



Highmark Health Options 2019 Member Handbook

Diamond State Health Plan and
Delaware Healthy Children Program

For inquiries, please call
Member Services at
1-844-325-6251

Please visit our website at
www.highmarkhealthoptions.com



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Medicaid & Medical Assistance

Highmark Health Options is an independent licensee of the Blue Cross and Blue Shield Association.

Welcome to

Highmark Health Options

Highmark Health Options is a managed health care plan. This means that we work with you and your doctor, or primary care physician (PCP), to service your total health care needs. Your PCP's name and phone number are on your Highmark Health Options ID card. Carry this card with you and show it whenever you seek medical attention. You must also show your Delaware Medicaid Card. Please call us right away if there are any mistakes on your ID card. This Member Handbook explains the benefits and services available to you. It also explains what to do if you have an emergency or urgent medical situation. Please read this handbook carefully. It will help you learn more about the health care services paid for by Highmark Health Options. Keep this handbook in a safe place so you can look up information later on.

We urge you to use your Highmark Health Options benefits to help get the care that you need to stay healthy. Please call the Member Services Department for help and questions about what is covered. Member Services Representatives are available from 8 a.m.-8 p.m.

(Monday-Friday) at 1-844-325-6251.

Your Member Services Representative can answer questions about your health care, ID card, benefits and doctors. Also visit our website, www.highmarkhealthoptions.com to find other useful information, such as doctors, guidelines and health & wellness programs.

If you speak other languages than English, language assistance services are available to you free of charge. Call Member Services at 1-844-325-6251 (TTY 711 or 1-800-232-5460).

You can ask for this Member Handbook and other materials and brochures in other formats such as other languages, large print, audio CD or Braille at no charge to you.

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).

注意：如果您讲中文，可以免费为您提供语言协助服务。拨打您的 卡背面的号码（听障人士专用号码：711）。

For additional languages see pages 43-44.

Table of Contents

Getting Started	Pages 1-2
Important Words You Should Know—Your ID Card	
Your Primary Care Physician (PCP)	Pages 3-5
How Can I Change My Doctor?—PCP Appointments	
Covered Benefits and Limits	Pages 6-8
Covered Benefits—Non-Covered Services	
Different Types of Care	Pages 9-12
Routine Care—Urgent Care—Emergency Services—After-Hours Care—Specialist Care	
Telemedicine—Getting Different Care through Highmark Health Options	
Second Opinions—Hospital Services—Post-Stabilization Services	
No Medical Coverage Outside of U.S.—Out of Network Care—If You Need Care Out of Area	
Family Planning—Pregnant Women and Newborns—Enrolling Your Newborn	
Changes in Benefits or Services	
Additional Services	Pages 13-17
Medicines/ Drug Formulary—Can the Drug Formulary Change?—Safe and Effective Drug Management-Exception Process-Where to Get Your Prescriptions Filled—Refilling Your Prescription—Emergency Supply of Medication Pharmacy Lock-In—The Kinds of Drugs Highmark Health Options Covers—Limits on Your Prescriptions	
Drug Benefit —Eye Exams—Dental Care—Mental Health, Drug & Alcohol Services—Chiropractic Benefits Care Coordination—Transportation	
Wellness & Lifestyle Management Programs	Pages 18-22
Health Risk Assessment—Asthma Program	
Chronic Obstructive Pulmonary Disease (COPD) Program—Cardiac Program	
Diabetes Program—Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) Program	
Pregnancy Care—Women, Infants, and Children Program (WIC) – GED Program - New! Healthy Weight Management Program	
Policies and Procedures	Pages 23-25
Adding New Members or Removing—What to do if You Move—If Your Membership Stops	
Changing Your Health Plan—Claims- What Do I Do with a Bill?	
You Have Other Insurance or a Third Party Liability (TPL)—New Technology	
Confidentiality—Americans with Disabilities Act—What is a Member Advocate?	
Changing Care Coordinators—Requesting Medical Records—Other Information	
Member Portal	Page 26
Self Service Through the Member Portal—Login is Simple—Advantages to Using the Member Portal	
For Your Protection	Pages 27-34
Your Rights and Responsibilities—Advance Directives—How to File a Grievance or Appeal	
Grievances—Appeals—Expedited Appeals—State Fair Hearing—Fraud and Abuse	
Important Phone Numbers	Pages 35-39
Notice of Privacy Practices	Pages 40-42
Other Languages	Pages 43-45

Getting Started

Important Words You Should Know

Below are some terms that you should know that we use to describe how your medical care is arranged.

Benefits: The health care services covered under this plan.

Care Coordinator: A health care professional specifically assigned and trained to intervene on the behalf of members experiencing serious and complex medical and psychosocial issues.

Co-pays or Cost Sharing: Money that you need to pay at the time of service.

DHSS: Department of Health and Social Services.

Dis-enroll: To stop using the health plan because you are no longer eligible or you change your health plan.

DMMA: Delaware Division of Medicaid and Medical Assistance.

DSS: Division of Social Services.

Emergency medical condition: A sudden start of a medical illness or serious pain that a normal person with no medical training feels:

- Places your health (or the health of your unborn child) at serious risk.
- Harms the function of your body.
- Harms the function of a body part or organ.

Health care provider: Any doctor, hospital, agency, or other person who has a license or is approved to give health care services.

Hospital: A place for inpatient and outpatient care from doctors and nurses.

Immunization: A shot that protects you from disease. Children and adults get different shots at different ages during regular doctor visits.

Inpatient care: When you have to stay the night in the hospital or other facility for the medical care you need.

Medically Necessary: Items or services that have been given or will be given to a patient that are needed to treat or prevent a medical condition and

are medically necessary.

Examples are to:

- find the cause of an illness or treatment of illness or injury;
- help a body part that is not normal work better;
- avoid illness; or
- help a patient meet the right growth and development levels.

Member: A person approved by the state of Delaware to join a Highmark Health Options health plan.

Member Advocate: Someone from the Plan that can help assist you, your provider and your care coordinator with obtaining care, scheduling appointments, and the grievance and appeal processes.

Member Handbook: The Member Handbook tells you how Highmark Health Options works. If you do not understand some parts of this handbook, you can call Member Services at 1-844-325-6251. We will mail you a welcome letter upon enrollment with instructions for accessing the member handbook online or how to request a hard copy.

Mental (behavioral) health: A term used to describe nervous/psychiatric, mental, relationship, emotional, or behavioral problems.

Outpatient care: Care you get when you do not have to stay overnight in a hospital or other place of treatment.

Primary Care Physician (PCP): The doctor you choose for most of your health care. This person helps you get the care you need.

Prior authorization: The approval you get from us before you get a service.

PROMISE: Promoting Optimal Mental Health for Individuals through Supports and Empowerment program for members with behavioral health needs overseen by the Delaware State Division of Substance Abuse and Mental Health (DSAMH).

Resource Coordinator: Non-clinical staff member who assists you with discharge planning following an acute inpatient stay, appointment setting, referrals, linkage to services and coordination of care.

Specialist: Any doctor who has special training for a specific condition or illness.

Urgent medical condition: Not an emergency, but is a condition that should have medical care within 48 hours.

Utilization review: A process that allows Highmark Health Options and your health care providers to work together to decide if a service you ask for is medically necessary.

Your ID Card

Your Highmark Health Options member identification (ID) card was sent to you separately from this handbook. If you did not get it, call our Member Services Department at 1-844-325-6251. If you have trouble hearing or speaking, please call our Member Services TTY line at 711 or 1-800-232-5460. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

Your ID card lists your main doctor or PCP. Check that the PCP listed is the one you want. If the PCP on your ID card is not the PCP you want, call us right away so we can fix it. Every member of your family enrolled with Highmark Health Options will have his or her own ID card. Check the information on the ID card to make sure it is right.

Keep your Highmark Health Options ID card and Delaware Medicaid card with you at all times. Show them every time you need health care services. Do not let anyone else use your Highmark Health Options ID card. Your Highmark Health Options ID card does not replace your Delaware Medicaid card. Keep both cards!



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1-844-325-6251
Monday - Friday 8 a.m. – 8 p.m.

Please visit our website at
www.highmarkhealthoptions.com

Your Primary Care Physician (PCP)

When you sign up, you must select a Primary Care Physician (PCP). Your ID card shows the name of the doctor (PCP) you picked when you signed up. If you didn't select a PCP, one may have been given to you. Your PCP helps arrange your health care needs and works with Highmark Health Options to make sure you get the care you need. You can have the same PCP for the whole family, or another doctor for each person in your family.

Some PCP offices use medical residents, nurse practitioners and physician assistants to help the doctor (PCP). Your PCP is there to help you 24 hours a day, 7 days a week and should be called if you need help even after normal business hours.

How Can I Change My Doctor?

If you want to change your PCP for any reason, call Member Services at 1-844-325-6251. A Member Services Representative will help you make the change and will tell you when you can start seeing the new doctor. Based on when you call, you may not be able to see your new doctor until the 1st day of the next month. You will get a new ID card, which will have your new doctor's name and phone number.

You can find a complete listing of our doctors by visiting our website at www.highmarkhealthoptions.com. The list will include name, address, phone numbers, specialty and board certification status. If you wish to learn more about a doctor's education, residency, and qualifications please contact member services. You can receive a mailed provider directory by calling the Member Services Department at

1-844-325-6251 or TTY 711 or 1-800-232-5460, Monday through Friday between the hours of 8 a.m. and 8 p.m.

PCP Appointments

If you need an appointment, call your doctor. The doctor's phone number is on your ID card, and there is no charge for visits to your PCP. It is key that you keep your appointments with your doctor. If you cannot make it for any reason, call the doctor's office right away to let them know.

Highmark Health Options has appointment rules that Primary Care Physicians (PCP) and specialists are asked to follow. These appointment rules are different based on why you need to be seen:

NEW MEMBERS	
First visit	For your first visit, you must be seen by:
Members under the age of 21	PCP for an EPSDT (Early and Periodic Screening, Diagnosis, and Treatment) screen no later than 45 calendar days after you have become a member, unless you are being treated by a PCP or specialist and are up-to-date with screens and immunizations. The Contractor shall provide screenings (periodic, comprehensive child health assessments), to all members eligible for EPSDT, no more than two weeks after the initial request. Inter-periodic exams must be promptly provided when needed. These are regularly scheduled examinations and evaluations of the general physical and mental health, growth, development, and nutritional status of infants, children and youth.



PCPS AND OB-GYNS	
Emergency	PCP appointments that meet the definition of an "emergency condition" are available the same day. Examples of emergency conditions are: high temperature, persistent vomiting or diarrhea or symptoms which are of sudden or severe onset but do not require emergency room services.
Urgent medical concern	PCP appointments for Urgent Care are available within two calendar days. Examples of Urgent Care include: persistent rash, recurring high grade temperature, non-specific pain or fever.
Routine care	Routine Care appointments (e.g., well-child exams, routine physical exams) are available within three weeks of member request.
Wellness (whole body, wellness exam, well-child exam)	Must be scheduled within 3 weeks of asking
Well-woman exams	Must be scheduled within 3 weeks of asking
Maternity care	First prenatal care appointments must be scheduled: First three months— within 21 calendar days of asking. Second three months—within 7 calendar days of asking. Third three months—within 3 calendar days of asking. High-risk pregnancies —within 3 calendar days of a contractor or the provider identifying a high risk member or immediately if an emergency exists.
SPECIALISTS	
Emergency cases	Emergency Services are available 24 hours a day, seven days a week.
Urgent medical concern	Urgent Care appointments within 48 hours of asking.
Routine care	Must be scheduled within three weeks of asking for any specialty doctor, included but not limited to: Otolaryngology Orthopedic Surgery Dermatology Pediatric Allergy & Immunology Pediatric Endocrinology Pediatric Gastroenterology Pediatric Common Surgery Pediatric Hematology Infectious Disease Pediatric Nephrology Pediatric Neurology Pediatric Oncology Pediatric Pulmonology Pediatric Rehab Medicine Pediatric Rheumatology Pediatric Urology Dentist Pediatric



Behavioral Health Appointment Standards	Timeframe for Scheduling Appointments
<p>Care for a non-life-threatening emergency <i>Examples may include but are not limited to:</i> An Acute Dystonic Reaction to antipsychotic medication (drug-induced involuntary muscle spasms)</p> <p>Antidepressant-induced hypomania (drug-induced manic mood without functional impairment)</p> <p>Intrusive thoughts (significant, severe, distressing)</p>	<p>Within 6 hours</p>
<p>Care for Immediate-life threatening emergencies <i>Examples may include but are not limited to:</i> Immediate requests for behavioral health practitioner services include potentially suicidal individuals and include mobile response teams.</p>	<p>Within 1 hour</p>
<p>Urgent care <i>Examples may include but are not limited to:</i> Acute major depression and acute panic disorder.</p>	<p>Within 24 hours</p>
<p>Initial visit for routine care <i>Examples may include but are not limited to:</i> Routine outpatient behavioral health services include requests for initial assessments, requests for members discharged from an inpatient setting to a community placement and requests for members seen in emergency rooms or by a behavioral health crisis provider for a behavioral health condition.</p>	<p>Within 7 calendar days</p>
<p>Non-emergent or Follow-up routine care <i>Examples may include but are not limited to:</i> Marital problems, tensions at work and general anxiety disorder.</p>	<p>Within 3 weeks</p>

Covered Benefits and Limits

Covered Benefits

Some services may require prior authorization. Please call Member Services at 1-844-325-6251 if you are not sure if something is covered and/or if you have any questions.

