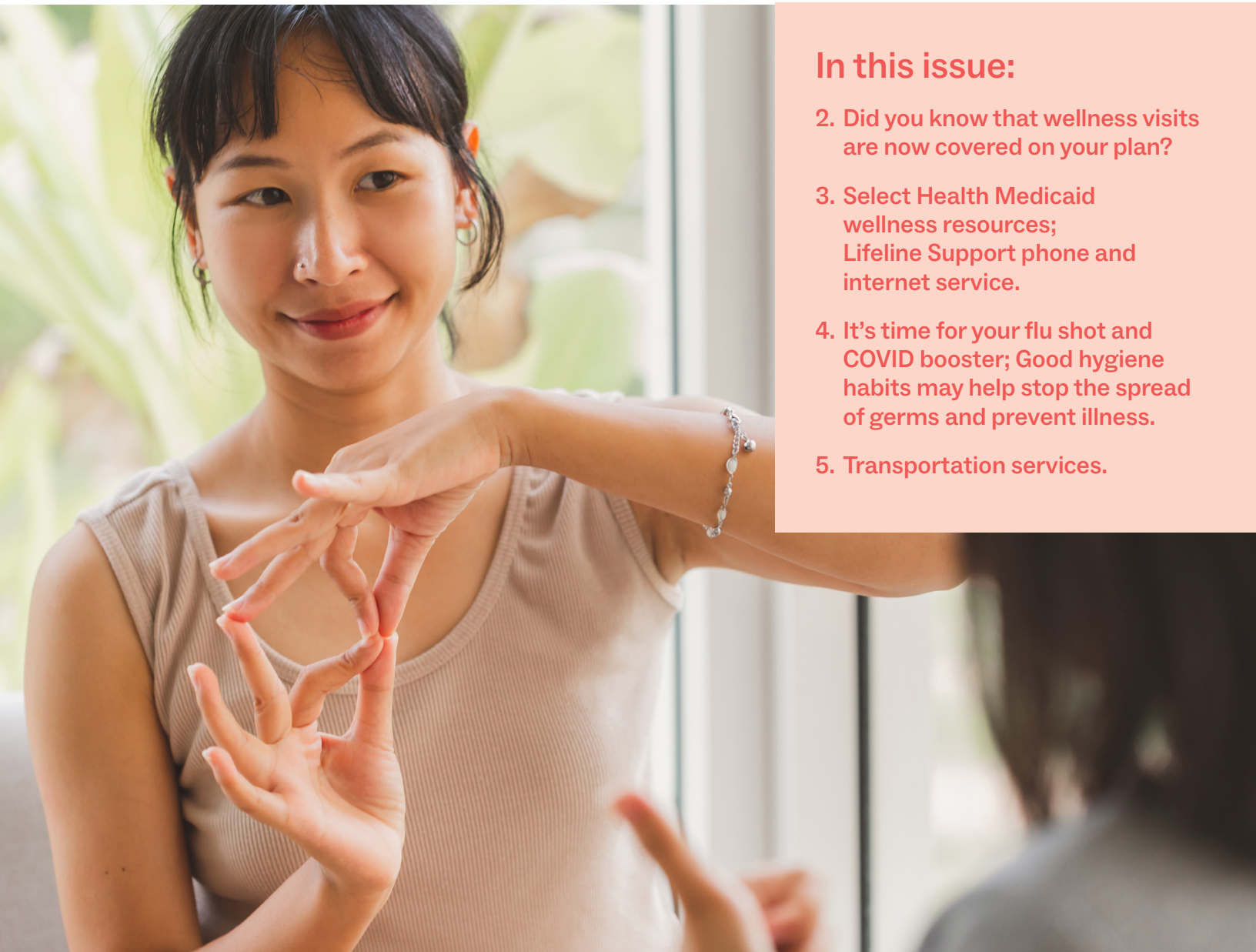


Community Caring.

FALL | 2024



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Select
Health

Did you know
that wellness visits
are now covered
on your plan?



With your Select Health Community Care plan you can
get one free wellness visit every 12 months.

What is a wellness visit?

Wellness visits are a chance for you to talk to your provider about your health.

They are covered 100% by your plan and can be scheduled at a time and location that work best for you.

How to find an in-network provider:

- Call Member Advocates at **800-515-2220**.
- Call the doctor's office and ask:
 - Do you take Select Health?
 - Are you in the Community Care network?
- Visit selecthealth.org/find-a-doctor.

Select Health Medicaid wellness resources.

Personify Health (formerly Virgin Pulse).

This program is designed to help you stay healthy and reach your wellness goals.

Here's how to get started:

- New users: Visit selecthealth.org and click "Register." Use the ID number on your Select Health member card to create an account.
- Returning users: Simply log in to your account.
- Need help? Call **800-442-5502**.
- After a successful log-in, scroll down to find Tasks. From Tasks, select Health Assessment and you will be directed to a page where you can create a Personify Health account.

Note: If you just created your Select Health account, you may need to wait 24–48 hours before you can create a Personify Health account.

Nutrition counseling.

We provide personalized counseling and supportive classes to help you make positive lifestyle choices to improve your health.

Link: <https://intermountainhealthcare.org/services/Nutrition-Services>

Tobacco cessation program.

