burn
- Broken bones
- Trouble breathing, convulsions, or loss of consciousness
- When you feel you might hurt yourself or others
- If you are pregnant and have signs like pain, bleeding, fever, or vomiting

- Drug overdose

Examples of **non-emergencies** are:

- Colds
- Sore throat
- Upset stomach
- Minor cuts and bruises
- Sprained muscles

Non-emergencies may also be family issues, a break-up, or wanting to use alcohol or other drugs. These may feel like an emergency, but they are not a reason to go to the emergency room.

### If you have an emergency, here's what to do:

If you believe you have an **emergency**, call **911** or go to the emergency room. You do not need your plan's or your PCP's approval before getting emergency care, and you are not required to use our hospitals or doctors.

- **If you're not sure, call your PCP** or EmblemHealth Enhanced Care. Tell the person you speak with what is happening. Your PCP or Member Services representative will:
  - Tell you what to do at home,
  - Tell you to come to the PCP's office, or
  - Tell you to go to the nearest emergency room.
- If you are **out of the area** when you have an emergency:
  - Go to the nearest emergency room.

### **Remember**

**You do not need prior approval for emergency services.** Use the emergency room **only** if you have an emergency.

The emergency room should NOT be used for problems like the flu, sore throats, or ear infections.

If you have questions, call your PCP or EmblemHealth Enhanced Care at **855-283-2146**.

### **Urgent Care**

You may have an injury or an illness that is not an emergency but still needs prompt care.

- This could be a child with an ear ache who wakes up in the middle of the night and won't stop crying.
- This could be the flu or if you need stitches.
- It could be a sprained ankle, or a bad splinter you can't remove.

You can get an appointment for an urgent care visit for the same or next day. Whether you are at home or away, call your PCP any time, day or night. If you cannot reach your PCP, call us at **855-283-2146**. Tell the person who answers what is happening. They will tell you what to do.

### **Care Outside of the United States**

If you travel outside of the United States, you can get urgent and emergency care only in the District of Columbia, Puerto Rico, the Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa. If you need medical care while in any other country (including Canada and Mexico), you will have to pay for it.

### **WE WANT TO KEEP YOU HEALTHY**

Besides the regular checkups and the shots you and your family need, here are some other ways to keep you in good health:

- Classes for you and your family
- Stop-smoking classes
- Prenatal care and nutrition
- Grief/loss support
- Breastfeeding and baby care
- Stress management
- Weight control
- Cholesterol control
- Diabetes counseling and self-management training
- Asthma counseling and self-management training
- Sexually transmitted infection (STI) testing and protecting yourself from STIs
- Domestic violence services

Call Member Services at **855-283-2146** or visit our website at **emblemhealth.com** to find out more and get a list of upcoming classes.



# PART II: YOUR BENEFITS AND PLAN PROCEDURES

The rest of this handbook is for your information when you need it. It lists the covered and the non-covered services. If you have a complaint, the handbook tells you what to do. The handbook has other information you may find useful. Keep this handbook handy for when you need it.

## BENEFITS

Medicaid managed care provides a number of services you get in addition to those you get with regular Medicaid. EmblemHealth Enhanced Care will provide or arrange for most services that you will need. You can get a few services, however, without going through your PCP. These include emergency care; family planning/HIV testing and counseling; and specific self-referral services, including those you can get from within EmblemHealth Enhanced Care and some that you can choose to go to any Medicaid provider of the service. Please call our Member Services department at **855-283-2146** if you have any questions or need help with any of the services below.

## SERVICES COVERED BY EMBLEMHEALTH ENHANCED CARE

**You must get these services from the providers who are in EmblemHealth Enhanced Care.**

All services must be medically or clinically necessary and provided or referred by your PCP (primary care provider). Please call our Member Services department at **855-283-2146** if you have any questions or need help with any of the services below.

### Regular Medical Care

- Office visits with your PCP
- Referrals to specialists
- Eye/hearing exams

### Preventive Care

- Well-baby care
- Well-child care
- Regular checkups

- Shots for children from birth through childhood
- Access to Early and Periodic Screening, Diagnosis and Treatment (EPSDT) services for enrollees from birth until age 21 years
- Smoking cessation counseling
- Access to free needles and syringes
- HIV education and risk reduction

### **Maternity Care**

- Pregnancy care
- Doctors/mid-wife and hospital services
- Newborn nursery care
- Screening for depression during pregnancy and up to a year after delivery

### **Home Health Care**

- Must be medically needed and arranged by EmblemHealth Enhanced Care
- One medically necessary postpartum home health visit; additional visits as medically necessary for high-risk women
- At least two visits to high-risk infants (newborns)
- Other home health care visits as needed and ordered by your PCP/specialist

### **Personal Care/Home Attendant/ Consumer Directed Personal Assistance Services (CDPAS)**

- Must be medically needed and arranged by EmblemHealth Enhanced Care
- Personal Care/Home Attendant – Help with bathing, dressing, and feeding and help with preparing meals and housekeeping.
- CDPAS – Help with bathing, dressing, and feeding; help preparing meals and housekeeping; plus home health aide and nursing tasks. This is provided by an aide chosen and directed by you. If you want more information, contact EmblemHealth Enhanced Care at **855-283-2146**.

### **Personal Emergency Response System (PERS)**

- This is an item you wear in case you have an emergency.

- To qualify and get this service, you must be receiving personal care/home attendant or CDPAS services.

### **Adult Day Health Care Services**

- Must be recommended by your primary care provider (PCP).
- Provides health education, nutrition, nursing and social services, help with daily living, rehabilitative therapy, pharmacy services, plus referrals for dental and other specialty care.

### **AIDS Adult Day Health Care Services**

- Must be recommended by your primary care provider (PCP). Provides general medical and nursing care, substance use supportive services, mental health supportive services, nutritional services, plus socialization, recreational, and wellness/health promotion activities.

### **Therapy for Tuberculosis (TB)**

- This is help taking your medication for TB and follow-up care.

### **Hospice Care**

- Hospice helps patients and their families with their special needs that come during the final stages of illness and after death.
- Must be medically needed and arranged by EmblemHealth Enhanced Care.
- Provides support services and some medical services to patients who are ill and expect to live for one year or less.
- You can get these services in your home or in a hospital or nursing home.

Children under age 21 who are getting hospice services can also get medically needed curative services and palliative care.

If you have any questions about this benefit, you can call the Member Services department at **855-283-2146**.

## Dental Care

EmblemHealth Enhanced Care believes that providing you with good dental care is important to your overall health care. We offer dental care through a contract with Healthplex, an expert in providing high-quality dental services. Covered services include regular and routine dental services such as preventive dental checkups, cleaning, x-rays, fillings, and other services to check for any changes or abnormalities that may require treatment and/or follow-up care for you. **You do not need a referral from your PCP to see a dentist!**

### How to Get Dental Services:

Starting Jan. 1, 2022, you must choose a dentist in the Healthplex network for preventive and restorative dental care such as routine checkups, x-rays, fillings, root canals, crowns, and more.

- If you need help finding a dentist or you want to change your dentist, call Healthplex at **855-910-2406**, from 8 a.m. to 6 p.m., Monday through Friday. Healthplex Customer Service representatives are available to help you. They speak many languages, but if they don't speak yours, they will connect you with a language interpretation service. Or, you can go to **emblemhealth.com** to find a dentist near you.
- Once you find a participating dentist, call the dentist right away to schedule an appointment. Then schedule regular preventive dental visits every six months to keep your teeth and gums healthy.
- Show your member ID card to access dental benefits. You will not receive a separate dental ID card. When you visit your dentist, you should show your member ID card.

You can also go to a dental clinic that is run by an academic dental center without a referral. Call EmblemHealth Customer Service at **855-283-2146** for a list of academic dental centers near you.

## Orthodontic Care

**EmblemHealth Enhanced Care** will cover braces for children up to age 21 who have a severe problem with their teeth, such as can't chew food due to severely crooked teeth, cleft palette, or cleft lip.

## Vision Care

EmblemHealth has partnered with EyeMed Vision Care for your eye care benefits. You must choose an eye care provider in the EyeMed network. If you need help finding an eye care provider, call EyeMed Customer Service at **877-324-2791**, Monday through Saturday, 7:30 a.m. to 11 p.m., and Sunday, 11 a.m. to 8 p.m. You can also call EmblemHealth Customer Service at **855-283-2146**.

- Services of an ophthalmologist, ophthalmic dispenser and optometrist, and coverage for contact lenses, polycarbonate lenses, artificial eyes, and/or replacement of lost or destroyed glasses, including repairs, when medically necessary. Artificial eyes are covered as ordered by a plan provider.
- Eye exams, generally every two years, unless medically needed more often
- Glasses (new pair of Medicaid-approved frames every two years, or more often if medically needed)

- Low vision exam and vision aids ordered by your doctor
- Specialist referrals for eye diseases or defects

**Pharmacy**

- Prescription drugs
- Over-the-counter (OTC) medicines
- Insulin and diabetic supplies
- Smoking cessation agents, including OTC products
- Hearing aid batteries
- Enteral formula
- Emergency contraception (6 per calendar year)
- Medical and surgical supplies
- Medications to treat substance use disorder (SUD), including medication assisted treatment (MAT)

A pharmacy copayment may be required for some people, and for some medications and pharmacy items. There are no copays for the following members or services:

- Consumers younger than 21 years old.
- Consumers who are pregnant. Pregnant women are exempt during pregnancy and for the two months after the month in which the pregnancy ends.
- Consumers in an Office of Mental Health (OMH) or Office for People With Developmental Disabilities (OPWDD) Home and Community Based Services (HCBS) Waiver Program.
- Consumers in a DOH HCBS Waiver Program for persons with traumatic brain injury (TBI).
- Family planning drugs and supplies like birth control pills and male or female condoms.
- Drugs to treat mental illness (psychotropic) and tuberculosis.