Bed Liners	Covered for members age 4 and up
Behavioral Health— Outpatient Mental Health and Substance Abuse Services	Under age 18: Covered for 30 visits per year. After 30 visits per year, services are covered by the Department of Services for Children, Youth and Families (DSCYF) Age 18 and older: Covered
Blood and Plasma Products	Covered
Bone Mass Measurement (bone density)	Covered
Care Coordination	Covered
Chemotherapy	Covered
Chiropractic Care	Covered; some services may need prior authorization as medically necessary
Colorectal and Prostate Screening Exams	Covered
Contact Lenses	Adults: With prior authorization as medically necessary For members under 21: Every 12 months
CT Scans	Covered with a prior authorization
Diabetic Education	Covered
Diabetic Equipment	Covered, your doctor has to get prior authorization if over \$500
Diabetic Supplies (Glucose Monitors/Strips)	Covered
Drugs Prescribed by a Doctor	Covered
Durable Medical Equipment	Covered, your doctor has to get prior authorization if over \$500
Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Services (for under age 21)	Covered
Emergency Room Care	Covered
“Sick” Eye Office Visits (For conditions such as eye infections, glaucoma, diabetic retinopathy. Sick eye office visits do not include routine exams.)	Covered for all members
Eye Exam, Routine	Covered if under 21
Eye Glasses	Covered if medically necessary and limited to one (1) standard pair of eye glasses every twelve (12) months for members under 21
Family Planning Services	Covered
Genetic Testing	Covered
Hearing Exams	Covered



HIV/AIDS Testing	Covered
Home Health Care and Infusion Therapy	Covered
Hospice Care	Covered
Hospitalization	Covered
Immunizations	Covered
Lab Tests and X-rays	Covered
Mammograms	Covered
MRI, MRA, PET Scan	Covered
Nursing Home	Covered with a prior authorization
Obstetrical/Maternity Care	Covered
Outpatient Surgery, Same Day Surgery, Ambulatory Surgery	Covered
Pain Management Services	Covered
Parenting/Child Birth Education	Covered
Personal Care/Aide Services (in home)	Covered with a prior authorization
Podiatry Care (routine diabetic care or peripheral vascular disease)	Covered
Primary Care Provider Visits	Covered
Private Duty Nursing	Covered with a prior authorization
Prosthetics and Orthotics	Covered, your doctor has to get prior authorization if over \$500
Radiation	Covered
Rehabilitation (inpatient hospital)	Covered with a prior authorization
Skilled Nursing Facility Care	Covered up to 30 calendar days per year. You will need to apply for Long Term Care for any additional days.
Sleep Apnea Studies	Covered with a prior authorization
Smoking Cessation Counseling — Quit Line	Covered
Specialty Physician Services	Covered
Surgical Center	Covered
Therapy—Outpatient Occupational, Physical, Speech	Covered with a prior authorization



Non-Covered Services

Non-Covered Services include but are not limited to:

- Infertility treatments
- Sterilization, ages 0-20
- NOT medically necessary abortion
- Single antigen vaccines
- Cosmetic services
- Christian science nurses and sanitariums
- DESI drugs

If you are not sure if something is covered please contact our Member Services Department at 1-844-325-6251/TTY 711 or 1-800-232-5460. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

Different Types of Care



There are different types of care that you may get. These include:

Routine Care

Routine care is the normal care you get from your PCP, such as checkups to help keep you healthy and office visits when you are sick. You can call your PCP's office to make an appointment for routine care. Your PCP should plan your appointment within three weeks from when you call the office for an appointment.

Urgent Care

Sometimes you will need to get care for things that may not be thought of as a medical emergency, such as a cold or flu. Urgent care is there for when you need to see a doctor and it is not a life threatening condition or you are not able to reach your PCP or if it is after hours. Some examples of urgent care are:

- Sore throat
- Fever
- Sprain
- Flu
- Ear infection
- Minor cut or burn

Emergency Services

Your PCP or an on-call doctor, is offered 24 hours a day, 7 days a week, for when you need medical care. If you are having an emergency and must get urgent medical care, go to the nearest emergency room. If you do not need urgent emergency care, call your PCP first.

Your doctor will tell you what to do. If your doctor is not in, an answering service will give your doctor a message to call you back.

You should only go to the hospital emergency room for emergency care. An emergency is a sudden start of a medical illness or serious pain that a normal

person with no medical training feels:

1. Places the person's health (or if it is a pregnant woman, the health of the woman or her unborn child) in danger.
2. Would result in serious harm to bodily functions.
3. Would result in serious harm to an organ or body part.

Every situation is not the same. If you or your family has an emergency, go to the nearest emergency room or 24-hour care center. Dial 911 or the phone number for your local ambulance service.

The hospital should give the right medical tests to find out if there is an emergency medical illness no matter if you can pay for treatment or not, your citizenship, or the legality of your being in the United States.

There are times when it is hard to know what a real emergency is. If you call your PCP before going to the emergency room, the doctor can tell you what to do.

Here are some examples of when you probably do **not** need to go to the emergency room. At these times, if you call your PCP, the doctor can tell you what you should do.

- Bruises or swelling
- Cold or cough
- Cramps
- Small cuts or burns
- Earache
- Rash
- Sore throat
- Vomiting (throwing up)

Your PCP should arrange all follow-up care after an emergency room visit. Do not go back to the emergency room for bandage changes, taking out of stitches, cast checks, or more testing. Do not return to the emergency room unless you have a new emergency.

Different Types of Care—Continued

After-Hours Care

You can reach your PCP 24 hours a day at the phone number on your Highmark Health Options ID card. After normal business hours, leave your name and phone number with the PCP's answering service. Either your PCP or an on-call doctor will call you back.

You also can call the 24-hour Nurse Help line. It is best to work with your PCP for your health care needs. But if you have a medical question and don't know what to do, call our 24-hour Nurse Help line. They can help you figure out what to do when you need health care. They can tell you if you should call your PCP, make an appointment or go right to the emergency room. The toll-free number for the Nurse Help line is 1-844-325-6251 (TTY 711 or 1-800-232-5460). This number is on the back of your Highmark Health Options ID card. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).

注意：如果您讲中文，可以免费为您提供语言协助服务。拨打您的卡背面的号码（听障人士专用号码：711）。

Specialist Care

Doctors that work with a certain area of medical care are called specialists. Some types of these specialists are heart doctors, skin doctors, or someone who does surgery. If you need special care that your PCP cannot give you, your doctor may send you to a specialist.

Your PCP and the specialist will work together for your total health care needs. If you have been seeing a specialist for an ongoing problem, you can ask your PCP to allow a standing referral to the specialist or the specialist can choose to be your PCP. Please call Member Services at 1-844-325-6251 for help in getting your specialist to be your PCP or talk to your PCP about ordering a standing referral.

Telemedicine

Telemedicine is an option to help diagnose and treat patients by video conferencing. This is to improve access to medical specialty care, treatment plans, and improve overall health outcomes.

Getting Different Care through Highmark Health Options

There are some services that Highmark Health Options must approve before you can get them. This is called prior authorization. **You may have to pay when a service is given without prior authorization.** There are doctors and nurses who work for Highmark Health Options to help your doctor choose the best way to take care of you. They make choices about the care that is most likely to help you by using special rules for medical choices.

The rules are based on whether the service is medically necessary. Medically necessary means the service is reasonably needed to stop the beginning of an injury, or an illness or disability; is reasonably needed to shrink the physical, or mental effects of an illness, condition, injury or disability; or will help you gain or continue to do daily chores.

If you need a service that must be approved by Highmark Health Options before it is done, your doctor will call to get an approval. The doctors and nurses who work for Highmark Health Options will look at all the medical facts given by your doctor within certain time limits to decide if this service is the best way to take care of you. Highmark Health Options doctors and nurses make a choice based on your plan and whether the care is medically necessary and needed for you. There is no extra money given to these doctors and nurses no matter what they decide about your care. Doctors and nurses are not paid for changing the amount of care approved.

Please contact Member Services at 1-844-325-6251 if you are unsure if something may need to be approved. The TTY line is 711 or 1-800-232-5460.



Second Opinions

You may want to be seen by another doctor, other than the one you have been seeing, for a second opinion. Your PCP can refer you to another doctor in our network for a second opinion or you can call Member Services at 1-844-325-6251 to find another in network doctor. If a network doctor is not available, we will arrange for you to get a second opinion at no cost to you from an out-of-network doctor. The doctor giving the second opinion must not be in the same office as the first doctor. If you have any questions, please call Member Services at 1-844-325-6251 (TTY 711 or 1-800-232-5460).

Hospital Services

Your Primary Care Physician (PCP) or specialist will arrange all of your stays in the hospital. You should not be admitted to a hospital without your doctor's orders unless it is an emergency as described on page 9. If a doctor other than your Highmark Health Options doctor admits you to the hospital, you or your authorized representative should call your Primary Care Physician (PCP) within 24 hours of being admitted. If you have any questions on hospital services, call Member Services at 1-844-325-6251 (TTY 711 or 1-800-232-5460).

Post-Stabilization Services

Post-stabilization services are covered and provided without prior authorization. These are services that are medically necessary after an emergency medical condition has been stabilized.

No Medical Coverage Outside of U.S.

If you are outside of the United States and need medical care, any health care services you receive will not be covered by Highmark Health Options. Medicaid cannot pay for any medical services you get outside of the United States.

Out of Network Care

Many doctors and hospitals work with us. They are called the “network.” There may be a time when you need to use a doctor or hospital that is not a part of our network. If this happens, your PCP can call us to make this request. We will check to see if there is a doctor or hospital within our network that can give you the same care. If there is a doctor or hospital within the network, we will let your doctor know. If they cannot offer in network care, Highmark Health Options will cover the care with a doctor out of network for as long as Highmark Health Options can't give the needed services within network. The cost to you would be no greater than if the care was given by a network doctor.

New members have the right to keep seeing an out-of-network doctor to finish a series of treatment. The doctor must agree to our rules. If you have been getting ongoing care from a doctor that is not a network doctor, and you need to stay with this same doctor to finish a series of treatment, please call Member Services at 1-844-325-6251 for help. Please keep in mind that any services you get from doctors not in our network must be approved by us.

If you ask to use a doctor or hospital outside of our network and are denied, you can file an appeal by calling Member Services at 1-844-325-6251 (TTY 711 or 1-800-232-5460). **If you get services from a doctor that is not in our network without approval, that doctor may be allowed to bill you for the costs of the services.**

If You Need Care Out of Area

If you or your family members are out of the service area and have a medical emergency, such as a heart attack or a car accident, go to the nearest emergency room. Make sure that you or your authorized representative calls your PCP as soon as possible.



