

# Healthy Heart Plan Guide

## Getting the Most From Your Plan

### You made a great choice for your health care and your wallet!

You get all the great benefits of having a CareSource plan, such as our 24-Hour Nurse Advice Line, \$0 Telehealth visits through Teladoc®, and easy to use online tools, like our Cost Estimator, **Find A Doctor**, **Find My Prescriptions**, **Find a Pharmacy**, and so much more.

As a Healthy Heart plan member, you also get extra benefits, listed in this guide. Just show your CareSource member ID card when you get services or pick up your medications. Most are provided at \$0 cost to you, some are at a reduced cost share compared to other plans CareSource offers.

This guide outlines the special benefits you get as a Healthy Heart plan member. Use this as a supplement to your welcome booklet and plan documents to find out how to get care, use your benefits, and work with CareSource to get the most from your plan.

### \$0 Chronic Care Medical Services

- Lipid Panel
- Metabolic Panel
- Prothrombin Test
- EKG

### \$0 Chronic Care Drugs:

- **Brand Name Drugs for Heart Failure:**  
Jardiance\* and Entresto\*
- **Generic Drugs for Heart Failure:**  
Amiodarone, dapagliflozin\* (generic for Farxiga), digoxin, flecainide, sotalol, sotalol AF

### \$0 Chronic Care Medical Supplies

- Blood pressure cuff\*\*
- Gradient compression stockings

\* Prior authorization or step therapy required.

\*\* Limit of one.



# Additional Plan Highlights:

## Coaching Program

Our special Care Management program focuses on you! Get coaching and tips on diet, exercise, medication and lifestyle changes. Call our Care Management team at **1-833-230-2037** to get a Care Manager and start your coaching program **today!**

## Cardiac Rehabilitation

- Regular sessions that are essential for recovery and supporting heart health.
- Regular monitoring that includes scheduled reminders for check-ups and screenings.

## Expanded Formulary

Gives you easier, more affordable access to the drugs you may need. Use our Marketplace Drug Formulary or the **Find My Prescriptions** tool to find these and more medications. Check your Schedule of Benefits document to see your cost for a medication. You can find this document on our website, on the **Plans/Plan Documents** page, or you can mail in the request card included in this kit to have all your plan documents mailed to you. Scan the QR code to go directly to the **Find My Prescriptions** tool.



Find My  
Prescriptions

## Home Delivery of Medication

Use Express Scripts to get your maintenance medications. 90-day supplies are delivered right to your mailbox! Register for an account at [www.express-scripts.com/rx](http://www.express-scripts.com/rx) to manage your prescriptions. Ask your provider to 'e-prescribe' a 3-month supply to Express Scripts. Your provider will likely already have the website and phone number.

If you or your provider have questions, call ESI at 1-800-835-3784 or call CareSource Member Services.



[CareSource.com/Marketplace](http://CareSource.com/Marketplace)



## Questions? Contact Us!

If you have any questions, call our Member Services department at **1-833-230-2099** (TTY: 711) from 7 a.m. to 7 p.m. Eastern Time, Monday through Friday.

Nevada members: please call **1-833-230-2099** (TTY: 711) from 8 a.m. to 6 p.m. Pacific Time, Monday through Friday.

We are happy to help answer your questions, find a provider, or help you get publications in another language or format if you need them.