Prescription Item	Copayment Amount	Copayment Details
Brand-name prescription drugs	\$3.00/\$1.00	1 copay charge for each new prescription and each refill
Generic prescription drugs	\$1.00	
Over-the-counter drugs, such as for smoking cessation and diabetes	\$0.50	

- There is a copayment for each new prescription **and** each refill.
- If you transferred plans during the calendar year, keep your receipts as proof of your copayments or you may request proof of paid copayments from your pharmacy. You will need to give a copy to your new plan.
- Certain medications may require that your doctor get prior authorization from us before writing your prescription. Your doctor can work with EmblemHealth Enhanced Care to make sure you get the medications that you need. Learn more about prior authorization later in this handbook.
- You have a choice in where you fill your prescriptions. You can go to any pharmacy that participates with our plan or you can fill your prescriptions by using a mail order pharmacy. For more information on your options, please contact Member Services at **855-283-2146**.

Your maximum pharmacy copay amount will be **\$50 per quarter in a calendar year**. The copay will reset each quarter (or every three months), no matter how much you paid last quarter. The quarters are:

- First quarter: January 1 – March 31
- Second quarter: April 1 – June 30
- Third quarter: July 1 – September 30
- Fourth quarter: October 1 – December 31

If you cannot pay your pharmacy copay, you should talk to your health care professional. You cannot be refused services or goods because you are unable to pay. However, you will always be responsible for unpaid copayments.

To learn more about these services, call Pharmacy Member Services at **888-447-7364** (TTY: **711**).

### **Hospital Care**

- Inpatient care
- Outpatient care
- Lab, x-ray, other tests

### **Emergency Care**

- Emergency care services are procedures, treatments, or services needed to evaluate or stabilize an emergency.
- After you have received emergency care, you may need other care to make sure you remain in stable condition. Depending on the need, you may be treated in the emergency room, in an inpatient hospital room, or in another setting. This is called Post Stabilization Services.
- For more about emergency services, see page 11.

### **Specialty Care**

Includes the services of other practitioners, including:

- Physical therapy (PT), occupational therapy (OT), and speech therapy (ST): EmblemHealth covers medically necessary PT, OT, and ST visits that are ordered by a doctor or other licensed professional.
- Audiologists
- Durable medical equipment (DME), including hearing aids, artificial limbs, and orthotics
- Renal and hemodialysis
- HIV/AIDS treatment services
- Midwifery services
- Cardiac rehabilitation
- Podiatrists if you are diabetic
- Other covered services as medically needed

### **Residential Health Care Facility Care (Nursing Home)**

- Includes short-term, or rehab, stays and long-term care;
- Must be ordered by a physician and authorized by EmblemHealth Enhanced Care;



- Covered nursing home services include medical supervision, 24-hour nursing care, assistance with daily living, and physical therapy, occupational therapy, and speech-language pathology.

If you are in need of long-term placement in a nursing home, your local Department of Social Services must determine if you meet certain Medicaid income requirements. EmblemHealth Enhanced Care and the nursing home can help you apply.

You must get this care from a nursing home that is in EmblemHealth Enhanced Care's provider network. If you choose a nursing home outside of EmblemHealth Enhanced Care's network, you may have to transfer to another plan. Call New York Medicaid Choice at **800-505-5678** for help with questions about nursing home providers and plan networks.

Call **855-283-2146** for help finding a nursing home in our network.

## **BEHAVIORAL HEALTH CARE**

Behavioral health care includes mental health and substance use (alcohol and drugs) treatment and rehabilitation services. All of our members have access to services to help with emotional health, or to help with alcohol or other substance use issues. These services include:

### **Mental Health Care**

- Comprehensive Psychiatric Emergency Program (CPEP) including extended observation bed
- Inpatient and outpatient mental health treatment
- Partial hospital care
- Rehab services if you are in a community home or in family-based treatment
- Continuing day treatment
- Personalized Recovery Oriented Services (PROS)
- Assertive Community Treatment Services (ACT)
- Individual and group counseling
- Crisis intervention services

### **Substance Use Disorder Services**

- Crisis Services
  - Medically Managed Withdrawal Management
  - Medically Supervised Withdrawal Management (Inpatient/Outpatient\*)
- Inpatient addiction treatment services (hospital or community based)
- Residential addiction treatment services
  - Stabilization in Residential Setting
  - Rehabilitation in Residential Setting
- Outpatient addiction treatment services
  - Intensive Outpatient Treatment
  - Outpatient Rehabilitation Services
  - \*Outpatient Withdrawal Management
  - Medication Assisted Treatment
- \*Opioid Treatment Programs (OTP)

### **Harm Reduction Services**

If you are in need of help related to substance use disorder, members in the Medicaid Managed Care benefit package will be able to get Harm Reduction Services. These services offer a patient-oriented approach to the health and wellness of substance users. Harm reduction services provide individuals with resources and programs to help deal with substance use. EmblemHealth will cover harm reduction services that are recommended by a doctor or other licensed professional. These include:

- A plan of care developed by a person experienced in working with substance users.
- Individual supportive counseling that assists in achieving your goals.
- Group supportive counseling in a safe space to talk with others about issues that affect your health and well-being.
- Counseling to help you with taking your prescribed medication and continuing treatment.
- Support groups to help you better understand substance use and identify coping techniques and skills that will work for you.

To learn more about these services, call Customer Service at **855-283-2146**.

### **Crisis Residence Services for Children and Adults**

EmblemHealth pays for Crisis Residence services for Medicaid and HARP members. These overnight services help children and adults who are having an emotional crisis. Crisis Residence services include:

#### **Residential Crisis Support**

This is a program for people who are age 18 or older with symptoms of emotional distress. These symptoms cannot be managed at home or in the community without help.

#### **Intensive Crisis Residence**

This is a treatment program for people who are age 18 or older who are having severe emotional distress.

#### **Children's Crisis Residence**

This is a support and treatment program for people under age 21. These services help people cope with an emotional crisis and return to their home and community.

To learn more about these services, call Member Services at **855-283-2146** (TTY: **711**).

## **BEHAVIORAL HEALTH CARE — UNDER 21**

EmblemHealth Enhanced Care covers behavioral health services for children and youth. You can get these services by using your health plan card.

### **Substance Use Disorder Services**

- Crisis Services
  - Medically Managed Withdrawal Management
  - Medically Supervised Withdrawal Management (Inpatient/Outpatient\*)
- Inpatient addiction treatment services (hospital or community based)
- Residential addiction treatment services
  - Stabilization in Residential Setting
  - Rehabilitation in Residential Setting

- Outpatient addiction treatment services
  - Intensive Outpatient Treatment
  - Outpatient Rehabilitation Services
  - \*Outpatient Withdrawal Management
  - Medication Assisted Treatment
- \*Opioid Treatment Programs (OTP)

EmblemHealth Enhanced Care covers these services for all eligible children and youth under age 21, including those:

- With Supplemental Security Income (SSI);
- Who have federal Social Security Disability Insurance (SSDI) status; or
- Who have been determined certified disabled by a New York State Medical Disability Review.

### **Children and Family Treatment and Support Services - (CFTSS) is a children's service**

EmblemHealth will covers Children and Family Treatment and Support Services (CFTSS). These services help children and their families improve their health, well-being, and quality of life.

These services include:

- **Other Licensed Practitioner (OLP).** This benefit lets you get individual, group, or family therapy where you are most comfortable.
- **Psychosocial Rehabilitation (PSR).** This benefit helps you relearn skills to help you in your community. This service was called "Skill Building."
- **Community Psychiatric Supports and Treatment (CPST).** This benefit helps you stay in your home and communicate better with family, friends, and others. This service was called "Intensive In Home Services," "Crisis Avoidance Management & Training," or "Intensive In Home Supports and Services."
- **Youth Peer Support and Training** is a benefit provided by a credentialed Youth Peer Advocate, or Certified Recovery Peer Advocate who has similar experiences. These services can help children and families to:
  - Develop skills to manage health challenges and be independent.
  - Feel empowered to make decisions.
  - Make connections to natural supports and resources.
  - Transition to the adult health system when the time is right.
- **Crisis Intervention** is professional help at home or in the community when a child or youth is distressed and cannot be helped by family, friends, or other supports. Through these services, children and families can learn how to use crisis plans to de-escalate a crisis and prevent or reduce future crises.
- **Family Peer Support Services (FPSS)** are an array of formal and informal activities and supports provided to families caring for/raising a child who is experiencing social, emotional, medical, developmental, substance use, and/or behavioral challenges in their home, school, placement, and/or community.