Family Planning

Family planning can help teach you how to:

- Be as healthy as you can before you become pregnant
- Keep you or your partner from getting pregnant
- Keep you from getting diseases

Any member (including minors) may see a licensed family planning provider without getting an OK from us first. This includes providers who are not part of our network, such as:

- Clinics
- OB/GYNs
- PCPs
- Certified nurse-midwives

You do not need to get an OK from your PCP for family planning care. Members may use any licensed family planning clinic or provider in Delaware. The provider does not have to be part of our network. If you choose to see a family planning provider, let your PCP know so you can get the best health care. Your family planning provider and your PCP will work together to make sure you get the right care.

Family planning records are kept private. Doctors should keep all family planning records private, unless the law says it is OK. Your doctor is allowed to share your medical information with other doctors who take care of you, public health officials, or government agencies.

Pregnant Women and Newborns

Call us right away if you are pregnant. If you are in the last three months of your pregnancy and you just joined our health plan, you may be allowed to stay with your current doctor even if that doctor is not in our network.

Enrolling Your Newborn

As soon as you can after your baby is born, within 30 calendar days, call the Division of Social Services (DSS) Change Report Center at 1-302-571-4900 to make sure your baby is added for health benefits.

Call Member Services at 1-844-325-6251 to tell us what PCP you want for your baby. If you do not choose a PCP for your baby, we will choose one for you.

You will get an ID card for your baby with the PCP's name and phone number on it.

Changes in Benefits or Services

Highmark Health Options will let you know if there are changes in your benefits or the way you get your services. An example of a change would be if your PCP or specialist were no longer part of the Highmark Health Options list of participating doctors, called the "network". Highmark Health Options will send a letter to see if you would like to pick a new doctor, so there will not be a delay in the care you need. If you do not pick a new PCP, Highmark Health Options would pick one for you.

Additional Services



Medicines/Drug Formulary

Highmark Health Options uses an approved medication list, called a Preferred Drug List (PDL), to decide if your drug is covered. The PDL is published by DHSS for Delaware Medicaid members and lists the drugs that are covered. There are also some supplemental drugs that are not on the PDL that Highmark Health Options will cover. These drugs are covered under the Supplemental Formulary.

Highmark Health Options charges copays for your drugs filled at the pharmacy. Your copay is the money that you need to pay at the time of service.

Your copay is based on the cost of each prescription.

COST OF YOUR PRESCRIPTION	YOUR COPAY
\$10.00 or less	\$0.50
\$10.01-\$25.00	\$1.00
\$25.01-\$50.00	\$2.00
\$50.01 and above	\$3.00

The most that you will pay for your prescription copays every 30 days is \$15.00 total. Once you meet the \$15.00 copay maximum every 30 days, you will pay zero copays for drugs filled for the rest of the month. Every 30 days, this copay maximum will start over.

Copays will be \$0 for the following:

- Prescriptions for members that are under the age of 21
- Prescriptions filled for medications to stop smoking
- Prescriptions filled for birth control
- Prescriptions for members in a long term care facility
- Prescriptions for pregnant women, including up to 90 calendar days after the end of the pregnancy
- Naloxone products (aka Narcan)

Can the Drug Formulary Change?

Highmark Health Options may make changes to the PDL or Supplemental Formulary during the year. These changes must first be approved by the Delaware Division of Medicaid & Medical Assistance. Changes in the PDL or Supplemental Formulary may affect which drugs are covered.

If you are taking a drug that is being removed from the drug formulary, we will notify you 30 calendar days prior to the change.

You can view the drugs covered by the PDL and Supplemental Formulary by visiting our website www.highmarkhealthoptions.com then click on the "Drug Formulary" link.

Safe and Effective Drug Management

Highmark Health Options has rules for coverage or limits on drugs. Our online Formulary will tell you which drugs may have any added rules or limits on them. The online Formulary can be found at www.highmarkhealthoptions.com. These rules and limits help us be sure that our members use these drugs in a safe and useful way while helping to control drug plan costs. A team of doctors and/or pharmacists work to make these rules and limits for Highmark Health Options to help give quality coverage to our members. The rules for coverage or limits on certain drugs are listed as follows:

- **Prior Authorization:** Highmark Health Options needs prior authorization (prior approval) for certain drugs. Some drugs on the Formulary need added information from your doctor to make sure the drug is being used safely and will work well in treating your condition. This means that your doctor will need to get approval from Highmark Health Options before you fill your prescription. If they don't get prior approval, Highmark Health Options will not cover the drug.
- **Quantity Limits:** For certain drugs, Highmark Health Options has limits that the FDA has approved to be safe and useful. A quantity limit

Additional Services—Continued

is the most amount of the drug Highmark Health Options will cover per prescription over a certain period of time.

- **Step Therapy:** Some medications on Highmark Health Options Formulary need specific drugs to be tried first before you can get a step therapy medication that treats your medical condition. For example, if Drug A and Drug B both treat your medical condition, we may need your doctor to order Drug A first. If Drug A does not work for you, then we will cover Drug B.
- **Generic Substitution:** Most of the time when there is a generic version of a brand-name drug offered, Highmark Health Options requires the generic drug be given to you. If your doctor orders a brand-name drug, our network pharmacies will always give you the generic version. If your doctor feels you must take the brand-name drug, he or she must contact Highmark Health Options pharmacy services to have that request reviewed.

If you would like a copy of the approved drug Formulary, or have any questions on drug coverage, please call Member Services at 1-844-325-6251. You can also let Highmark Health Options know if you feel a new drug should be placed on the Formulary.

Exception Process

A drug that is **not** included on the Highmark Health Options PDL or Supplemental Formulary is called a non-formulary drug. If you are on a non-formulary drug, talk to your doctor to see if your drug can be switched to a drug from the PDL or Supplemental Formulary that has the same or similar effect. If your doctor feels that the drug you take now is medically necessary and cannot be switched, you or your doctor can call Highmark Health Options to request an exception. You can also request an exception on the Member Portal. If the exception request is approved, Highmark Health Options will cover your current drug.

We will notify you and your doctor in writing if your request for a formulary exception is approved or denied. If the request is denied, the written notice will have information on how to file an appeal with Highmark Health Options. It will also have information on how to ask for a State Fair

with the Delaware Division of Medicaid & Medical Assistance.

Where to Get Your Prescriptions Filled

Highmark Health Options has contracts with a number of pharmacies in your area. These are called in-network pharmacies. In-network pharmacies include specialty, compounding and 24/7 pharmacies for your convenience. You should always use an in-network pharmacy to get your prescriptions.

You can find a list of these network pharmacies in our Provider Directory by going to the website www.highmarkhealthoptions.com and clicking on “FIND A PROVIDER” and then clicking “Pharmacies.” Or we can help you find a pharmacy in the network near you. Call Member Services at 1-844-325-6251 for help. The TTY line is 711 or 1-800-232-5460. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).

注意：如果您讲中文，可以免费为您提供语言协助服务。拨打您的卡背面的号码（听障人士专用号码：711）。

You may only use an out-of-network pharmacy if you have an emergency. If you have to go to an out-of-network pharmacy in an emergency, ask them to call Highmark Health Options at 1-844-325-6251. If you are out of state and have an emergency and need prescriptions, the pharmacy can call the pharmacy provider number on the back of your member ID card to make sure your drugs are covered. Most drugs that are covered by Highmark Health Options can be filled for a maximum of a 34-day supply at a time.

Refilling Your Prescription

Your prescription may be refilled if:

- Your doctor ordered a refill
- The refill is permitted by law
- You have used 83 percent of your last fill

You do not need to wait until you are out of your drug to get a refill. It is best to get the drug refilled when you have three days left. If you have a problem with your prescription, call Member Services to report it at 1-844-325-6251 (TTY 711 or 1-800-232-5460).

Emergency Supply of Medication

If a drug needs an OK from us and not getting the drug will cause loss of life, limb, or organ function, you can ask your pharmacist to give you a 3-day emergency supply of the drug. The 3-day emergency supply benefit will be given to you once per 60 calendar day period for each medication. For additional doses beyond the 3-day supply, your doctor should fax in an exception request. We will let your doctor know if we say OK to your request. If we do not OK your request, we will send you a letter that tells you why and how to appeal the denial.

Pharmacy Lock-In

Some members may have a medical problem that requires your providers and pharmacy to carefully coordinate your care. If you need this coordinated care, you will be assigned to one pharmacy to fill your prescriptions. This is called the lock-in program. If a member is locked into a specific pharmacy, they must use only that pharmacy to get covered medications. Highmark Health Options will not cover medications for locked-in members if they use a different pharmacy. If the lock-in pharmacy does not have your medicine, contact Member Services at 1-844-325-6251 to be advised how to get that medicine from a different pharmacy. Highmark Health Options must verify that your lock-in pharmacy does not have enough of the medication before you can get your medication from a different pharmacy.

We will send you a letter if we believe you will benefit from the lock-in program. Highmark Health Options will choose your lock-in pharmacy based on the pharmacy where you visit the most often or nearest to your home. If you disagree with our decision to include you in the lock-in program, you have the right to file an appeal.

The Kinds of Drugs Highmark Health Options Covers

We cover:

- Drugs included on Delaware's Preferred Drug List
- Prenatal vitamins for women
- Multivitamins
- Prescriptions for mental (behavioral) health conditions
- Drugs to help you stop smoking. These include:
 - Nicotine patches, gum, lozenges, and nasal spray
 - Bupropion
- Diabetic supplies including:
 - Blood glucose monitors (continuous blood glucose monitors are covered under your medical benefit)
 - Tests strips
 - Lancets
 - Lancing devices
 - Urine glucose testing strips
- Aerochambers
- Shots that you give yourself, such as insulin, are covered by your pharmacy benefit. Shots that must be given by your doctor in his or her office are covered under your medical benefit, not your pharmacy benefit.
- Prescriptions to replace lost or stolen drugs are allowed one time per year for each drug and you must make a police report for all stolen medications. If you lose your drugs, call us toll-free at 1-844-325-6251 for help. Members with trouble hearing or speaking can call the TTY line at 711 or 1-800-232-5460. We will help you

Additional Services—Continued

replace the lost drugs. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

- Vaccines administered at pharmacies for treatment of Flu, Pneumonia, Shingles, and Chicken Pox

Limits on Your Prescription Drug Benefit

Highmark Health Options does not cover all drugs. The items we **do not cover**:

- Drugs used for weight loss or gain are not routinely covered
- Drugs used for cosmetic purposes like wrinkles or hair growth
- Over-the-counter (OTC) drugs, except those listed on the supplemental formulary
- Over-the-counter (OTC) drugs and supplies when you live in a Long Term Care facility
- Drugs used in fertility treatments or drugs used for erectile dysfunction
- Herbal or homeopathic drugs
- Nutritional supplements
- Direct Member Reimbursement (DMR) - repayment for a prescription drug you paid for out-of-pocket
- Prescriptions for any drugs that are not medically necessary
- Experimental or investigational drugs
- DESI drugs
- Drugs ordered by a physician who has been barred or suspended from participating in the Delaware Medicaid Program
- Drugs that duplicate a therapy that you are already taking
- Drugs marketed by a drug company that does

not participate in the Federal Medicaid Drug Rebate Program

Durable medical equipment (DME) and supplies will still be covered by your medical benefit.

Eye Exams

Regular eye exams are very important. That is why we give this benefit to children under 21. There is no waiting period to get your vision benefit. You must go to an eye care doctor in our network. Be sure to show your Highmark Health Options ID card and say that you are a Highmark Health Options member.

Highmark Health Options covers one routine eye exam every twelve months for children under 21.

For adults 21 and over, the vision benefit is limited to contact lenses to treat ocular conditions such as keratoconus, corneal dystrophy and aphakia if medically necessary and prior authorized for coverage.

Dental Care

Dental services for children up to age 21 are covered by the Delaware Medicaid fee-for-service program (the extraction of bony-impacted wisdom teeth are covered by Highmark Health Options). Dental services are not covered for adults 21 and over, except the extraction of bony-impacted wisdom teeth.

