

WE'RE GLAD YOU'RE PART OF OUR HEALTH PLAN!



Every year, your value-added services, or extra benefits, can change.

We want to let you know about important changes to your extra benefits, starting September 1, 2020. The following new benefits and changes affect the section in the member handbook about extra benefits and how to get these services:

- One sports or school physical every year
- Allergy-free mattress cover sizes twin-king for members diagnosed with asthma
- Pregnancy classes to help members prepare for childbirth and baby showers with pregnancy education and giveaway items
- Convertible car seat for completion of six prenatal visits during pregnancy
- Newborn care kit that may include items such as a diaper bag, baby blanket, digital thermometer, or baby monitor
- Breastfeeding support kit including aides such as a breastfeeding pillow, nursing cover, and nursing pad
- Smoking cessation support kit and counseling for pregnant members to help quit smoking for age 18
- Fresh fruit and produce for pregnant members after delivery and discharge from the hospital — one box per month for three months

- Social services resource directory online to help locate community supports such as food and nutrition, housing, education, and employment services
- Educational materials for members in certain disease management programs
- Help to stop smoking and using tobacco is no longer available as an extra benefit except for pregnant members who are age 18

See the reverse side of this flier for more important information.



DellChildrensHealthPlan.com/members

Things to know

Healthy Rewards — We're updating the Healthy Rewards program to offer you more choices. You will be able to choose gift cards from a variety of retailers instead of earning debit card dollars. There are also changes in how to find information about your Healthy Rewards benefits. Call 1-888-990-8681 (TTY 711) or log in to your account at DellChildrensHealthPlan.com/members to access the Healthy Rewards site from the *Benefits* page. You must enroll in the new program on or after September 1, 2020, to earn rewards.

New and changed offers are:

- \$20 gift card for getting a full series of the HPV (human papillomavirus) vaccination. This benefit is for members ages 9 through 12.
- \$50 gift card for a woman who has a prenatal checkup in the 1st trimester or within 42 days of joining the health plan in any trimester
- \$75 gift card for a woman who has a postpartum checkup within 7 to 84 days after giving birth
- \$25 gift card allowance for over-the-counter medications each year for getting a full series of flu vaccinations. This benefit is for children ages 6 months through 24 months.
- \$25 gift card allowance for over-the-counter medications each year for getting a flu vaccination. This benefit is for members ages 3 or older.

You can find more benefit details, including exclusions and limitations, in the newest member handbook. **Get a copy for free at DellChildrensHealthPlan.com/members.**

QUESTIONS?



Call Member Services toll-free at **1-888-596-0268 (TTY 711)**, Monday through Friday from 7 a.m. to 6 p.m. Central time.



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