### **Children’s Home and Community Based Services (HCBS)**

New York State covers Children’s Home and Community Based Services (HCBS) under the Children’s Waiver. EmblemHealth covers Children’s HCBS for members participating in the Children’s Waiver and provides care management for these services.

Children’s HCBS offer personal, flexible services to support children/youth and families as they work toward goals and achievements. These services are available where they are most comfortable – at home or in the community.

### **Who is eligible for Children’s HCBS?**

Children’s HCBS are for children and youth who:

- Need extra care and support to remain at home or in the community.
- Have complex health, developmental, and/or behavioral health needs.
- Want to avoid going to the hospital or a long-term care facility.
- Are eligible for HCBS and participate in the Children’s Waiver.

Members under age 21 will be able to get these services from their health plan:

- Community Habilitation
- Day Habilitation
- Caregiver/Family Support and Services
- Community Self-Advocacy Training and Support
- Prevocational Services – *must be age 14 and older*
- Supported Employment – *must be age 14 and older*
- Respite Services (Planned Respite and Crisis Respite)
- Palliative Care
- Environmental Modifications
- Vehicle Modifications
- Adaptive and Assistive Equipment
- Youth Peer Support Services and Training
- Crisis Intervention

Children/youth participating in the Children’s Waiver must receive care management. Care management will assign someone to help you find and get the services that are right for you.

- **If you are getting care management from a Health Home Care Management Agency (CMA)**, you can stay with your CMA. EmblemHealth will work with your CMA to help you get the services you need.
- **If you are getting care management from the Children and Youth Evaluation Service (C-YES)**, as of Oct. 1, 2019, EmblemHealth works with C-YES and provides your care management.

To learn more about these services, call Member Services at **855-283-2146** (TTY: **711**).

### **Article 29-I Voluntary Foster Care Agency (VFCA) Health Facility Services**

EmblemHealth covers Article 29-I VFCA Health Facility services for children and youth under age 21.

29-I VFCA Health Facilities work with families to promote well-being and positive outcomes for children in their care. 29-I VFCA Health Facilities use trauma-informed practices to meet the unique needs of each child.

29-I VFCA Health Facilities may only serve children and youth referred by the local district of social services.

The 29-I VFCA Health Facility services available on July 1, 2021 include:

#### **Core Limited Health-Related Services**

1. Skill Building
2. Nursing Supports and Medication Management
3. Medicaid Treatment Planning and Discharge Planning
4. Clinical Consultation and Supervision
5. Managed Care Liaison/Administration

and

#### **Other Limited Health-Related Services**

1. Screening, diagnosis, and treatment services related to physical health
2. Screening, diagnosis, and treatment services related to developmental and behavioral health
3. Children and Family Treatment and Support Services (CFTSS)
4. Children's Home and Community Based Services (HCBS)

EmblemHealth will cover Core Limited Health-Related Services for children and youth placed with a 29-I VFCA Health Facility.

EmblemHealth will cover Other Limited Health-Related Services provided by 29-I VFCA Health Facilities to eligible children and youth.

To learn more about these services, call Member Services at **855-283-2146** (TTY: **711**).

### **National Diabetes Prevention Program (NDPP) Services**

If you are at risk for developing type 2 diabetes, EmblemHealth covers services that may help.

EmblemHealth covers diabetes prevention services through the **National Diabetes Prevention Program (NDPP)**. This benefit will cover 22 NDPP group training sessions over the course of 12 months.

The NDPP is an educational and support program designed to help at-risk people from developing type 2 diabetes. The program consists of group training sessions that focus on the long-term, positive effects of healthy eating and exercise. The goals for these lifestyle changes include modest weight loss and increased physical activity. NDPP sessions are taught using a trained lifestyle coach.

**Eligibility**

You may be eligible for diabetes prevention services if you have a recommendation by a physician or other licensed practitioner and are:

- At least 18 years old,
- Not currently pregnant,
- Overweight, and
- Have not been previously diagnosed with type 1 or type 2 diabetes.

And, you meet one of the following criteria:

- You have had a blood test result in the prediabetes range within the past year, **or**
- You have been previously diagnosed with gestational diabetes, **or**
- You score 5 or higher on the CDC/American Diabetes Association (ADA) Prediabetes Risk Test.

Talk to your doctor to see if you qualify to take part in the NDPP.

To learn more about these services, call Member Services at **855-283-2146** (TTY: **711**).

**Other Covered Services**

- Durable Medical Equipment (DME)/Hearing Aids/Prosthetics /Orthotics
- Court-Ordered Services
- Case Management
- Help getting social support services
- FQHC
- Family Planning
- Services of a podiatrist as medically necessary

**Benefits You Can Get From EmblemHealth Enhanced Care OR With Your Medicaid Card**

For some services, you can choose where to get the care. You can get these services by using your EmblemHealth Enhanced Care membership card. You can also go to providers who will take your Medicaid Benefit card. You do not need a referral from your PCP to get these services. Call us if you have questions at **855-283-2146**.

**Family Planning**

You can go to any doctor or clinic that takes Medicaid and offers family planning services. You can visit one of our family planning providers as well. Either way, you do not need a referral from your PCP.

You can get birth control drugs, birth control devices (IUDs and diaphragms) that are available with a prescription, plus emergency contraception, sterilization, pregnancy testing, prenatal care, and abortion services. You can also see a family planning provider for HIV and sexually transmitted infection (STI) testing, and treatment and counseling related to your test results. Screenings for cancer and other related conditions are also included in family planning visits.



### **Infertility Services**

If you are unable to get pregnant, EmblemHealth covers services that may help.

EmblemHealth covers some drugs for infertility. This benefit is limited to coverage for 3 cycles of treatment per lifetime.

EmblemHealth covers services related to prescribing and monitoring the use of such drugs. The infertility benefit includes:

- Office visits
- X-ray of the uterus and fallopian tubes
- Pelvic ultrasound
- Blood testing

### **Eligibility**

You may be eligible for infertility services if you meet the following criteria:

- You are 21-34 years old and are unable to get pregnant after 12 months of regular, unprotected sex.
- You are 35-44 years old and are unable to get pregnant after 6 months of regular, unprotected sex.

To learn more about these services, call Member Services at **855-283-2146**.

### **HIV and STI Screening**

You can get this service any time from your PCP or EmblemHealth Enhanced Care doctors. When you get this service as part of a family planning visit, you can go to any doctor or clinic that takes Medicaid and offers family planning services. You do not need a referral when you get this service as part of a family planning visit.

Everyone should talk to their doctor about having an HIV test. To access free HIV testing or testing where your name isn't given, call **800-541-AIDS** (English) or **800-233-SIDA** (Spanish).

### **TB Diagnosis and Treatment**

You can choose to go either to your PCP or to the county public health agency for diagnosis and/or treatment. You do not need a referral to go to the county public health agency.

### **Benefits Using Your Medicaid Card Only**

There are some services EmblemHealth Enhanced Care does not provide. You can get these services from a provider who takes Medicaid by using your Medicaid Benefit card.

You can go to any Medicaid doctor or clinic that provides family planning.

### **Applied Behavior Analysis (ABA) Services**

New York State Medicaid covers Applied Behavior Analysis (ABA) therapy provided by:

- Licensed Behavioral Analyst (LBA),
- Certified Behavioral Analyst Assistant (CBAA) under the supervision of an LBA, or
- Other individuals specified under Article 167 of NYS education law.

**Who can get ABA?**

Children/youth under the age of 21 with a diagnosis of autism spectrum disorder and/or Rett Syndrome as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). If you think you are eligible to get ABA services, talk to your provider about this service.

**Note: You will need to use your Medicaid card when you receive these services.**

**The ABA services include:**

- Assessment and treatment by a physician, LBA, or CBAA, or other qualified health professional,
- Individual treatments delivered in the home or other setting, and
- Training and support to family and caregivers.

To learn more about these services, call Customer Service at **855-283-2146** (TTY: **711**). Our hours are 8 a.m. to 6 p.m., Monday through Friday (excluding major holidays).

**Transportation**

Emergency and non-emergency medical transportation will be covered by regular Medicaid. To get non-emergency transportation, you or your provider must call the number below that applies to you:

- Nassau and Suffolk County members: LogistiCare at **844-678-1103**
- Westchester County members: Medical Answering Services (MAS) at **866-883-7865**
- New York City members: Medical Answering Services (MAS) at **844-666-6270**

If possible, you or your provider should call the transportation company for your county at least three days before your medical appointment and provide your Medicaid identification number (ex. AB12345C), appointment date and time, address where you are going, and doctor you are seeing. Non-emergency medical transportation includes: personal vehicle, bus, taxi, ambulette, and public transportation.

If you have an emergency and need an ambulance, you must call **911**.

**Developmental Disabilities**

- Long-term therapies
- Day treatment
- Housing services
- Medicaid Service Coordination (MSC) program
- Services received under the Home and Community Based Services Waiver
- Medical Model (Care-at-Home) Waiver Services

**Services NOT Covered:**

*These services are **not available** from EmblemHealth Enhanced Care or Medicaid.* If you get any of these services, you may have to pay the bill.

- Cosmetic surgery if not medically needed.
- Personal and comfort items.
- Infertility treatments for men.