Mental Health, Drug & Alcohol Services

Services for mental health care such as depression, or drug and alcohol abuse are offered to you. Please see pages 35-39 of this handbook for the phone numbers in your area.

As aligns with government regulations, you have unlimited medically necessary treatment for drug and alcohol dependencies with the following services:

- Treatment provided in a residential setting
- Intensive outpatient programs
- Inpatient withdrawal management

If you have questions on coverage, medical necessity, or need help finding these services, you can call Member Services at 1-844-325-6251.

Chiropractic Benefits

- One manipulation per day with a maximum of 20 manipulations per calendar year. Additional manipulations per calendar year may be allowed if deemed medically necessary.
- One X-ray or PART (diagnostic) exam each year to detect spinal subluxation.
- One PART exam each calendar year to determine progress. More than one per calendar year may be allowed if deemed medically necessary.
- X-rays to determine progress only if medically necessary.
- Manipulation and Adjunctive therapy for neck, back, pelvis or sacrum pain, or dysfunction, and chiropractic supportive care.
- Treatment is not included for conditions not related to a diagnosis of subluxation or pain of the neck, back, pelvis, and sacrum.

Care Coordination

If you have a complex or special health care needs, the Care and Special Needs Unit Management Department can help. Nurses, social workers, and other health care staff are on hand to talk with you over the phone to make sure you get the medical care that you need. They can help you with any problems you have in getting your care.

Care Coordinators can also help you with:

- Information about programs in your community such as food banks, utility assistance, HIV, or nutrition and weight loss programs.
- Care Coordination for members with specific, specialized needs.
- Moving from hospital to home. If you were just in the hospital, the Care Coordinator may:

1. Call you while you are in the hospital

- Answer any questions you may have about going home
- Remind you to ask about medicines

- Remind you to make a doctor's appointment

2. Call you after you get home

- Remind you to make a doctor's appointment
- Ask you to review your discharge orders
- Talk about your medicines
- Help you make a list of questions for your doctor
- Help you arrange a ride to the doctors if needed

3. Call you after you see your doctor

- Talk about the doctor's orders
- Talk about your medications

It can be hard to remember all of the things you need to do when you get home. To help make this easier for you and your family or caregiver, here are things you should do and the Care Coordinator can help you in doing:

- Keep your discharge orders
- Make sure you understand your medicines
- Always keep a list of your medicines
- See your doctor
- Make sure you have a ride to the doctors
- Ask for help
- Call your PCP if you have questions

For further information, please call: 1-844-325-6251. You have the option to receive services from a Care Coordinator and can stop services at any time.

Transportation

If you need assistance scheduling transportation for a non-emergency medical service, contact LogistiCare at 1-866-412-3778 or schedule online through <https://member.logisticare.com>

Wellness & Lifestyle Management Programs

We want you to have a happy, healthy life. Below are programs that are offered to help you stay well and manage any conditions you may have. These are all voluntary and you can opt out of them at any time.

Health Risk Assessment (HRA)

Understanding your own health and knowing what you can do to improve it is a big first step in being happy and healthy. We want you to fill out a Health Risk Assessment and return it to us.

You can fill out the assessment online through the Highmark Health Options website or we will send you a form you can fill out and mail back to us. You also have the option to call us at 1-844-325-6251, and someone in our Care Coordination Department can assist you with the assessment over the phone.

Your answers on the assessment and your Personal Health Report are private. We do not share the results with anyone. We want you to share the results with your PCP so your PCP can work on ways to help you stay healthy or make your health better.

Completing a Health Risk Assessment is simple and the benefits can last a lifetime. Get started today.

You can complete the HRA on our website at <https://members.highmarkhealthoptions.com/web/gateway-de/member-login>

Log in with your member ID number to access your account and complete the Health Risk Assessment.

Asthma Program

Do asthma symptoms interfere with your life? If so, you may want to join our Asthma Program. This program is offered to Highmark Health Options members 2 years of age and older. A Care Coordinator can help you deal with your asthma. This can help you to have less trouble in your life so that you can do the things that you want to do.

Here are a few tips to help you stay on track:

- Take your maintenance medicine every day. This helps to control swelling and shrink mucus in your airways so you can feel better and have less trouble breathing.

- Tell your doctor if you need to use your rescue inhaler more than 2 days a week. This is a sign that your asthma is not controlled.
- Uncontrolled asthma may cause scarring and lasting narrowing of the airways. It's key to tell your doctor, because you may need a change in your medicine.
- Ask your doctor about an asthma action plan. This will help you know what to do when you are sick.
- Visit your doctor at least 2 times a year. If you need to go to the hospital, make an appointment to see your doctor within 2 weeks of leaving the hospital.
- Stop smoking and avoid second-hand smoke. Get help to quit smoking by calling 1-866-409-1858.

Chronic Obstructive Pulmonary Disease (COPD) Program

Living with chronic obstructive pulmonary disease (COPD) can be hard. Highmark Health Options wants to help! If you are at least 21 years of age and are living with COPD, you may benefit from our COPD program. A Care Coordinator can help you to learn how to deal with your symptoms so that you can be more active and enjoy life.

Here are a few tips for dealing with your COPD:

- Take your breathing medicines as your doctor ordered. Tell your doctor if you have side effects or if you have trouble using your inhaler. Do not stop taking your medicines on your own. This may cause your COPD to flare up.
- Quit smoking. This is the most important change you can make. You can get help by calling 1-866-409-1858.
- Get a yearly flu shot. Ask your doctor about a pneumonia shot if you have not had one.
- Talk to your doctor about an exercise program.



- Daily exercise can help you to breathe better.
- Make sure you use your oxygen if it was ordered for you. It can help you to be more active.
- Don't go outside when air quality levels are bad. Air pollution can make your breathing worse. Pay attention to alerts on the radio and television.
- If you need to go to the hospital, get all of your medicines filled when you come home. This can help stop your symptoms from flaring up again. Make an appointment to see your doctor within 2 weeks of leaving the hospital.
- If you are admitted to the hospital, be sure to ask which medicines you should take. Medicines may have different names for the same pill. Don't assume that you are to take the medicines that you have at home and make sure you know what each of your pills is for.
- Know the signs and symptoms for when to tell your doctor when you don't feel well.
- Ask your doctor which blood tests you need to control your heart disease.
- Stop smoking and stay away from second-hand smoke. Get help to quit smoking by calling 1-866-409-1858.

Cardiac Program

Highmark Health Options members age 21 or older with heart disease or heart failure may benefit from the Cardiac Program. A specially trained Care Coordinator is available and can help you and your doctor better manage your heart disease. You will get the help you need to take an active role in staying healthy.

Understanding a heart healthy life cuts the chances of flare ups and hospital stays. Care Coordinators are available by phone and look forward to hearing from you.

Here are a few key tips for dealing with your heart problems:

- Take your medicine the way your doctor ordered. If you can't, let your doctor know. Wait to hear from your doctor's office before you stop taking your pills.
- Some pills have to be slowly stopped over many days so don't just stop taking a pill. You can have bad side effects if you do.
- Visit your doctor at least twice a year. If you are admitted to the hospital make an appointment to see your doctor within 2 weeks of leaving the hospital.

Diabetes Program

Highmark Health Options members of any age who are living with diabetes may benefit from the Diabetes Program. A specially trained Care Coordinator is here to help you learn about:

- Keeping blood sugars under control to help stop diabetic problems like heart disease, blindness, amputations and kidney problems.
- Taking your medications, testing your blood sugar and having labs done as ordered by your doctor can help you stay on top of your diabetes.

Here are a few tips about managing your diabetes:

- Take your blood sugar readings the way your doctor ordered them and know your goals.
- Make sure you get these tests at least once a year or more often if your doctor tells you to:
 - A1C: A blood test that measures your normal blood sugar for the past 2-3 months. It doesn't replace checking your own blood sugar, which tells you what your blood sugar is only at the time you are checking.

Wellness & Lifestyle Management Programs—Continued

- Urine test (microalbumin): A simple urine test that checks for small amounts of protein in the urine. Protein in the urine can be an early sign of kidney problems.
- Blood pressure: Diabetes and high blood pressure raises your risk of heart attack, stroke, and eye and kidney disease. Knowing your goal and having it checked often can stop or delay problems.
- Dilated Retinal Eye Exam: This exam checks for eye disease, which is more common in people with diabetes. Tell your eye doctor you have diabetes. This exam isn't the same as a vision exam for glasses or contacts. It can help find eye problems early and even stop problems from forming.

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

EPSDT means Early and Periodic Screening, Diagnostic and Treatment. EPSDT is a program that is mandated by the Federal government for people under the age of 21 who get medical assistance. Highmark Health Options provides this program free of charge.

These visits are sometimes referred to as well-baby or well-child check-ups. Your child may be seen by a pediatrician, family practice doctor or Certified Registered Nurse Practitioner (CRNP). The purpose of the EPSDT program is to catch children's health problems early and to keep checking on them so they can stay healthy.

This program includes all of the services recommended by the state's Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program. Any Highmark Health Options member from birth up to the age of 21 is eligible for EPSDT services. The doctor that you choose as your child's primary care physician (PCP) will provide the EPSDT screens and immunizations.

The doctor will complete the EPSDT screenings schedule for your child. Your PCP will ask you and your child questions, perform tests and check how much your child has grown. The following services are some of the services that may be performed during an exam depending on your child's age and needs:

- A complete physical exam
- Immunizations
- Vision test
- Hearing test
- Blood lead screening test
- Developmental screening
- Autism screening
- Oral health examination
- Depression screening starting at age 12
- Nutritional evaluation

During your child's EPSDT exam, the PCP will decide if your child is due for a dental appointment based on his or her age. This benefit is offered through your Medicaid ID card. Please know dental health is very important even with very young children. Talk to your PCP about your child's dental health at each EPSDT visit.

It is very important that you keep your EPSDT appointments with the doctor. These well visits can sometimes be used as the exam your child needs to get into Head Start, or for school, or for a driver's license physical.

The doctor may find that your child needs a medically necessary service or a piece of equipment to treat a problem found during a screening visit. If so, the doctor can call Highmark Health Options to ask for the service or equipment, and it will be reviewed for approval.

If you need more information please call Member Services at 1-844-325-6251. Member Services can help you find the providers/specialist that are closest to you. They can also refer you to a Resource



Coordinator or Care Coordinator who can help you make appointments, assist with setting up transportation to the appointments and ensure your child has all the services recommended by your child's PCP.

Pregnancy Care

Care when you are pregnant is called Maternity care. Maternity care includes:

- Office visits and tests before your baby is born called prenatal care
- The hospital stay when you have your baby
- Office visits and tests after your baby is born called postpartum care

Take good care of yourself and your baby. See your doctor as soon as you know you are pregnant. We have a special program for pregnant women. This program gives education and support to help you have a healthy pregnancy. You should try to stay with us throughout your pregnancy to get the most of this program. Care Coordinators can answer your questions about your pregnancy. The Care Coordinators can also help with community service referrals. You will also get information on pregnancy and baby care in the mail. Your first visit with your doctor should be within 14 calendar days of finding out you are pregnant. If you would like more information about the Maternity Program, call our Care Coordination department at 1-844-325-6251.

Your doctor will tell Highmark Health Options about your pregnancy and we will send you information about our Maternal Outreach Management (*MOM*) *Options* program and how you can join and earn rewards.

Here are some helpful tips for your pregnancy:

- Keep all of your prenatal appointments. If you miss an appointment, call your doctor to reschedule. Do not wait until your next visit.
- Take the prenatal vitamins prescribed by your doctor. Prenatal vitamins are an important part of your prenatal care for both the health of you and your baby. There are many prenatal

vitamins available that we pay for.

- Avoid alcohol, illegal drugs, and smoking. Second-hand smoke can also harm you and your unborn child. Get help to quit smoking by calling the Delaware Quit line at 1-866-409-1858.
- Never take any medicines without checking with your doctor first. This includes prescription medications and over the counter medications like aspirin, Tylenol and cough syrup.
- Eat at least 3 meals a day and choose healthy foods like fruit, meat, milk, vegetables, breads, and cereals.
- Stop foods like coffee, soda pop, fast foods, candy, and doughnuts.
- Drink at least 6 to 8 glasses of water every day. Juice and milk are also healthy choices.
- Keep your teeth and gums healthy by brushing and flossing daily. Gum infections can increase the risk your baby being born too soon.
- Wear your seat belt when you are in a car. Make sure the bottom part of the belt goes low under your belly and touching your legs, not across your belly.