Medicaid offers a free program to help pregnant women quit smoking and vaping. If you are pregnant and smoke or vape, please call a Health Program Representative (HPR) at **1-866-608-9422** or email hpr@utah.gov. The Utah Tobacco Quit Line, available online at waytoquit.org and by phone at **800-QUIT-NOW**, gives free treatment to all Medicaid members who want to quit smoking.

Wellness webinars.

These free online classes cover topics like managing stress, eating better, and moving more. You can join from home and ask questions to get helpful advice.

Link: <https://selecthealth.org/wellness/wellness-webinars>



Healthy Beginnings.

This free program is designed to help you have the healthiest pregnancy possible.

Our Care Managers can help with:

- Pregnancy support from trained caregivers and nurses as needed
- Referrals to community resources, including emotional support resources
- Access to a high-risk prenatal nurse care manager who can answer your questions
- Financial incentives may be available after your first prenatal and postnatal visits
- Educational materials to help you learn more about pregnancy and newborn care
- Guidance on how to obtain a breast pump, and more.

Visit: <https://selecthealth.org/healthy-beginnings> or call **801-442-5052**

Lifeline Support phone and internet service.

Eligible members can receive assistance with free or discounted phone and internet service through Lifeline Support. To qualify you must have Medicaid, Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), or Veterans Pension and Survivors Benefit. Visit lifelinesupport.org for more information.

It's time for your flu shot and COVID booster.

Flu season is here! Here is what you should know about flu shots and COVID boosters.

Who should get a flu shot?

Everyone six months and older. This vaccination is especially important for babies, young children, pregnant women, persons 65 years and older, and those with ongoing health conditions.

Is a flu shot dangerous?

Flu shots are safe. In fact, you are more likely to be struck by lightning than have a serious problem with a flu shot. The most common side effects are feeling tired, a light fever, soreness, or a runny nose.

Where do I get a flu shot?

You can get a flu shot at your doctor's office. Flu shots are also available at most local pharmacies.

That includes places like Walmart, Target, CVS, and Walgreens.

Get a COVID booster.

The new COVID booster shot is available and gives protection against the current strain of COVID that is circulating. You can find the nearest vaccine location at www.vaccines.gov.

They are available for adults and children as young as six months.

Can you get a flu shot and a COVID booster at the same time?

Yes! Many pharmacies make it easy to get a flu shot and a COVID booster during the same visit.

Sources:

intermountainhealthcare.org/health-wellness-promotion/vaccines/flu/intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=520652641

www.cdc.gov/coronavirus/2019-ncov/vaccines/differentvaccines/overview-COVID-19-vaccines.html



Good hygiene habits may help stop the spread of germs and prevent illness.

Here are some tips to help you stay healthy.

- Cover your mouth and nose when you sneeze.
- Regularly use soap and water to wash your hands for at least 20 seconds.
- Avoid touching your face, especially if you or someone near you is sick.
- Avoid people who are sick.
- Talk to your children and grandchildren. Teach them how to prevent the spread of germs. Children may spread the flu (or other viruses) to each other at school or when playing together.
- Make sure you get your flu shot early.

People with chronic conditions are at higher risk for flu complications. Be prepared this flu season. Talk to your doctor or pharmacist today about getting your flu shot.

Transportation services.

What transportation services are covered by medicaid?

Some Medicaid members qualify for transportation services. To find out if you qualify, call the Department of Workforce Services (DWS) at **1-800-662-9651**. If you qualify, you will have access to the following services:

UTA BUS PASS, INCLUDING TRAX

- If you are able to ride a bus, call DWS to ask if your Medicaid program covers a bus pass.
- If approved, your pass will arrive in the mail. When you ride the bus, show your Medicaid card and bus pass to the driver.

Note: Frontrunner and Express Bus Routes are not included.

UTA FLEXTRANS:

- This service is available to Medicaid members living in Davis, Salt Lake, Utah, and Weber counties.
- Members may use Flextrans if:
 - They have been approved to use special bus services and have a Special Medical Transportation card.
 - They are physically or mentally unable to use a regular bus.
 - They have filled out an application to inform UTA of their disability. Applications can be accessed by calling:

Salt Lake and Davis counties: **801-287-7433**

Davis, Weber, and Box Elder counties:
1-877-772-7272



Modivcare: Non-emergency door-to-door service for medical appointments and urgent care. You may be eligible for Modivcare if:

- There is not a working vehicle in your household.
- You are unable to use UTA buses or Flextrans due to physical disability.
- Your doctor has completed a Modivcare Utah Physician's Certificate.

When approved, you can arrange for this service by calling Modivcare at **1-855-563-4403**, or by visiting **[modivcare.com/facilities/ut](https://www.modivcare.com/facilities/ut)**. You must make reservations with Modivcare three business days before your appointment. Urgent care does not require a three-day reservation. Modivcare will call your doctor confirm urgency of the problem. Eligible members will be able to receive services from Modivcare statewide.

Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status.

This information is available for free in other languages and alternate formats by contacting Select Health Medicare: **855-442-9900 (TTY: 711)** / Select Health: **800-538-5038**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電

**Any requests for paper materials
will be processed within
5 business days of the request.**