- Services from a provider that is not part of EmblemHealth Enhanced Care, unless it is a provider you are allowed to see as described elsewhere in this handbook, or EmblemHealth Enhanced Care or your PCP send you to that provider.
- Services for which you need a referral (approval) in advance and you did not get it.

You may have to pay for any service that your PCP does not approve. Or, if before you get a service, you agree to be a “private pay” or “self-pay” patient, you will have to pay for the service. This includes:

- Non-covered services (listed above),
- Unauthorized services,
- Services provided by providers not part of EmblemHealth Enhanced Care

### **If You Get a Bill**

If you get a bill for a treatment or service you do not think you should pay for, do not ignore it. Call EmblemHealth Enhanced Care at **855-283-2146** right away. EmblemHealth Enhanced Care can help you understand why you may have gotten a bill. If you are not responsible for payment, EmblemHealth Enhanced Care will contact the provider and help fix the problem for you.

You have the right to ask for a Fair Hearing if you think you are being asked to pay for something Medicaid or EmblemHealth Enhanced Care should cover. See the Fair Hearings section later in this handbook.

**If you have any questions, call Member Services at 855-283-2146.**

## **Service Authorization**

### **Prior Authorization:**

There are some treatments and services that you need to get approval for before you receive them or in order to be able to continue receiving them. This is called prior authorization. You or someone you trust can ask for this. The following treatments and services must be approved before you get them\*:

- Inpatient nonemergency procedures that provide acute, rehabilitation, and skilled nursing care
- All outpatient surgery for procedures and treatment in a facility or doctor’s office
- All procedures that require an assistant surgeon or co-surgeon
- Home health care
- Hospice care
- Pre-transplant evaluation and transplant services
- Outpatient cardiac and pulmonary rehabilitation
- Outpatient diagnostic radiology services
- Radiation therapy
- Outpatient physical and occupational therapies
- Sleep studies
- Psychological testing services
- Neuropsychological testing services
- Covered nonemergency services rendered by nonparticipating providers
- Some types of durable medical equipment
- Dental implants and oral appliances (such as braces)
- All genetic testing
- Certain injectable drugs
- Reconstructive surgery or other procedures that may be considered cosmetic
- All procedures considered experimental and investigational
- Home infusion therapy

\* Some services not listed here may require prior approval based on the circumstances. There is no prior authorization for substance use disorder (SUD) services.

Asking for approval of a treatment or service is called a **service authorization request**. To get approval for these treatments or services:

You, your designee, or your doctor should contact EmblemHealth Care Management at least 10 business days in advance by calling **888-447-2884**. Representatives are available Monday through Friday, from 9 a.m. to 5 p.m. At other hours:

- If the call concerns an urgent or emergency admission, the caller will be prompted to leave a message and Care Management will call you or your doctor back the following business day.
- If the call concerns an elective admission, the caller will be advised to call back the next business day when representatives are available.

You will also need to get prior authorization if you are currently getting one of these services now, and need to continue or get more of the care. This is called **concurrent review**.

#### **What happens after we get your service authorization request:**

The health plan has a review team to be sure you get the services we promise. We check that the service you are asking for is covered under your health plan. Doctors and nurses are on the review team. Their job is to be sure the treatment or service you asked for is medically needed and right for you. They do this by checking your treatment plan against medically acceptable standards.

We may decide to deny a service authorization request or to approve it for an amount that is less than requested. These decisions will be made by a qualified health care professional. If we decide that the requested service is not medically necessary, the decision will be made by a clinical peer reviewer, who may be a doctor or may be a health care professional who typically provides the care you requested. You can request the specific medical standards, called **clinical review criteria**, we use to make decisions about medical necessity.

After we get your request, we will review it under a **standard** or **fast track** process. You or your doctor can ask for a fast track review if it is believed that a delay will cause serious harm to your health. If your request for a fast track review is denied, we will tell you and your case will be handled under the standard review process.

We will fast track your review if:

- A delay will seriously risk your health, life, or ability to function
- Your provider says the review must be faster
- You are asking for more services than you are getting right now

In all cases, we will review your request as fast as your medical condition requires us to do so but no later than mentioned below.

We will tell you and your provider both by phone and in writing if your request is approved or denied. We will also tell you the reason for the decision. We will explain what options for

appeals or Fair Hearings you will have if you don't agree with our decision. (See also the Plan Appeals and Fair Hearings sections later in this handbook.)

**Time frames for prior authorization requests:**

- **Standard review:** We will make a decision about your request within 3 work days of when we have all the information we need, but you will hear from us no later than 14 days after we receive your request. We will tell you by the 14th day if we need more information.
- **Fast track review:** We will make a decision and you will hear from us within 72 hours. We will tell you within 72 hours if we need more information.

**Time frames for concurrent review requests:**

- **Standard review:** We will make a decision within 1 work day of when we have all the information we need, but you will hear from us no later than 14 days after we received your request. We will tell you by the 14th day if we need more information.
- **Fast track review:** We will make a decision within 1 work day of when we have all the information we need. You will hear from us no later than 72 hours after we received your request. We will tell you within 1 work day if we need more information.

**Special time frames for other requests:**

- If you are in the hospital or have just left the hospital and you are asking for home health care, we will make a decision within 72 hours of your request.
- If you are asking for mental health services that may be related to a court appearance, we will make a decision within 72 hours of your request.
- If you are asking for an outpatient prescription drug, we will make a decision within 24 hours of your request.
- A step therapy protocol means we require you to try another drug first, before we will approve the drug you are requesting. If you are asking for approval to override a step therapy protocol, we will make a decision with 24 hours for outpatient prescription drugs. For other drugs, we will make a decision within 14 days of your request.

If we need more information to make either a standard or fast track decision about your service request, we will:

- Write and tell you what information is needed. If your request is in a fast track review, we will call you right away and send a written notice later.
- Tell you why the delay is in your best interest.
- Make a decision no later than 14 days from the day we asked for more information.

You, your provider, or someone you trust may also ask us to take more time to make a decision. This may be because you have more information to give the plan to help decide your case. This can be done by calling **888-447-2884** or writing to:

Care Management Department  
EmblemHealth  
55 Water Street  
New York, NY 10041

You or your representative can file a complaint with the plan if you don't agree with our decision to take more time to review your request. You or someone you trust can also file a complaint about the review time with the New York State Department of Health by calling **800-206-8125**.

We will notify you by the date our time for review has expired. But if for some reason you do not hear from us by that date, it is the same as if we denied your service authorization request. If we do not respond to a request to override a step therapy protocol on time, your request will be approved.

If you think our decision to deny your service authorization request is wrong, you have the right to file a Plan Appeal with us. See the Plan Appeals section later in this handbook.

### **Other Decisions About Your Care:**

Sometimes, we will do a concurrent review on the care you are receiving to see if you still need the care. We may also review other treatments and services you have already received. This is called **retrospective review**. We will tell you if we make these decisions.

### **Time frames for other decisions about your care:**

- In most cases, if we make a decision to reduce, suspend, or stop a service we have already approved, and you are now getting, we must tell you at least 10 days before we change the service.
- We must tell you at least 10 days before we make any decision about long-term services and supports, such as home health care, personal care, CDPAS, adult day health care, and nursing home care.
- If we are checking care that has been given in the past, we will make a decision about paying for it within 30 days of receiving all information we need for the retrospective review. If we deny payment for a service, we will send a notice to you and your provider the day the payment is denied. These notices are not bills. **You will not have to pay for any care you received that was covered by the plan or by Medicaid even if we later deny payment to the provider.**

### **How Our Providers Are Paid**

You have the right to ask us whether we have any special financial arrangement with our providers that might affect your use of health care services. You can call Member Services at **855-283-2146** if you have specific concerns. We also want you to know that most of our providers are paid in one or more of the following ways:

- If our PCPs work in a clinic or health center, they probably get a **salary**. The number of patients they see does not affect this.
- Our PCPs who work from their own offices may get a set fee each month for each patient for whom they are the patient's PCP. The fee stays the same whether the patient needs one visit or many – or even none at all. This is called **capitation**.
- Sometimes, providers get a set fee for each person on their patient list, but some money (maybe 10%) can be held back for an **incentive** fund. At the end of the year, this fund is used to reward PCPs who have met the standards for extra pay that were set by the plan.
- Providers may also be paid by **fee-for-service**. This means they get a plan-agreed-upon fee for each service they provide.



## You Can Help With Plan Policies

We value your ideas. You can help us develop policies that best serve our members.

If you have ideas, tell us about them. Maybe you'd like to work with one of our member advisory boards or committees. Call Member Services at **855-283-2146** to find out how you can help.

## Information From Member Services

Here is information you can get by calling Member Services at **855-283-2146**.

- A list of names, addresses, and titles of EmblemHealth Enhanced Care's Board of Directors, Officers, Controlling Parties, Owners, and Partners.
- A copy of the most recent financial statements/balance sheets, and summaries of income and expenses.
- A copy of the most recent individual direct pay subscriber contract.
- Information from the Department of Financial Services about consumer complaints about EmblemHealth Enhanced Care.
- How we keep your medical records and member information private.
- In writing, we will tell you how EmblemHealth Enhanced Care checks on the quality of care to our members.
- We will tell you which hospitals our health providers work with.
- If you ask us in writing, we will tell you the guidelines we use to review conditions or diseases that are covered by EmblemHealth Enhanced Care.
- If you ask in writing, we will tell you the qualifications needed and how health care providers can apply to be part of EmblemHealth Enhanced Care.
- If you ask, we will tell you: 1) whether our contracts or subcontracts include physician incentive plans that affect the use of referral services, and, if so, 2) information on the type of incentive arrangements used; and 3) whether stop loss protection is provided for physicians and physicians groups.
- Information about how our company is organized and how it works.