Women, Infants, and Children Program (WIC)

WIC is a program that gives food coupons, nutrition teaching and counseling, and referrals to health and other social services to pregnant women, postpartum mothers, breastfeeding mothers and children under age five who are at nutritional risk, at no charge.

As well as the foods normally offered such as milk, eggs, cheese, cereal and juices, WIC may give families coupons that are redeemable for many other nutritious foods, plus whole wheat breads/rolls, brown rice, oats, whole wheat/corn soft tortillas, soymilk, tofu, fresh fruits/vegetables, jarred baby foods, canned beans, pink salmon or sardines.



Many grocery stores take WIC food coupons.

You can apply for WIC by calling 1-800-222-2189.

If you would like more information about WIC, call our Care Coordination Department at (1-844-325-6251) (TTY/TDD users 711 or 1-800-232-5460). The Care Coordinators are available Monday through Friday between 8 a.m. and 5 p.m. by phone. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

GED Program

Did you know that someone with a high school diploma or GED can earn up to \$9,000 more a year? Getting your GED can also lead to more job choices and a chance to enter college. Highmark Health Options would like to help you get your GED at no cost to you.

In order to qualify for this benefit, you must:

- Be a Delaware resident
- Be a current member of Highmark Health Options
- Be 18 years of age or older
- Not be enrolled in high school or any other college program
- Not have a high school diploma

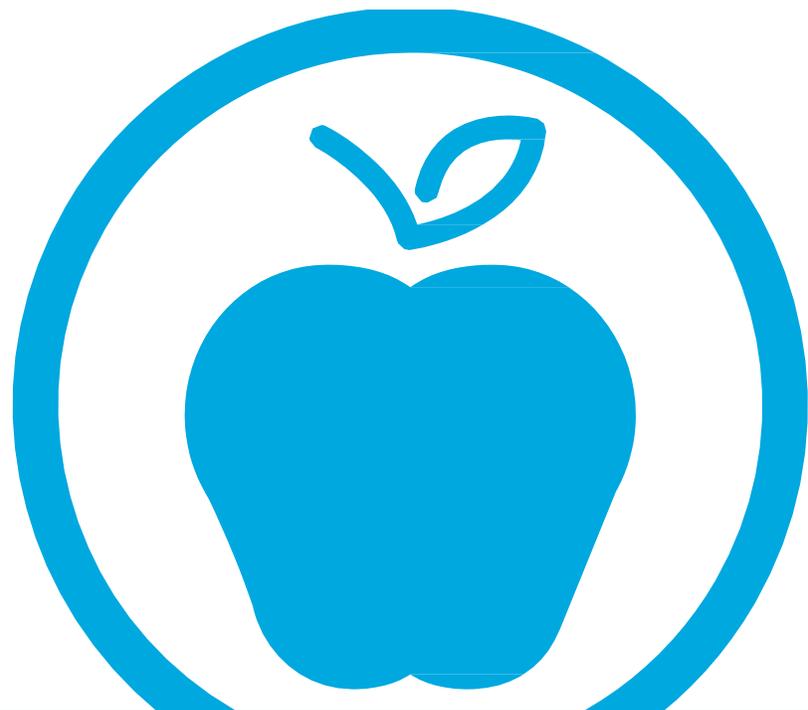
To find out more about this benefit and available support, you may call us at 1-302-421-8849 or email HHOGEDProgram@highmark.com. If you need assistance in languages other than English, call Member Services at 1-844-325-6251.

New! Healthy Weight Management Program

Our team will work with you and your health care providers to help you understand and manage your weight. No one understands your body better than you do; so our goal is to empower you to feel the best you can:

- Learn simple ways to take care of your health that will help you live longer
- Understand how to control and manage your weight with better choices such as diet and activity
- Identify the tools you need to give you the best health and nutritional options
- Learn how making smart choices may prevent you from having other health problems, like high blood pressure or diabetes
- Find out if you are able to participate in our Diabetes Prevention Program (18 and older); which includes our partnership with the YMCA of Delaware (*Program/Vendor subject to change)

Interested? Call our Highmark Health Options Lifestyle Management at 1-844-325-6251.





Adding New Members or Removing

When you have a new baby or add a new member to your family, you must call the DSS Change Report Center at 1-302-571-4900.

After you call the DSS Change Report Center, call Member Services at 1-844-325-6251. If you don't tell us and the DSS Change Report Center, your new family member's insurance may be delayed.

If someone in your family with Highmark Health Options dies, or moves out of your home, please contact Member Services. They can help you. You also need to let the DSS Change Report Center know about your family member's death or that they moved out of your home.

What to do if You Move

If you move or change your phone number, you must call the DSS Change Report Center at 1-302-571-4900.

After you call the DSS Change Report Center, call Member Services at 1-844-325-6251. Member Services will help you pick a new PCP near your new home.

If you move outside of Delaware or the United States, please contact the DSS Change Report Center for information you will need.

If Your Membership Stops

Medicaid may stop your membership with Highmark Health Options. This is called disenrollment. Your membership may end because you:

- Gave your Medicaid ID card to someone else to use.
- Go to prison.
- Lose eligibility for Medicaid.
- Have a change in your Medicaid benefits that keeps you from being covered by Highmark Health Options.
- Fail to re-enroll.

Changing Your Health Plan

You can change your health plan during the first 90 calendar days after you are first enrolled in Medicaid. You can also change your health plan during the Annual Open Enrollment period once a year from October 1 to October 31. To change your health plan, please call the Health Benefits Manager at 1-800-996-9969.

Claims – What Do I Do with a Bill?

Delaware Medicaid providers cannot charge you for services that are covered by us. If you get a bill from your doctor or the hospital by mistake, do **not** pay the bill. Please call Member Services at 1-844-325-6251 with the billing information and someone will help you. You are not responsible for sending in claims to us; your doctor or the hospital will do that.

You Have Other Insurance or a Third Party Liability (TPL)

You or one of your family members might have other types of insurance. Call Member Services at 1-844-325-6251 if you or any member of your family is covered by us and another insurance plan. Your caseworker at your local DHSS office also needs to know this information. If you have health, dental or vision insurance through another insurance company, you must use that insurance coverage first as a primary insurance. The other insurance carrier must pay first and we are always the last payer to other insurance coverage you may have. It is important to show your health care doctors all of your insurance cards.

You also need to call us if:

- You have a workers' compensation claim.
- You are waiting for a decision on a personal injury or medical malpractice lawsuit.
- You have an auto accident.

If you have received care due to an accident or work related injury, Highmark Health Options will work with the other insurance companies or associates to make sure your claims are paid correctly. Call Member Services and tell us about any time where you have

Policies and Procedures—Continued

received medical care following an accident, work related injury, or any other situation where a different insurance, company, or lawyer is involved.

We can, and should, know about everyone giving you care. We need to know this to pay for your health care. We will not share this information with anyone except your health care provider and others as the law allows.

New Technology

Highmark Health Options evaluates new technology to decide if it should be included as a covered benefit. New Technology means any new skills, new equipment, or improved way of giving medical care. Highmark Health Options looks at new technologies to make sure it is safe and is as good as or better than current medical products or procedures.

Highmark Health Options has pharmacists and physicians who look at new drugs and new uses for drugs throughout the year. New drugs may be added or removed to the PDL and/or supplemental Formulary list on an on-going basis.

Doctors at Highmark Health Options will review research, like medical articles and scientific studies, to see if the new technology has been shown to be safe and helpful to people. If the research shows that the new technology is safe and has been shown to help people, then the doctors will submit the new technology to a committee of health care professionals at Highmark Health Options for approval to be a covered benefit for Health Options' members.

Confidentiality

Highmark Health Options stays vigilant in protecting patient and provider information. Our expectation is that our employees protect all information, in all formats, all the time, this includes protecting information in verbal, paper or electronic format. Also, private information must be protected to the same level as Protected Health Information (PHI).

Highmark Health Options employees are trained on all applicable Federal and state laws protecting privacy, including HIPAA (Health Insurance Portability

and Accountability Act). Additionally, we have policies and procedures to promote strong privacy and security practices and to support compliance with HIPAA requirements. Our Notice of Privacy Practices, a document explaining how we protect our members' privacy, can be found on pages 40-42 of this handbook. The Notice can also be requested any time through Member Services.

If you have any questions or concerns about how your information is handled, please contact our Privacy Officer at:

Privacy Officer

Highmark Health Options PO Box 22188
Pittsburgh, PA 15222
Phone: 1-844-325-6251
TTY/TDD users: 711 or 1-800-232-5460

Americans with Disabilities Act

We comply with the Americans with Disabilities Act (ADA) of 1990. This act prohibits discrimination because of a disability. If you feel you have not been treated the same as others because of a disability, call our Member Services number. If you have trouble hearing or speaking, you may call our Member Services TTY line at 711 or 1-800-232-5460.

What is a Member Advocate?

A Member Advocate is someone from the Plan that can help assist you, your provider and your care coordinator with obtaining care, scheduling appointments, and the grievance and appeal processes.

How can I request a Member Advocate?

You can talk to a Member Advocate by calling 1-855-430-9852.



Changing Care Coordinators

You may ask for a new Care Coordinator if you are unhappy with the current person working with you. Highmark Health Options will assign a new Care Coordinator who best fits your needs.

Call the Member Advocate at 1-855-430-9852 if you want to change your Care Coordinator and tell us why you want to change your Care Coordinator.

If we cannot give you a new Care Coordinator, we will tell you why, AND we will address any problems or concerns you have with your Care Coordinator.

There may be times when Highmark Health Options has to change your Care Coordinator. This may happen if your Care Coordinator is no longer with Highmark Health Options, is currently not working or has a workload that is too large to manage. If this happens, Highmark Health Options will send you a letter with the name and telephone number of your new Care Coordinator.

Requesting Medical Records

- You have the right to ask for your medical information.
- You have the right to ask to change your medical information if you can show that it is wrong or that information is missing. If Highmark Health Options disagrees, we may not be able to honor the request to change your records but we'll tell you why in writing within 60 calendar days. If we cannot change your records, you may have a statement of your disagreement added to your personal medical information. If you would like to make a request, please contact Member Services at 1-844-325-6251.
- You have the right to get a list of who received your medical information within a six-year period. You must tell us the dates for which you are requesting the list. The list will not cover information that was given to you or your personal representative, or information given for health care payments, for Highmark Health Options operations or for law enforcement needs.

Other Information

If you would like any information about Highmark Health Options including who sits on the Board of Directors, what the education of your doctor is or the way we plan to improve the care and services to our members through the Highmark Health Options' Quality Improvement Program, call Member Services at 1-844-325-6251.



Self Service through the Member Portal

The member portal is customized to meet your needs, keep you healthy and help you take control of your own health care. When you play an active role in your health care, you can improve the quality of your health. It's your personal way to understand your health, improve it and partner with your doctors.

Login is Simple

Registration is free, quick and simple. Members have the convenience of secure, 24/7 access to the tools and information available on www.highmarkhealthoptions.com

The online service will be secure and have measures in place to protect your privacy by having you or your caregiver submit both a user name and password when you log on.

Advantages to using the member portal:

- Find a doctor, hospitals or specialists within your network
- Pharmacy tools:
 - Find a pharmacy
 - Start the exception process
 - Look up potential drug-drug interactions, side effects and risks, and availability of generic substitutes
 - Look up drug copays and pricing
- Email Member Services
- Access your wellness
- Request a new member ID card
- Complete a Health Risk Assessment



Your Rights and Responsibilities

Your Rights

- Learn about your rights and responsibilities.
- Get the help you need to understand this Member Handbook.
- Learn about us, our services, doctors, and other health care providers.
- See your medical records as allowed by law.
- Have your medical records kept private unless you tell us in writing that it is OK for us to share them or it is allowed by law.
- All facts from your doctor or any information about your medical condition, treatment plan or ability to look at and offer corrections to your own medical records.
- Be part of honest talks about your health care needs and treatment options no matter the cost and whether your benefits cover them. Be part of choices that are made by your doctors and other providers about your health care needs.
- Be told about other treatment choices or plans for care in a way that fits your condition.
- Get news about how doctors are paid.
- Find out how we decide if new technology or treatment should be part of a benefit.
- Be treated with respect, dignity and the right to privacy all the time.
- Know that we, your doctors, and your other health care providers cannot treat you in a different way because of your age, sex, race, national origin, language needs, or degree of illness or health condition.
- Talk to your doctor about private things.
- Have problems taken care of fast, including things you think are wrong, as well as issues about your coverage, getting an approval from us, or payment of service.
- Be treated the same as others.
- Get care that should be done for medical reasons.
- Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience, or retaliation.
- Choose your PCP from the PCPs in our Provider Directory that are taking new patients.
- Use doctors who are in our network.
- Get medical care in a timely manner.
- Get services from doctors outside our network in an emergency.
- Refuse care from your PCP or other caregivers.
- Be able to make choices about your health care.
- Make an Advance Directive (also called a living will).
- Tell us your worries about Highmark Health Options and the health care services you get.
- Question a choice we make about coverage for care you got from your doctor.
- File a complaint or an appeal about Highmark Health Options, any care you get or if your language needs are not met.
- Ask how many grievances and appeals have been filed and why.
- Tell us what you think about your rights and responsibilities and suggest changes.
- Ask us about our Quality Improvement Program and tell us how you would like to see changes made.

For Your Protection—Continued

- Ask us about our utilization review process and give us ideas on how to change it.
 - Know that we only cover health care services that are part of your plan.
 - Know that we can make changes to your health plan benefits as long as we tell you about those changes in writing.
 - Ask for this Member Handbook and other member books and brochures in other formats such as other languages, large print, audio CD or Braille at no charge to you.
 - Ask for an oral interpreter and translation services at no cost to you.
 - Use interpreters who are not your family members or friends.
 - Know you are not responsible if your health plan becomes bankrupt (broke).
 - Know your provider can object to the denial of service if you agree.
 - Know that you can request a copy of the Member Handbook at any time. You will be told every year of your right to request a Member Handbook.
 - You can get a list of network providers that includes the following details about the doctors: name, specialty, hospitals the doctor can visit, education, language spoken, gender, and office location.
- may have a statement of your disagreement added to your personal medical information. If you would like to make a request, please contact Member Services at 1-844-325-6251.
- Learn as much as you can about your health issue and work with your doctor to set up treatment goals you agree on with your doctor.
 - Ask questions about any medical issue and make sure you know what your doctor tells you.
 - Follow the care plan and orders that you have agreed on with your doctors or other health care professionals.
 - Do the things that keep you from getting sick.
 - Make and keep medical appointments and tell your doctor at least 24 hours in advance when you cannot make it.
 - Always show your member Highmark Health Options ID card and Delaware Medicaid card when you get health care services.
 - Use the emergency room only in cases of an emergency or as your doctor tells you.
 - If you owe a co-pay to your pharmacies, pay at the time the services are received.
 - Tell us right away if you get a bill that you should not have gotten or if you have a complaint.
 - Treat all Highmark Health Options staff and doctors with respect and courtesy.
 - Know and follow the rules of your health plan.
 - Know that laws guide your health plan and the services you get.
 - Know that we do not take the place of workers' compensation insurance.
 - Tell the DSS Change Report Center and us when you change your address, family status or other health care coverage.

Your Responsibilities

- Tell us, your doctors, and other health care providers what they need to know to treat you.
- You can ask us to correct your health and claims records if you feel they are incorrect or incomplete. We may say “no” to your request but we’ll tell you why in writing within 60 calendar days. If we cannot change your records, you



If a minor becomes emancipated, or legally freed from control by his or her parents (over the age of sixteen), or marries, he or she shall be responsible for following all Highmark Health Options member guidelines set forth above.

Advance Directives

If you are admitted as a patient to a hospital, you will be asked if you have any Advance Directives. An Advance Directive is an order you give about your medical care before medical services are done. Advance Directives are only followed in the future when you are not able to say what medical care you want.

There are two kinds of Advance Directives. One is called a “living will” and the other is called a “durable power of attorney.”

A “living will” spells out what kind of life-sustaining care you want to get in a terminal condition or permanent state of coma.

A “power of attorney for health care” allows you to appoint someone to make health care choices for you when you are unable to make your own health care choices. This would be if you could not make and tell people your choices.

It is your legal right to make Advance Directives about your medical care. It is also something you may want to talk to your doctor about.

Delaware Health and Social Services (DHSS) has an advance directive form you can fill out.

The form can be downloaded at:
www.dhss.delaware.gov/dhss/dsaapd/advance1.html

You can also request the form through Member Services at 1-844-325-6251.

To make this form legal, you must have two people witness you signing the Advance Directive form. It is suggested, but not required, that you have a notary public witness you signing the Advance Directive form.

How to File a Grievance or Appeal

We want you to be happy with the health care and service you get. Please let us know if a doctor, hospital, or we do something that you are unhappy about. We will try to fix any problems over the phone. If you don't like something or we can't fix your problem, you can file a grievance or an appeal.

This section tells about the process. You may call Member Services at 1-844-325-6251 if you need help or have questions about how to file a grievance or appeal. You cannot be punished for filing a grievance or appeal. You can have someone file an appeal for you or speak for you.

If you want to have someone file an appeal or speak for you, we will need to have your OK in writing.

You or your representative may contact an appeal analyst at any time for help or any questions about the grievance or appeal process. You may also ask for help with a grievance or appeal by asking for a Member Advocate. You can ask for a Member Advocate by calling 1-855-430-9852 or calling Member Services at 1-844-325-6251 (TTY at 711 or 1-800-232-5460). A Member Advocate can help you:

- File your grievance or appeal
- Help you through the grievance or appeal process
- Answer your questions about the grievance or appeal process
- Help you get additional information from your doctor to help with your grievance or appeal

See page 24 for more information about Member Advocates.

For Your Protection—Continue

Grievances

A grievance is a statement of unhappiness, like a complaint, and can either be filed in writing or verbally over the phone. A grievance can be about any service that you received from a doctor or by us. A grievance does not include a denial of benefits for health care service. Those matters are handled as appeals (see “Appeals” below).

Some examples of a grievance are:

- If a provider or our employee was rude to you
- If you feel a provider or we did not respect your rights as a member of our plan
- If you have a problem with the quality of care or services, you have received
- If you have trouble finding or getting services from a provider

You can send or attach any papers to the Member Grievance Form that will help us look into the problem. You can contact us at:

**Highmark Health Options
Appeals and Grievances**
PO Box 22278
Pittsburgh, PA 15222-0188
Phone: 1-844-325-6251

How do I file a grievance? A grievance may be filed at any time orally or in writing.

What happens after I file a grievance? After you file a grievance, we will send you a letter within five (5) business days. This letter will tell you that we have received your grievance. It will include information about the grievance process and your rights including:

- Your right to appoint a representative to act on your behalf.
- Your right to submit additional information.
- Your right to review or request a copy of all documentation regarding the grievance upon request free of charge.

Your grievance will be reviewed by one of our staff members who has not been involved with your grievance but knows the most about your issue. A decision will be made within thirty (30) calendar days after we receive your grievance.

After a decision is made, a decision letter will be mailed to you. This letter will tell you the reason(s) for the decision.

What if I need help during my grievance? If you need help filing a grievance, understanding the grievance process, or need help getting information for us to review, please contact a Member Advocate at 1-855-430-9852 or Member Services at 1-844-325-6251 (TTY at 711 or 1-800-232-5460).

Appeals

An appeal is a request for a review of our action (Adverse Benefit Determination). An action is a decision to deny or limit a requested service, including the type or level of service, the reduction, suspension or termination of a service, the denial, in whole or in part or payment for a service; or the failure to provide a service in a timely manner.

What should I do if I have an appeal? To file an appeal, you can call Member Services at 1-844-325-6251 and they will help you file your appeal. You may also have a representative or doctor file an appeal for you if you give your OK in writing to do so. Please note that if your representative or doctor files an appeal for you, you cannot file a separate appeal on your own. If you file your appeal by phone, you must also put your appeal request in writing within ten (10) calendar days of calling Member Services. An appeal review will not take place without your written signature.

You, your representative, or doctor can also file an appeal by mail. You can also fill out a *Member Appeal Form*. You can find this form on our website www.highmarkhealthoptions.com

When you file your appeal, here are the things you should include:

- Your name and member I.D. name
(found on your Highmark Health Options I.D. card)



- Your phone number
- Your address
- What are you appealing?
- Why are you appealing?
- What do you want as a result of your appeal?

You may send or attach any papers that will help us with the review of your appeal. You can contact us at:

**Highmark Health Options
Appeals and Grievances**
PO Box 22278
Pittsburgh, PA 15222-0188
Phone: 1-844-325-6251

When should I file an appeal? You or your representative must file your appeal within sixty (60) calendar days from the date of the "Notice of Adverse Benefit Determination" letter.

What can I do to continue getting services during the appeal process?

- You may ask to continue to receive services during the appeal process if:
 - You file the request for the appeal timely
 - If we are terminating, suspending, or reducing previously approved services
 - The services were ordered by a doctor
 - The original time period covered by the original authorization has not run out
 - You ask to continue receiving services within ten (10) calendar days of us sending the Notice of Adverse Benefit Determination (Notice of Action)
- If we continue your services during the appeal process, we will cover these services until:
 - You or your representative withdraw the appeal

- You or your representative fail to request a State Fair Hearing and to continue getting services with ten (10) calendar days of us sending the Notice of Adverse Benefit Determination (Notice of Action)
- You receive a decision from the State Fair Hearing officer that was not in your favor

It is important to know that you may have to pay for the services you received while your appeal was pending if the final decision is not in your favor.

What happens after I file an appeal? You will get a letter from us within five (5) business days after your appeal. This letter will tell you that we have received your appeal. It will also include information about the appeal review process. You may choose to have someone to act on your behalf. You or your representative may submit additional information and may ask to look over all documents for the appeal.

You may also request a copy of the information used to review your appeal free of charge. In addition, you or your representative have the right to give additional information in person at the time of the appeal hearing, by telephone or in writing by sending it to the address or faxed to 1-844-325-3435.

An Appeal Committee will review your appeal and make a decision. The Appeal Committee members include a representative of the State, a Physician and our Director of Quality or his/her designee. The committee members have not been involved with the issue of your appeal.

You or your representative may extend the timeframe for making the appeal decision for up to fourteen (14) calendar days. We may also extend the timeframe for decision up to fourteen (14) calendar days if additional information is necessary and the delay is in your best interest. If we extend the timeframe, we will call you and send you a written notice with the reason for the delay.

A decision letter will be mailed to you within thirty (30) calendar days from the date you filed your appeal or within two (2) business days of the decision, whichever is sooner. This letter will tell you the reason for our decision and further appeal rights including

For Your Protection—Continued

your right to ask for a State Fair Hearing (see “What should I do to get a State Fair Hearing” below).

What if I need help during my appeal? If you need help filing an appeal, figuring out the appeal process, or help getting information for us to review, please contact a Member Advocate at 1-855-430-9852 or Member Services at 1-844-325-6251 (TTY) at 711 or 1-800-232-5460. If you need a translator, we will arrange one for you at no cost. Call Member Services for a translator.

What if I don't like Highmark Health Options decision about my appeal? If you do not agree with our decision, you or your representative, may ask for a State Fair Hearing (see “What should I do to get a State Fair Hearing” below).

Expedited (“Fast”) Appeals

What should I do if I need a decision faster than 30 calendar days? If you think the normal timeframe to review your appeal could cause you serious health concerns, you or your representative may ask for an expedited (“fast”) appeal.