## Keep Us Informed

Call Member Services at **855-283-2146** whenever these changes happen in your life:

- You change your name, address, or telephone number.
- You have a change in Medicaid eligibility.
- You are pregnant.
- You give birth.
- There is a change in insurance for you or your children.

**If you no longer get Medicaid**, check with your local Department of Social Services (LDSS). You may be able to enroll in another program.

## Disenrollment and Transfers

### 1. If you want to leave the plan

You can try us out for 90 days. You may leave EmblemHealth Enhanced Care and join another health plan at any time during that time. If you do not leave in the first 90 days, however, you must stay in EmblemHealth Enhanced Care for nine more months, unless you have a good reason (good cause).

Some examples of good cause include:

- Our health plan does not meet New York State requirements and members are harmed because of it.
- You move out of our service area.
- You, the plan, and the LDSS all agree that disenrollment is best for you.
- You are or become exempt or excluded from managed care.
- We do not offer a Medicaid managed care service that you can get from another health plan in your area.
- You need a service that is related to a benefit we have chosen not to cover and getting the service separately would put your health at risk.
- We have not been able to provide services to you as we are required to under our contract with the State.

To change plans:

- Call the Managed Care staff at your local Department of Social Services.
- If you live in one of the five boroughs of New York City, Westchester, Nassau or Suffolk counties, call New York Medicaid Choice at **800-505-5678**. The New York Medicaid Choice counselors can help you change health plans.

You may be able to transfer to another plan over the phone. If you have to be in managed care, you will have to choose another health plan.

It may take between two and six weeks to process, depending on when your request is received. You will get a notice that the change will take place by a certain date. EmblemHealth Enhanced Care will provide the care you need until then.

You can ask for faster action if you believe the timing of the regular process will cause added damage to your health. You can also ask for faster action if you have complained because you did not agree to the enrollment. Just call your local Department of Social Services or New York Medicaid Choice.

### 2. You could become ineligible for Medicaid managed care

- You or your child may have to leave EmblemHealth Enhanced Care if you or the child:
  - Move out of the county or service area
  - Change to another managed care plan
  - Join an HMO or other insurance plan through work
  - Go to prison
  - Otherwise lose eligibility

- Your child may have to leave EmblemHealth Enhanced Care or change plans if he or she:
  - Joins a Physically Handicapped Children’s Program, or
  - Is placed in foster care by an agency that has a contract to provide that service for the local Department of Social Services including all children in foster care in New York City, or
  - Is placed in foster care by the local Department of Social Services in an area that is not served by your child’s current plan.
- If you have to leave EmblemHealth Enhanced Care or become ineligible for Medicaid, all of your services may stop unexpectedly, including any care you receive at home. Call New York Medicaid Choice at **800-505-5678** right away if this happens.

### **3. We can ask you to leave EmblemHealth Enhanced Care**

You can also lose your EmblemHealth Enhanced Care membership, if you often:

- Refuse to work with your PCP in regard to your care
- Don’t keep appointments
- Go to the emergency room for non-emergency care
- Don’t follow EmblemHealth Enhanced Care’s rules
- Don’t fill out forms honestly or don’t give true information (commit fraud)
- Cause abuse or harm to plan members, providers, or staff, or
- Act in ways that make it hard for us to do our best for you and other members even after we have tried to fix the problems.

## **Plan Appeals**

There are some treatments and services that you need to get approval for before you receive them or in order to be able to continue receiving them. This is called prior authorization. Asking for approval of a treatment or service is called a service authorization request. This process is described earlier in this handbook. The notice of our decision to deny a service authorization request or to approve it for an amount that is less than requested is called an Initial Adverse Determination.

If you are not satisfied with our decision about your care, there are steps you can take.

### **Your provider can ask for reconsideration:**

If we made a decision that your service authorization request was not medically necessary or was experimental or investigational, and we did not talk to your doctor about it, your doctor may ask to speak with the plan’s Medical Director. The Medical Director will talk to your doctor within one work day.

### **You can file a Plan Appeal:**

If you think our decision about your service authorization request is wrong, you can ask us to look at your case again. This is called a **Plan Appeal**.

- You have 60 days from the date of the Initial Adverse Determination notice to ask for a Plan Appeal.

- You can call Member Services at **855-283-2146** if you need help asking for a Plan Appeal, or following the steps of the appeal process. We can help if you have any special needs like a hearing or vision impairment, or if you need translation services.
- You can ask for a Plan Appeal, or you can have someone else, like a family member, friend, doctor or lawyer, ask for you. You and that person will need to sign and date a statement saying you want that person to represent you.

We will not treat you any differently or act badly toward you because you ask for a Plan Appeal.

#### **Aid to continue while appealing a decision about your care:**

If we decided to reduce, suspend, or stop services you are getting now, you may be able to continue the services while you wait for your Plan Appeal to be decided. **You must ask for your Plan Appeal:**

- **Within 10 days from being told that your care is changing; or**
- **By the date the change in services is scheduled to occur, whichever is later.**
- If your Plan Appeal results in another denial, you may have to pay for the cost of any continued benefits that you received.

You can call, write, or visit us to ask for a Plan Appeal. When you ask for a Plan Appeal, or soon after, you will need to give us:

- Your name and address
- Enrollee number
- Service you asked for and reason(s) for appealing
- Any information that you want us to review, such as medical records, doctors' letters, or other information that explains why you need the service
- Any specific information we said we needed in the Initial Adverse Determination notice
- To help you prepare for your Plan Appeal, you can ask to see the guidelines, medical records, and other documents we used to make the Initial Adverse Determination. If your Plan Appeal is fast tracked, there may be a short time to give us information you want us to review. You can ask to see these documents or ask for a free copy by calling **855-283-2146**.

Give us your information and materials by phone, fax, mail, or in person:

Phone	<b>855-283-2146</b>
Fax	<b>212-510-5320</b>
Mail	Grievance and Appeals Department EmblemHealth 55 Water Street, New York, NY 10041
In Person	Visit any of our Neighborhood Care Centers

If you ask for a Plan Appeal by phone, unless it is fast tracked, you must also send your Plan Appeal to us in writing. After your call, we will send you a form which is a summary of your phone Plan Appeal. If you agree with our summary, you should sign and return the form to us. You can make any needed changes before sending the form back to us.

If you are asking for an out-of-network service or provider:

- If we said that the service you asked for is not very different from a service available from a participating provider, you can ask us to check if this service is medically necessary for you. You will need to ask your doctor to send this information with your Plan Appeal:
  - 1) A statement in writing from your doctor that the out-of-network service is very different from the service the plan can provide from a participating provider. Your doctor must be a board certified or board eligible specialist who treats people who need the service you are asking for.
  - 2) Two medical or scientific documents that prove the service you are asking for is more helpful to you and will not cause you more harm than the service the plan can provide from a participating provider.

If your doctor does not send this information, we will still review your Plan Appeal. However, you may not be eligible for an External Appeal. See the External Appeals section later in this handbook.

- If you think our participating provider does not have the correct training or experience to provide a service, you can ask us to check if it is medically necessary for you to be referred to an out-of-network provider. You will need to ask your doctor to send this information with your appeal:
  - 1) A statement in writing that says our participating provider does not have the correct training and experience to meet your needs, and
  - 2) That recommends an out-of-network provider with the correct training and experience who is able to provide the service.

Your doctor must be a board certified or board eligible specialist who treats people who need the service you are asking for. If your doctor does not send this information, we will still review your Plan Appeal. However, you may not be eligible for an External Appeal. See the External Appeals section later in this handbook.

What happens after we get your Plan Appeal:

- Within 15 days, we will send you a letter to let you know we are working on your Plan Appeal.
- We will send you a free copy of the medical records and any other information we will use to make the appeal decision. If your Plan Appeal is fast tracked, there may be a short time to review this information.
- You can also provide information to be used in making the decision in person or in writing. Call EmblemHealth Enhanced Care at **855-283-2146** if you are not sure what information to give us.

- Plan Appeals of clinical matters will be decided by qualified health care professionals who did not make the first decision, at least one of whom will be a clinical peer reviewer.
- Non-clinical decisions will be handled by persons who work at a higher level than the people who worked on your first decision.
- You will be given the reasons for our decision and our clinical rationale, if it applies. The notice of the Plan Appeal decision to deny your request or to approve it for an amount that is less than requested is called a **Final Adverse Determination**.
- **If you think our Final Adverse Determination is wrong:**
  - You can ask for a Fair Hearing. See the Fair Hearings section of this handbook.
  - For some decisions, you may be able to ask for an External Appeal. See the External Appeals section of this handbook.
  - You may file a complaint with the New York State Department of Health at **800-206-8125**.