You, your representative, or doctor can ask for a fast appeal orally or in writing. If we agree that you should get an appeal decision faster, you will receive a decision within 72 hours. If we do not agree, we will tell you by phone within two (2) calendar days of getting your request that your appeal will follow the standard appeal process. You will also receive a letter informing you your appeal will be processed as a standard appeal. It will also include information about the appeal review process. You may choose to have someone to act on your behalf. You or your representative may submit additional information and may ask to look over all documents for the appeal.

You may also request a copy of the information used to review your appeal free of charge. In addition, you or your representative have the right to give additional information in person at the time of the appeal hearing, by telephone or in writing by sending it to the address listed below or faxed to 1-844-325-3435.

Highmark Health Options Appeals and Grievances
PO Box 22278
Pittsburgh, PA 15222-0188
Phone: 1-855-401-8251

What happens after I file a fast appeal? You may choose someone to act on your behalf. You, your

representative, or doctor may submit additional information. Also, you or your representative may look over all papers regarding the appeal upon request free of charge. An Appeal Committee will review your appeal and make a decision. The Appeal Committee members include a representative of the State, a Physician and our Director of Quality or his/her designee. The committee members have not been involved with the issue of your appeal.

Your fast appeal will be resolved and you will be notified of a decision within 72 hours from the date you filed your fast appeal. Your letter will tell you the reason for the decision and further appeal rights, including your right to ask for a State Fair Hearing (see “What should I do to get a State Fair Hearing” section on this page).

State Fair Hearing

A State Fair Hearing is an appeal process given by the State of Delaware. You may ask for a State Fair Hearing after receiving notice of the appeal decision.

What should I do to get a State Fair Hearing? You, or your representative, may ask for a State Fair Hearing if:

- We have denied, suspended, terminated, or reduced a service
- We have delayed service
- We have failed to give you timely service

You can ask for a State Fair Hearing by calling or writing to the State's Division of Medicaid and Medical Assistance (DMMA) office at:

Division of Medicaid & Medical Assistance
DMMA Fair Hearing Officer
1901 North DuPont Highway
PO Box 906, Lewis Building
New Castle, DE 19720
1-302-255-9500
or toll free at 1-800-372-2022

When should I file a State Fair Hearing? If you or your representative are not happy with the appeal decision, you may ask for a State Fair Hearing within one hundred twenty (120) calendar days of the date on the notice upholding the Adverse Benefit Determination.

What happens after I file a State Fair Hearing? You or your representative will get a letter from the State Fair Hearing officer that will tell you the date, time, and place of the hearing. The hearing can be held in-person or by telephone. The letter will also tell you what you need to know to get ready for the hearing.



You or your representative may review all papers regarding the State Fair Hearing. Highmark Health Options will also have a representative at a State Fair Hearing.

The DMMA State Fair Hearing officer will send you a letter with their decision within ninety (90) calendar days from the date of your request or for a fast State Fair Hearing, three (3) business days from the date of the hearing.

How do I continue getting services during the State Fair Hearing process? If you were previously authorized and getting services that we are now terminating, suspending, or reducing, you may ask to continue getting services if:

- You ask to continue receiving services
- You file a State Fair Hearing within ten (10) calendar days of the date on the "Notice of Adverse Benefit Determination"
- You file for a State Fair Hearing on or before the effective date of the proposed action
- The services were ordered by a doctor
- The original time period covered by the original authorization has not run out

If we continue your services during the State Fair Hearing process, we will continue to cover these services until:

- You get the State Fair Hearing decision
- You or your representative withdraw the State Fair Hearing
- The time period or service limits you were previously authorized for has been met

It is important to know that you may have to pay for the services you received while your State Fair Hearing was being decided if the final decision is not in your favor. If the decision was in your favor, Highmark Health Options will arrange for these services right away.

What if I do not like the State Fair Hearing decision? If you, or someone you choose, are unhappy with the State Fair Hearing decision, you or your representative can ask for a judicial review in Superior Court. To do this, you must file with the clerk (Prothonotary) of the Superior Court within thirty (30) calendar days of the date of the State Fair Hearing decision.

Fraud and Abuse

Fraud, Waste, and Abuse of medical or pharmacy benefits is taken seriously at Highmark Health Options.

If you think that someone is using your Highmark Health Options' identification card or another member's identification card to get medical or prescription drug benefits, please call Highmark Health Options' Fraud and Abuse Hotline at 1-844-325-6256 (TTY users: 711 or 1-800-232-5460). You can also report any provider (for example a doctor, dentist, therapist or hospital) you suspect for providing services that are fraudulent, wasteful or abusive.

Your name will be kept private. You do not even have to give your name but if you do give your name, the provider will not be told you called. You can use this hotline to report any activity you think is fraudulent, wasteful or abusive. Each call that we receive will be reviewed and investigated.

You may also report this information to the Division of Medicaid & Medical Assistance Fraud Reporting phone number at 1-800-372-2022 or by sending an email to SURreferrals@state.de.us.

Some common examples of fraud and abuse are:

- A doctor that bills you or makes you pay cash for services that your health plan covers
- A person who is not a Highmark Health Options' member using a member's identification card
- A doctor who is billing for services that you did not get

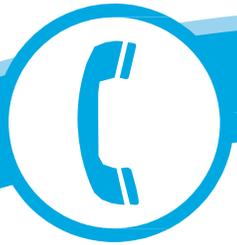


- A person who moves to another state but keeps using a Highmark Health Options' member Identification card.
- A doctor who gives you medicines that you do not need or gives you too much
- A doctor or staff person who offers you gifts or money to get services if you give them your Medicaid number
- A doctor who gives you services that you do not need
- Physical, mental or sexual abuse by medical staff

The Highmark Health Options' Fraud Hotline is available 7 days a week, 24 hours a day. If you do not speak English, an interpreter will be made available. If you are hearing impaired, you can call the hotline using your TTY device.



Important Phone Numbers



IMPORTANT PHONE NUMBERS	
Member Services (Monday-Friday, 8 a.m.-8 p.m.)	1-844-325-6251
24-Hour Nurse Help Line	
Care Coordination (Monday-Friday, 8 a.m.-5 p.m.)	
Mental (Behavioral) Health (Monday-Friday, 8 a.m.-5 p.m.)	
Pharmacy	
Member Advocate	1-855-430-9852
Fraud and Abuse Hotline	1-844-325-6256
TTY/TDD Line	711 or 1-800-232-5460
MENTAL (BEHAVIORAL) HEALTH CRISIS SERVICES	
Northern Delaware (serving New Castle County and greater Smyrna in Northern Kent County)	1-800-652-2929
Southern Delaware (serving Sussex County and Kent County south of greater Smyrna)	1-800-345-6785
OTHER IMPORTANT PHONE NUMBERS	
Health Benefit Manager – Enrollment Call this number to join in a new health plan or disenroll from your current plan.	1-800-996-9969
LogistiCare Transportation Services Non-Emergency Transportation	1-866-412-3778
LogistiCare Transportation Services Where’s My Ride? Hotline	1-866-896-7211
State of Delaware Division of Social Services – Customer Relations	1-800-372-2022 or 1-302-571-4900
4900 Delaware Relay Service This number lets people who have a hearing or speech loss to communicate with a trained person who can help them speak with someone who uses a regular telephone.	711 or 1-800-232-5460
Delaware Tobacco Quit Line to help stop smoking	1-866-409-1858

Important Phone Numbers—Continued

Urgent Care Locations in Delaware

Please check www.highmarkhealthoptions.com for the most recent list of Urgent Care providers.

BEAR	MIDDLETOWN	CCHS Medical Aid Unit - STAR 550 South College Ave, Suite 115 Newark, DE 19713 1-302-533-7148
Express Care 1011 East Songsmith Drive Bear, DE 19701-1194 1-302-918-7509	CCHS Medical Aid Unit 124 Sleepy Hollow Drive Middletown, DE 19709 1-302-449-3100	Go Care at Abby 1 Centurian Drive Suite 106 Newark, DE 19713-2154 1-302-999-0003
CAMDEN	Express Care 749 Middletown Warwick Road Middletown, DE 19709 1-302-378-1621	MedExpress 1 C Chestnut Hill Plaza Newark, DE 19713-2701 1-302-266-0930
Delaware Walk-In 379 Walmart Drive Camden, DE 19934-1365 1-302-698-4441	MILFORD	CCHS Medical Aid Unit 200 Hygeia Drive Newark, DE 19713 1-302-623-0444
DOVER	Bay Health Occupational Health and Walk-In Medical Care 301 Jefferson Ave Milford, DE 19963-1800 1-302-430-5705	NEW CASTLE
Eden Hill Express Care 200 Banning Street Suite 170 Dover, DE 19904-3491 1-302-674-1999	MILLSBORO	MedExpress 129 N DuPont Highway New Castle, DE 19720-3135 1-302-328-5150
MedExpress 15 South DuPont Highway Dover, DE 19901-7430 1-302-674-1514	Beebe Physician Network 28538 DuPont Boulevard Millsboro, DE 19966-4791 1-302-934-5052	SMYRNA
GEORGETOWN	Delaware Walk-In 25935 Plaza Drive Millsboro, DE 19966-6289 1-302-947-4111	CCHS Medical Aid Unit 100 S Main St Smyrna, DE 19977 1-302-659-4444
Beebe Physician Network 21635 Biden Avenue Georgetown, DE 19947-4574 1-302-856-9729	MILLVILLE	Express Care 300 Jimmy Drive Smyrna, DE 19977 1-302-389-6631
LEWES	Beebe Physician Network 32550 Docs Place Millville, DE 19967-6975 1-302-539-4302	
Delaware Walk-In 1309 Savannah Road Lewes, DE 19958-1514 1-302-644-1441	NEWARK	
	Newark Emergency Center 324 East Main Street Newark, DE 19711-7150 1-302-738-4300	
	CCHS Medical Aid Unit 2600 Glasgow Ave Newark, DE 19702 1-302-836-8350	

Important Phone Numbers—Continued

Urgent Care Locations in Delaware

Please check www.highmarkhealthoptions.com for the most recent list of Urgent Care providers.

WILMINGTON
Silverside Medical Aid Unit 2700 Silverside Rd Wilmington, DE 19810-3719 1-302-225-6868
MedExpress 2722 Concord Pike Wilmington, DE 19803-5007 1-302-477-1406
MedExpress 3926 Kirkwood Highway Wilmington, DE 19808-5110 1-302-998-2417



Mental Health, Drug & Alcohol Crisis Services

If you are having a mental health or drug or alcohol crisis, please call Crisis Intervention Services for help:

- In Northern Delaware, call: 1-800-652-2929
- In Southern Delaware, call: 1-800-345-6785

Children and Youth

Delaware Guidance Services for Children and Youth Crisis Line: 1-800-969-4357

You can also go to:

- Crisis Intervention Service
- Recovery Response Centers
- Hospital Emergency Rooms

Crisis Intervention Service staff are available 24 hours a day to help people with severe personal, family or marital problems. These problems may include depression, major life changes such as unemployment or loss of an important relationship, anxiety, feelings of hopelessness, thoughts of suicide, delusions, paranoia and abuse of drugs or alcohol.

Members can call or drop-in to the crisis intervention location closest to them. Crisis Intervention Services are listed below:

ELLENDALE
Recovery Innovations 700 Main Street Ellendale, DE 19941-2066 1-302-424-5660
WILMINGTON/NEWARK
Psychiatric Emergency Services (PES) Christiana Hospital: 4755 Oglethorpe-Stanton Road Newark, DE 19718 Wilmington Hospital: 501 W. 14 th Street Wilmington, DE 19801 1-302-320-2118
Recovery Innovations 659 East Chestnut Hill Newark, DE 19711 1-302-318-6070



Mental Health, Drug & Alcohol Crisis Services (continued)

HELPLINES: Local and National

<p>Contact Lifeline 1-800-262-9800 (24 Hour Crisis Helpline)</p>
<p>Delaware Coalition Against Domestic Violence 100 W. 10th Street, Suite 903 Wilmington, DE 19801 1-302-658-2958 Hotline: 1-800-701-0456</p>
<p>National Suicide Prevention Lifeline 1-800-SUICIDE / 1-800-784-2433 1-800-273-TALK / 1-800-273-8255 (Free and confidential support for people in distress, 24/7)</p>
<p>Disaster Distress Helpline 1-800-985-5990 (Immediate crisis counseling related to disasters, 24/7)</p>
<p>National Helpline 1-800-662-4357 (Treatment referral and information, 24/7)</p>
<p>Veterans Crisis Line 1-800-273-8255, Press 1</p>

Mental Health, Drug & Alcohol Detoxification Services:

WILMINGTON
<p>Kirkwood Recovery Center 3315 Kirkwood Highway Wilmington, DE 19804 1-302-691-0140</p>
SUSSEX COUNTY
<p>Connections Community Support Program 1 East Street Harrington, DE 19952 1-302-786-7800</p>



Highmark Health Options Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW HEALTH AND FINANCIAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

PLEASE REVIEW IT CAREFULLY.