### Time frames for Plan Appeals:

- **Standard Plan Appeals:** If we have all the information we need, we will tell you our decision within 30 days from when you asked for your Plan Appeal.
- **Fast track Plan Appeals:** If we have all the information we need, fast track Plan Appeal decisions will be made in 2 working days from your Plan Appeal but not more than 72 hours from when you asked for your Plan Appeal.
  - We will tell you within 72 hours if we need more information.
  - If your request was denied when you asked for more inpatient substance use disorder treatment at least 24 hours before you were to leave the hospital, we will make a decision about your appeal within 24 hours.
  - We will tell you our decision by phone and send a written notice later.

Your Plan Appeal will be reviewed under the fast track process if:

- If you or your doctor asks to have your Plan Appeal reviewed under the fast track process. Your doctor would have to explain how a delay will cause harm to your health. If your request for fast track is denied, we will tell you and your Plan Appeal will be reviewed under the standard process; **or**
- If your request was denied when you asked to continue receiving care that you are now getting or need to extend a service that has been provided; **or**
- If your request was denied when you asked for home health care after you were in the hospital; **or**
- If your request was denied when you asked for more inpatient substance use disorder treatment at least 24 hours before you were to leave the hospital.

If we need more information to make either a standard or fast track decision about your Plan Appeal, we will:

- Write you and tell you what information is needed. If your request is in a fast track review, we will call you right away and send a written notice later.
- Tell you why the delay is in your best interest.
- Make a decision no later than 14 days from the day we asked for more information.



You or your representative may also ask us to take more time to make a decision. This may be because you have more information to give the plan to help decide your case. This can be done by calling **855-283-2146** or writing to:

Grievance and Appeals Department  
EmblemHealth  
55 Water Street, New York, NY 10041

You or your representative can file a complaint with the plan if you don't agree with our decision to take more time to review your Plan Appeal. You or someone you trust can also file a complaint about the review time with the New York State Department of Health by calling **800-206-8125**.

If you do not receive a response to your Plan Appeal or we do not decide in time, including extensions, you can ask for a Fair Hearing. See the Fair Hearings section of this handbook.

If we do not decide your Plan Appeal on time, and we said the service you are asking for is:

- 1) not medically necessary;
- 2) experimental or investigational;
- 3) not different from care you can get in the plan's network; or
- 4) available from a participating provider who has correct training and experience to meet your needs, the original denial will be reversed. This means your service authorization request will be approved.

### **External Appeals**

You have other appeal rights if we said the service you are asking for was:

- 1) Not medically necessary;
- 2) Experimental or investigational;
- 3) Not different from care you can get in the plan's network; or
- 4) Available from a participating provider who has correct training and experience to meet your needs.

For these types of decisions, you can ask New York State for an independent **External Appeal**. This is called an External Appeal because it is decided by reviewers who do not work for the health plan or the state. These reviewers are qualified people approved by New York State. The service must be in the plan's benefit package or be an experimental treatment, clinical trial, or treatment for a rare disease. You do not have to pay for an External Appeal.

Before you ask for an External Appeal:

- You must file a Plan Appeal and get the plan's Final Adverse Determination; **or**
- If you have not gotten the service, and you ask for a fast track Plan Appeal, you may ask for an expedited External Appeal at the same time. Your doctor will have to say an expedited External appeal is necessary; **or**
- You and the plan may agree to skip the plan's appeals process and go directly to External Appeal; **or**

- You can prove the plan did not follow the rules correctly when processing your Plan Appeal.

You have **4 months** after you receive the plan's Final Adverse Determination to ask for an External Appeal. If you and the plan agreed to skip the plan's appeals process, then you must ask for the External Appeal within 4 months of when you made that agreement.

To ask for an External Appeal, fill out an application and send it to the Department of Financial Services. You can call Member Services at **855-283-2146** if you need help filing an appeal. You and your doctors will have to give information about your medical problem. The External Appeal application says what information will be needed.

Here are some ways to get an application:

- Call the Department of Financial Services at **800-400-8882**.
- Go to the Department of Financial Services' website at **dfs.ny.gov**.
- Contact the health plan at **855-283-2146**.

Your External Appeal will be decided in 30 days. More time (up to 5 work days) may be needed if the External Appeal reviewer asks for more information. You and the plan will be told the final decision within 2 days after the decision is made.

You can get a faster decision if:

- Your doctor says that a delay will cause serious harm to your health, or
- You are in the hospital after an emergency room visit and the hospital care is denied by the plan.

This is called an **expedited External Appeal**. The External Appeal reviewer will decide an expedited appeal in 72 hours or less.

If you asked for inpatient substance use disorder treatment at least 24 hours before you were to leave the hospital, we will continue to pay for your stay if:

- You ask for a fast track Plan Appeal within 24 hours, **and**
- You ask for a fast track External Appeal at the same time.

We will continue to pay for your stay until there is a decision made on your appeals. We will make a decision about your fast track Plan Appeal in 24 hours. The fast track External Appeal will be decided in 72 hours.

The External Appeal reviewer will tell you and the plan the decision right away by phone or fax. Later, a letter will be sent that tells you the decision.

If you ask for a Plan Appeal, and you receive a Final Adverse Determination that denies, reduces, suspends, or stops your service, you can ask for a Fair Hearing. You may ask for a Fair Hearing or ask for an External Appeal. If you ask for both, a Fair Hearing and an External Appeal, the decision of the Fair Hearing officer will be the one that counts.

## Fair Hearings

You may ask for a Fair Hearing from New York State if:

- You are not happy with a decision your local Department of Social Services or the State Department of Health made about your staying or leaving EmblemHealth Enhanced Care.
- You are not happy with a decision we made to restrict your services. You feel the decision limits your Medicaid benefits. You have 60 days from the date of the Notice of Intent to Restrict to ask for a Fair Hearing. If you ask for a Fair Hearing within 10 days of the Notice of Intent to Restrict, or by the effective date of the restriction, whichever is later, you can continue to get your services until the Fair Hearing decision. However, if you lose your Fair Hearing, you may have to pay the cost for the services you received while waiting for the decision.
- You are not happy with a decision that your doctor would not order services you wanted. You feel the doctor's decision stops or limits your Medicaid benefits. You must file a complaint with EmblemHealth Enhanced Care. If EmblemHealth Enhanced Care agrees with your doctor, you may ask for a Plan Appeal. If you receive a Final Adverse Determination, you will have 120 days from the date of the Final Adverse Determination to ask for a state Fair Hearing.
- You are not happy with a decision that we made about your care. You feel the decision limits your Medicaid benefits. You are not happy we decided to:
  - Reduce, suspend, or stop care you were getting; or
  - Deny care you wanted; or
  - Deny payment for care you received; or
  - Did not let you dispute a copay amount, other amount you owe, or payment you made for your health care.

You must first ask for a Plan Appeal and receive a Final Adverse Determination. You will have 120 calendar days from the date of the Final Adverse Determination to ask for a Fair Hearing.

**If you asked for a Plan Appeal, and receive a Final Adverse Determination that reduces, suspends, or stops care you are getting now, you can continue to get the services your doctor ordered while you wait for your Fair Hearing to be decided. You must ask for a Fair Hearing within 10 days from the date of the Final Adverse Determination or by the time the action takes effect, whichever is later.**

However, if you choose to ask for services to be continued, and you lose your Fair Hearing, you may have to pay the cost for the services you received while waiting for a decision.

You asked for a Plan Appeal, and the time for us to decide your Plan Appeal has expired, including any extensions. If you do not receive a response to your Plan Appeal or we do not decide in time, you can ask for a Fair Hearing.

The decision you receive from the Fair Hearing officer will be final.

You can use one of the following ways to request a Fair Hearing:

By phone – call toll-free **800-342-3334**

By fax – **518-473-6735**

By internet – **[otda.state.ny.us/oah/forms.asp](https://otda.state.ny.us/oah/forms.asp)**

By mail – NYS Office of Temporary and Disability Assistance  
 Office of Administrative Hearings  
 Managed Care Hearing Unit  
 P.O. Box 22023  
 Albany, NY 12201-2023

When you ask for a Fair Hearing about a decision EmblemHealth Enhanced Care made, we must send you a copy of the **evidence packet**. This is information we used to make our decision about your care. The plan will give this information to the hearing officer to explain our action. If there is not time enough to mail it to you, we will bring a copy of the evidence packet to the hearing for you. If you do not get your evidence packet by the week before your hearing, you can call **855-283-2146** to ask for it.

Remember, you may complain anytime to the New York State Department of Health by calling **800-206-8125**.

## Complaint Process

### Complaints:

We hope our health plan serves you well. If you have a problem, talk with your PCP, or call or write Member Services. Most problems can be solved right away. If you have a problem or dispute with your care or services, you can file a complaint with the plan. Problems that are not solved right away over the phone and any complaint that comes in the mail will be handled according to our complaint procedure described below.

You can call Member Services at **855-283-2146**, Monday through Friday, 8 a.m. to 6 p.m. if you need help filing a complaint or following the steps of the complaint process. We can help if you have any special needs like a hearing or vision impairment, or if you need translation services.

We will not make things hard for you or take any action against you for filing a complaint.