Highmark Health OptionsSM is required by law to protect the privacy of your health information and non-public personal (financial) information. This protection extends to all forms of communication (oral, written, and electronic) of this information. Also, Highmark Health Options is required to give you this notice about how it uses or shares (“discloses”) your health and personal (“non-public”) information. We are required to notify you if you are affected by a breach of unsecured health information.

In order to provide services to you, Highmark Health Options will share your health information with:

- You or someone who acts for you
- Doctors and health care providers who care for you
- Our contracted vendors who help us provide services to you (such as member services support and pharmacy benefit management)
- Other government programs such as Medicare and Medicaid to manage your benefits and payments
- State and federal agencies that have the legal right to receive such data
- The U.S. Secretary of the Department of Health and Human Services, if necessary, to make sure your privacy is protected

Highmark Health Options will use your health information to:

- Coordinate and manage your care
- Determine your eligibility for your plan benefits
- Pay for your health care
- Contact you about new or changed benefits
- Contact you for appointment reminders, medication management, or disease management programs and alternative treatments that may interest you
- Check the quality of our services and make improvements where required
- Conduct or arrange for medical reviews, audits, or legal services, including fraud and abuse detection and compliance programs Plan and carry out our business activities, management and general administration
- Give you information about health-related benefits and services that may be of interest to you

Highmark Health Options may also use or share your health information:

- For public health activities (such as reporting disease outbreaks; child abuse and neglect; reporting domestic violence; preventing or controlling disease, injury or disability)
- For government health care oversight activities (such as fraud investigations, audits, and activities related to oversight of the health care system)
- For judicial and administrative proceedings (such as in response to a court order)
- For law enforcement purposes or when required by law, for example, locating a suspect, fugitive, material witness or missing person; complying with a court order or subpoena; and other law enforcement purposes.
- For purposes of national security
- To comply with worker’s compensation or similar laws
- For research studies that meet all privacy law requirements such as research related to the prevention of disease or disability
- To avoid a serious and likely threat to health or safety
- To create a collection of information that can no longer be traced back to you

- To group health plans, to coordinate plans and to permit the plan to administer benefits
- To coroners, medical examiners, funeral directors and organ donations
- To your school when proof of immunization is required by law
- To others involved in your health care (if you are not present or able to agree to these disclosures of your health information, we may use our professional judgment to determine whether the disclosure is in your best interest)
- For underwriting purposes if needed, however, we are not allowed to use or share your genetic information to decide whether coverage can be given or at what price.

Marketing

If we receive compensation from another company for providing you with information about other products or services (other than drug refill reminders or generic drug availability), we will obtain your authorization to share information with this other company.

Sharing information for other purposes

Highmark Health Options must have your written permission (an “authorization”) to use or give out your health and claims information for any purpose that is not listed in this notice. Giving us permission to use or give out your health and claims information will not be a condition for getting health care and will not be used to determine your eligibility for enrollment or benefits, or for paying claims. You may take back (“revoke”) your written permission at any time, except if Highmark Health Options already took action based on your permission.

Some examples of when we need your permission to use or give out your information are:

- For fundraising
- For selling your protected health information (PHI)

You have the right to:

Get a copy of your health and claims information. You can ask to see or get a copy of your health or claims records and other health information we have about you. We will provide a copy or a summary of your health or claims records within 10 calendar days of your request.

Ask us to correct health and claims records. You can ask us to change your health and claims records if you feel they are incorrect or incomplete. We may say “no” to your request but we’ll tell you why in writing within 60 days. If Highmark Health Options cannot change your records, you may have a statement of your disagreement added to your personal medical information.

Get a list of those with whom we’ve shared information. You can ask for a list (called “an accounting”) of the times we’ve shared your health information within the last six years. You must tell Highmark Health Options the dates for which you are requesting the list. The list will not cover information that was given to you or your personal representative, or information given for health care payments, for Highmark Health Options business operations, or for law enforcement needs.

Request Confidential Communications. You can ask us to contact you in a specific way, for example, on a home or office phone or to a different address. We will consider all reasonable requests, and must say “yes” if you tell us you would be in danger if we do not.

Ask us to limit what we use or share. You can ask us not to share certain health information for treatment, payment or our operations. We are not required to agree to your request, and we may say “no” if it would affect your care.

Choose someone to act for you. If you have given someone medical power of attorney, or if someone is your legal guardian, that person can act for you and make choices about your health information. We will make sure the person has this authority before we take any action.

Get a copy of this privacy notice. Contact us for a separate paper copy or e-mail copy of this Notice.

What is the non-public information that Highmark Health Options collects and shares about you?

- It is personal information but is non-medical, for example, the information you completed on your enrollment application that identifies who you are and how you can be contacted.
- Also, it is information collected for a request for services by you or your doctor.
- Also, it is information collected to answer a question or concern from you.

With whom does Highmark Health Options share your non-public information?

- With health care providers, for example, physicians, hospitals, long term care agencies, durable medical equipment providers, and pharmacies.
- With those who plan your benefits and your care, for example, for utilization reviews; external reviews; and case management.

How does Highmark Health Options protect your non-public information?

- Highmark Health Options does not make your non-public information available to anyone other than those necessary to provide medical or health plan services to you.
- Highmark Health Options does not give out your non-public information, except if required or permitted by law.
- Highmark Health Options does not give out your non-public information to anyone unrelated to providing your care under the health plan unless you or your representative gives permission.
- You have the right to give or withhold permission for other uses or disclosures of this information, except as required by law.

Questions and Complaints

If you have a question about this notice or believe Highmark Health Options has violated your privacy rights as stated in this notice, you can file a complaint by contacting:

Privacy Office
Highmark Health Options
P.O. Box 1991
Wilmington, DE 19899-8835

For more information on filing a complaint or your rights stated in this notice, you may call our Member Services at 1-855-401-8251 for LTSS members or 1-844-325-6251 for non-LTSS members (TTY/TDD users: 711 or 1-800-232-5460). Filing a complaint will not affect your benefits. Translations services are available at no cost to you.

You may also file a complaint with the U.S. Secretary of the Department of Health and Human Services:

U.S. Department of Health and Human Services	Washington, D.C. 20201
Office for Civil Rights	Customer Response Center: 1-800-368-1019
Centralized Case Management Operations	Fax: (202) 619-3818
200 Independence Ave., S.W.	TDD: 1-800-537-7697
Suite 515F, HHH Building	Email: ocrmail@hhs.gov

Or, for more information see www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html.

Change to the terms of this notice

Highmark Health Options is required to follow the terms in this privacy notice. Highmark Health Options has the right to change the way your medical information is used and given out and to apply those changes to all the information we maintain about you. If Highmark Health Options makes any material changes they will be posted on our website, and you will be notified within sixty (60) days of the change.

These privacy practices have been revised as of December 19, 2019.

For Help in Your Language: Discrimination is Against the Law

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

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

If you need these services, contact the Civil Rights Coordinator.

If you believe that Highmark Health Options 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: Civil Rights Coordinator, P.O. Box 22278, Pittsburgh, PA 15222, Phone: 1-844-207-0336, TTY: 711, Fax: 412-255-4503. You can file a grievance in person, by mail, or fax. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <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, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card (TTY: 711).

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。

请拨打您的身份证背面的号码（TTY：711）。

ATTENTION: Si c'est créole que vous connaissez, il y a un certain service de langues qui est gratis et disponible pour vous-même. Composez le numéro qui est au dos de votre carte d'identité. (TTY: 711).

ध्यान आपशी: જો તમે ગુજરાતી ભાષા બોલતા હો, તો ભાષા સહાયતા સેવાઓ, મફતમાં તમને ઉપલબ્ધ છે. તમારા ઓળખપત્રના પાછળના ભાગે આવેલા નંબર પર ફોન કરો (TTY: 711).

ATTENTION: Si vous parlez français, les services d'assistance linguistique, gratuitement, sont à votre disposition. Appelez le numéro au dos de votre carte d'identité (TTY: 711).

알림: 한국어를 사용하시는 분들을 위해 무료 통역이 제공됩니다. ID 카드 뒷면에 있는 번호로 전화하십시오 (TTY: 711).

ATTENZIONE: se parla italiano, per lei sono disponibili servizi di assistenza linguistica a titolo gratuito. Contatti il numero riportato sul retro della sua carta d'identità (TTY: 711).

CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số điện thoại ở mặt sau thẻ ID của quý vị (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, steht Ihnen unsere fremdsprachliche Unterstützung kostenlos zur Verfügung. Rufen Sie dazu die auf der Rückseite Ihres Versicherungsausweises (TTY: 711) aufgeführte Nummer an.

ATENSYON: Kung nagsasalita ka ng Tagalog, may makukuha kang mga libreng serbisyong tulong sa wika. Tawagan ang numero sa likod ng iyong ID card (TTY: 711).

ध्यान दें: यदि आप हिन्दी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवा उपलब्ध है। आपके सदस्य पहचान (ID) कार्ड के पीछे दिए गए नंबर पर फोन करें। (TTY: 711).

توجه فرمائیں: اگر آپ اردو بولتے ہیں، زبان معاونت سروس، مفت میں آپ کے لیے دستیاب ہے۔ اپنے شناختی کارڈ کی پشت پر درج شدہ نمبر پر کال کریں (TTY: 711)۔

تنبيه: إذا كنت تتحدث اللغة العربية، فهناك خدمات المعاونة في اللغة المجانية متاحة لك. اتصل بالرقم الموجود خلف بطاقة هويتك (جهاز الاتصال لذوي صعوبات السمع والنطق: 711).

గమనిక: మీరు తెలుగు మాట్లాడితే, లాగ్యేజ్ అసెస్మెంట్ సర్వీసెస్, ఛార్జీ లేకుండా, మీకు అందుబాటులో ఉన్నాయి. మీ మెంబర్ ఐడెంటిఫికేషన్ కార్డు (ఐడి) వెనుక ఉన్న నంబరుకు కాల్ చేయండి (TTY: 711).

Aandacht: Indien u Nederlands spreekt, is de taaladviesdienst gratis beschikbaar voor u. Bel het nummer op de achterkant van uw identificatie (ID) kaart (TTY: 711).

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться бесплатными услугами языковой поддержки. Позвоните по номеру, указанному на обороте вашей идентификационной карты (номер для текст-телефонных устройств (TTY: 711).

ATENÇÃO: Se a sua língua é o português, temos atendimento gratuito para você no seu idioma. Ligue para o número no verso da sua identidade (TTY: 711).

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń pod numer podany na odwrocie karty ubezpieczenia zdrowotnego (TTY: 711).

注: 日本語が母国語の方は言語アシスタンス・サービスを無料でご利用いただけます。IDカードの裏に明記されている番号に電話をおかけください (TTY: 711)。

توجه : اگر شما به زبان فارسی صحبت می کنید، خدمات کمک زبان، به صورت رایگان، در دسترس شماست. با شماره واقع در پشت کارت شناسایی خود (TTY: 711) تماس بگیرید.

BAA ÁKONÍNÍZIN: Diné k'ehgo yánítti'go, language assistance services, éí t'áá níík'eh, bee níká a'doowot, éí bee ná'ahóót'i'. ID bee nééhózingo nanitinígíí bine'déé' (TTY: 711) jį' hodílnih.



Member Services
1-844-325-6251

Please visit our website at
www.highmarkhealthoptions.com