You also have the right to contact the New York State Department of Health about your complaint at **800-206-8125** or write to:

Complaint Unit, Bureau of Consumer Services, OHIP DHPCO 1CP-1609  
 New York State Department of Health  
 Albany, NY 12237

You may also contact your local Department of Social Services with your complaint at any time. You may call the New York State Department of Financial Services at **800-342-3736** if your complaint involves a billing problem.

### How to File a Complaint with Our Plan:

You can file a complaint, or you can have someone else, like a family member, friend, doctor or lawyer, file the complaint for you. You and that person will need to sign and date a statement saying you want that person to represent you.

To file by phone, call Member Services at **855-283-2146**, Monday through Friday, 8 a.m. to 6 p.m. If you call us after-hours, leave a message. We will call you back the next work day. If we need more information to make a decision, we will tell you.

You can write us with your complaint or call the Member Services number and request a complaint form. It should be mailed to:

Grievance and Appeals Department  
EmblemHealth  
55 Water Street, New York, NY 10041

### **What happens next:**

If we don't solve the problem right away over the phone or after we get your written complaint, we will send you a letter within 15 work days. The letter will tell you:

- Who is working on your complaint
- How to contact this person
- If we need more information

You can also provide information to be used reviewing your complaint in person or in writing. Call **855-283-2146** if you are not sure what information to give us.

Your complaint will be reviewed by one or more qualified people. If your complaint involves clinical matters, your case will be reviewed by one or more qualified health care professionals.

### **After we review your complaint:**

- We will let you know our decision in 45 days of when we have all the information we need to answer your complaint, but you will hear from us in no more than 60 days from the day we get your complaint. We will write you and will tell you the reasons for our decision.
- When a delay would risk your health, we will let you know our decision in 48 hours of when we have all the information we need to answer your complaint, but you will hear from us in no more than 7 days from the day we get your complaint. We will call you with our decision or try to reach you to tell you. You will get a letter to follow up our communication in 3 work days.
- You will be told how to appeal our decision if you are not satisfied and we will include any forms you may need.
- If we are unable to make a decision about your complaint because we don't have enough information, we will send a letter and let you know.

### **Complaint Appeals:**

If you disagree with a decision we made about your complaint, you can file a **complaint appeal** with the plan.

### **How to make a complaint appeal:**

- If you are not satisfied with what we decide, you have at least 60 work days after hearing from us to file a complaint appeal;
- You can do this yourself or ask someone you trust to file the complaint appeal for you;

- The complaint appeal must be made in writing. If you make a complaint appeal by phone, it must be followed up in writing. After your call, we will send you a form that is a summary of your phone compliant appeal. If you agree with our summary, you must sign and return the form to us. You can make any needed changes before sending the form back to us.

### **What happens after we get your complaint appeal:**

After we get your complaint appeal, we will send you a letter within 15 work days. The letter will tell you:

- Who is working on your complaint appeal
- How to contact this person
- If we need more information

Your complaint appeal will be reviewed by one or more qualified people at a higher level than those who made the first decision about your complaint. If your complaint appeal involves clinical matters, your case will be reviewed by one or more qualified health professionals, with at least one clinical peer reviewer, that were not involved in making the first decision about your complaint.

If we have all the information we need, you will know our decision in 30 work days. If a delay would risk your health, you will get our decision in 2 work days of when we have all the information we need to decide the appeal. You will be given the reasons for our decision and our clinical rationale, if they apply. If you are still not satisfied, you or someone on your behalf can file a complaint at any time with the New York State Department of Health at **800-206-8125**.

## **MEMBER RIGHTS AND RESPONSIBILITIES**

### **Your Rights**

As a member of EmblemHealth Enhanced Care, you have a right to:

- Be cared for with respect, without regard for health status, sex, race, color, religion, national origin, age, marital status, or sexual orientation.
- Be told where, when, and how to get the services you need from EmblemHealth Enhanced Care.
- Be told by your PCP what is wrong, what can be done for you, and what will likely be the result in a language you understand.
- Get a second opinion about your care.
- Give your OK to any treatment or plan for your care after that plan has been fully explained to you.
- Refuse care and be told what you may risk if you do.
- Get a copy of your medical record, and talk about it with your PCP, and to ask, if needed, that your medical record be amended or corrected.
- Be sure that your medical record is private and will not be shared with anyone except as required by law, contract, or with your approval.
- Use the EmblemHealth Enhanced Care complaint system to settle any complaints, or you can complain to the New York State Department of Health or the local Department of Social Services any time you feel you were not fairly treated.
- Use the State Fair Hearing system.



- Appoint someone (relative, friend, lawyer, etc.) to speak for you if you are unable to speak for yourself about your care and treatment.
- Receive considerate and respectful care in a clean and safe environment free of unnecessary restraints.

### **Your Responsibilities**

As a member of EmblemHealth Enhanced Care, you agree to:

- Work with your PCP to guard and improve your health.
- Find out how your health care system works.
- Listen to your PCP's advice and ask questions when you are in doubt.
- Call or go back to your PCP if you do not get better, or ask for a second opinion.
- Treat health care staff with the respect you expect yourself.
- Tell us if you have problems with any health care staff. Call Member Services.
- Keep your appointments. If you must cancel, call as soon as you can.
- Use the emergency room only for real emergencies.
- Call your PCP when you need medical care, even if it is after-hours.

### **Advance Directives**

There may come a time when you can't decide about your own health care. By planning in advance, you can arrange now for your wishes to be carried out. First, let family, friends, and your doctor know what kinds of treatment you do or don't want. Second, you can appoint an adult you trust to make decisions for you. Be sure to talk with your PCP, your family, or others close to you so they will know what you want. Third, it is best if you put your thoughts in writing. The documents listed below can help. You do not have to use a lawyer, but you may wish to speak with one about this. You can change your mind and change these documents at any time. We can help you understand or get these documents. They do not change your right to quality health care benefits. The only purpose is to let others know what you want if you can't speak for yourself.

### **Health Care Proxy**

With this document, you name another adult that you trust (usually a friend or family member) to decide about medical care for you if you are not able to do so. If you do this, you should talk with the person so they know what you want.

### **CPR and DNR**

You have the right to decide if you want any special or emergency treatment to restart your heart or lungs if your breathing or circulation stops. If you do not want special treatment, including cardiopulmonary resuscitation (CPR), you should make your wishes known in writing. Your PCP will provide a DNR (Do Not Resuscitate) order for your medical records. You can also get a DNR form to carry with you and/or a bracelet to wear that will let any emergency medical provider know about your wishes.

### **Organ Donor Card**

This wallet-sized card says that you are willing to donate parts of your body to help others when you die. Also, check the back of your driver's license to let others know if and how you want to donate your organs.

## Important Phone Numbers

Your PCP .....	
EmblemHealth Enhanced Care	
Customer Service.....	<b>855-283-2146/TTY: 711</b>
Other Units	
Nurse Hotline .....	<b>877-444-7988</b>
Utilization Review .....	<b>855-283-2146</b>
Your Nearest Emergency Room .....	
New York State Department of Health (Complaints) .....	<b>800-206-8125</b>
OMH Complaints .....	<b>800-597-8481</b>
OASAS Complaints .....	<b>800-553-5790</b>
Information on NYS Medicaid Managed Care .....	
NYC Human Resources Administration.....	<b>718-557-1399</b>
Local Departments of Social Services (DSS)	
Nassau County DSS.....	<b>516-227-7474</b>
Suffolk County DSS:	
Eastern Suffolk County . .....	<b>631-852-3710</b>
Western Suffolk County .....	<b>631-853-8408</b>
Westchester County DSS .....	<b>914-995-3333</b>
New York Medicaid Choice .....	<b>800-505-5678</b>
NYS HIV/AIDS Hotline.....	<b>800-541-AIDS (2437)</b>
Spanish.....	<b>800-233-SIDA (7432)</b>
TTY.....	<b>800-369-AIDS (2437)</b>
New York City HIV/AIDS Hotline (English & Spanish).....	<b>800-TALK-HIV (825-5448)</b>
HIV Uninsured Care Programs .....	<b>800-542-AIDS (2437)</b>
TTY.....	Relay, then <b>518-459-0121</b>
Child Health Plus .....	<b>855-693-6765</b>
Free or low-cost health insurance for children	
Partner Assistance Program .....	<b>800-541-AIDS (2437)</b>
In New York City (CNAP).....	<b>212-693-1419</b>
Social Security Administration.....	<b>800-772-1213</b>
NYS Domestic Violence Hotline.....	<b>800-942-6906</b>
Spanish.....	<b>800-942-6908</b>
Hearing Impaired .....	<b>800-810-7444</b>
Americans with Disabilities Act (ADA) Information Line.....	<b>800-514-0301</b>
TTY.....	<b>800-514-0383</b>
Local Pharmacy .....	
Ombudsman program contact:	
Community Health Access to Addiction and Mental Health Care	
Project (CHAMP).....	<b>888-614-5400</b>
Mailbox.....	<b>Ombuds@oasas.ny.gov</b>

**Important Websites:**

NYS DOH: ..... [health.ny.gov/health\\_care/managed\\_care/complaints/](https://health.ny.gov/health_care/managed_care/complaints/)

NYS OMH: ..... [omh.ny.gov/omhweb/bho/education.html](https://omh.ny.gov/omhweb/bho/education.html)

NYS OASAS: ..... [oasas.ny.gov/](https://oasas.ny.gov/)





## YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO UPDATE SOME SERVICES

### Applied Behavior Analysis (ABA) Services

Starting **January 1, 2023**, EmblemHealth will cover Applied Behavior Analysis (ABA) therapy provided by:

- Licensed Behavioral Analyst (LBA), or
- Certified Behavioral Analyst Assistant (CBAA) under the supervision of an LBA.

### Who can get ABA?

Children/youth under the age of 21 with a diagnosis of autism spectrum disorder and/or Rett Syndrome. If you think you are eligible to get ABA services, talk to your provider about this service. EmblemHealth will work with you and your provider to make sure you get the service you need.

### The ABA services include:

- Assessment and treatment by a physician, licensed behavioral analyst, or certified behavior analyst assistant,
- Individual treatments delivered in the home or other setting,
- Group adaptive behavior treatment, and
- Training and support to family and caregivers.

To learn more about these services, call Member Service at **855-283-2146** (TTY: **711**). Our hours are 8 a.m. to 6 p.m., Monday through Friday (excluding major holidays).

**YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO UPDATE SOME SERVICES****Gambling Disorder Treatment, Provided by Office of Addiction Services and Supports (OASAS) Certified Programs.**

Starting **Jan. 1, 2023**, EmblemHealth will cover Gambling Disorder Treatment provided by Office of Addiction Services and Supports (OASAS) certified programs.

You can get Gambling Disorder Treatment:

- Face-to-face; or
- Through telehealth.

If you need Gambling Disorder Treatment, you can get them from an OASAS outpatient program or, if necessary, an OASAS inpatient or residential program.

You do not need a referral from your primary care provider (PCP) to get these services. If you need help finding a provider, please call EmblemHealth member services at the number listed below.

To learn more about these services, call Member Service at **855-283-2146** (TTY: **711**). Our hours are 8 a.m. to 6 p.m., Monday through Friday (excluding major holidays).





# Referrals Not Required for In-Network Specialty Care Services

Starting **Jan. 1, 2023**, you do not need a referral from your Primary Care Provider (PCP) to see an in-network specialty care provider.\* If you need care that your PCP cannot give, you may self-refer to a specialty care provider who participates in your network.

Specialty Care includes the services of other practitioners, including:

- Physical therapy (PT), occupational therapy (OT), and speech therapy (ST)
- Audiologists
- Durable medical equipment (DME), including hearing aids, artificial limbs, and orthotics
- Renal and hemodialysis
- Midwifery services
- Cardiac rehabilitation
- Podiatrists
- Other covered services as medically needed.

There are some treatments and services that your PCP must ask EmblemHealth to approve before you can get them. Your PCP will be able to tell you what they are.

If you have questions or need help finding a provider, please call EmblemHealth member services at **855-283-2146 (TTY: 711)**. Our hours are 8 a.m. to 6 p.m., Monday through Friday (excluding major holidays).

\*If you need out of network specialty care, you must get prior approval from EmblemHealth.



# Preauthorization Not Required for Outpatient Physical and Occupational Therapies

As of Jan. 1, 2024, outpatient physical and occupational therapies provided by an in-network provider no longer require preauthorization before you get them.\*

\*If you need these services from an out-of-network provider, you must get prior approval from EmblemHealth.

EmblemHealth Plan, Inc., EmblemHealth Insurance Company, EmblemHealth Services Company, LLC and Health Insurance Plan of Greater New York (HIP) are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

45-11860PD 10/23



## Enhanced Care and Enhanced Care Plus Member Handbook Update

**YOUR MEMBER HANDBOOK HAS BEEN UPDATED WITH ADDITIONAL SERVICES.**

### **Dental Services**

Beginning Jan. 31, 2024, EmblemHealth will cover crowns and root canals in certain circumstances so you may keep more of your natural teeth.

In addition, replacement dentures and implants will only need a recommendation from your dentist to determine if they are necessary. This will make it easier for you to receive these dental services.

Call Customer Service at **855-283-2146** (TTY: **711**); 8 a.m. to 6 p.m., Monday through Friday.



# Enhanced Care Member Handbook Update

**Your member handbook has been changed.**

## **Undocumented Non-Citizens Age 65 and Over**

Undocumented non-citizens who are age 65 and over can join EmblemHealth's Medicaid Managed Care plan. Previously, these individuals were only able to receive emergency medical services by using their Medicaid card. Now, these individuals can get comprehensive health care services from in-network EmblemHealth health professionals. Available services are listed in Part II of this handbook.

Services include, but are not limited to:

- Routine preventive care such as vaccines and checkups.
- Mental health services.
- Dental care.
- Vision care.
- Family planning.
- Emergency health care.
- Nursing home services.

Eligible members also get pharmacy benefits provided by NYRx, the Medicaid pharmacy program, by using their Medicaid card.

**Note:** Non-emergency transportation is not covered.

To learn more about available services, call Customer Service at **855-283-2146** (TTY: **711**); 8 a.m. to 6 p.m., Monday through Friday.



**YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO INCLUDE MORE SERVICES.**

### **Mobile Crisis Telephonic Triage Response Service**

Starting March 1, 2024, EmblemHealth will cover the Mobile Crisis Telephonic Triage and Response service for members under age 21. This service is already available to members age 21 and older.

Currently, members under age 21 can receive the Mobile Crisis Telephonic Triage and Response service by using their Medicaid card. Effective March 1, 2024, you can use your EmblemHealth plan card to receive this service.

Mobile Crisis teams can help you, your child, or other members of your family with mental health and addiction crisis symptoms and needs. These may include:

- Increased anxiety.
- Depression.
- Stress due to a major life event or changes.
- Needing to speak with someone to prevent relapse.

You and your family can talk to a professional about a crisis, get support, and be connected with other services when needed.

If you are experiencing a crisis, call or text **988** or chat at **988lifeline.org**, 24 hours a day, 7 days a week.

To learn more about these services, call EmblemHealth Customer Service at **855-283-2146** (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday.

The pharmacy benefit section of your member handbook will no longer be valid after April 1, 2023. Instead, refer to the information below.

### PHARMACY BENEFIT CHANGE:

Starting April 1, 2023, your prescriptions will not be covered by EmblemHealth. They will be covered by Medicaid NYRx, the Medicaid pharmacy program.

Most pharmacies in New York State take the Medicaid NYRx pharmacy program. If your pharmacy does not take Medicaid, you may:

- Ask your doctor to send a new prescription to a pharmacy that takes Medicaid NYRx pharmacy program, or
- Ask your pharmacist to transfer a refill to a pharmacy that takes Medicaid NYRx pharmacy program, or
- Locate a pharmacy that takes Medicaid NYRx at: **member.emedny.org**.

You will need to show the pharmacist either your Medicaid Card **or** your Health Plan Card. This will tell them your Client Identification Number (CIN).

Medicaid NYRx has a list of covered drugs. Over-the-counter drugs and most drugs are on the list. This list of covered drugs can be found at: **emedny.org/info/formfile.aspx**.

- Some drugs need prior approval before they can be filled. This list will tell you if a drug needs prior approval. Your doctor will call to get prior approval.
- If your drug is not on this list:
  - Your doctor can ask Medicaid for approval to let you get the drug, or
  - Your pharmacist can talk to your doctor about changing to a drug that is on the list.

Medicaid NYRx pharmacy plan also has a preferred drug list. This list can be found at: **newyork.fhsc.com/downloads/providers/NYRx\_PDP\_PDL.pdf**.

- If you need a non-preferred drug, please contact your pharmacist or doctor so that they can get approval for you to get this drug.

The Medicaid copayment structure is not changing. Your copayment might change depending on if the drug is preferred or non-preferred.

Your pharmacy benefit also covers certain supplies:

- A list of covered supplies can be found at: **member.emedny.org/**.
- A list of preferred diabetic meters and test strips can be found at: **newyork.fhsc.com/downloads/providers/NYRx\_PDSP\_preferred\_supply\_list.pdf**.
  - You will need to change to a preferred diabetic meter and test strip.

**Do you have questions or need help?** The Medicaid Helpline can assist you. They can talk to you in your preferred language. They can be reached at **800-541-2831** TTY **800-662-1220**.

They can answer your call:

- Monday - Friday, 8 a.m. - 8 p.m.
- Saturday, 9am - 1 p.m.



# Enhanced Care and Enhanced Care Plus Member Handbook Update

## Electronic Notice Option

EmblemHealth and our vendors can send you electronic notices about service authorizations, plan appeals, complaints, and complaint appeals instead of sending the notices by phone or mail.

We can send you these notices through the member portal. You can choose to go paperless in the **myEmblemHealth** member portal. Then, you can see documents as soon as they are ready. You will get an alert through the communications tab when you have something new to view.

If you want to get these notices electronically, you must ask us. To ask for electronic notices, contact us by phone, online, or by mail:

Phone: **855-283-2146**

Online: **my.emblemhealth.com**

Mail: P.O. Box 1701, NY, NY 10023-1701

When you contact us, you must:

- Tell us how you want to get notices that are normally sent by mail.
- Tell us how you want to get notices that are normally made by phone call.
- Give us your contact information (email address).

EmblemHealth will let you know by mail that you have asked to get notices electronically.