Healthy Heart Plan Guide

For CareSource Healthy Heart Gold and Silver Plans

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

Great CareSource® Benefits:

- Free 24-Hour Nurse Advice Line
- $0 Teladoc Health® telehealth visits
- Easy to use online tools, like:
  - Find A Doctor/Pharmacy
  - Find My Prescriptions
  - Cost Estimator and much more!

Extra Benefits for Plan Members

You get most extra benefits at $0 cost, some at a reduced cost. Just show your CareSource ID card when you get services or prescriptions.

This guide outlines:

- Your special benefits
- How to get care
- Using your benefits
- Ways to work with us to get the most from your CareSource plan

$0 Healthy Heart Medical Services

- Lipid Panel
- Metabolic Panel
- Prothrombin Test
- EKG

$0 Healthy Heart Drugs*:

- **Brand Name Drugs for Heart Failure:** Jardiance®
- **Generic Drugs for Heart Failure:** Amiodarone, digoxin, flecainide, sotalol, sotalol AF, sacubitril-valsartan (generic for Entresto®)

* Prior authorization or step therapy required.

$0 Self-Management Supplies, Durable Medical Equipment and Orthotics through Network Medical Suppliers

- Blood pressure cuff**
- Gradient compression stockings

** Blood pressure cuff (limit of one). Additional quantities at general coinsurance after deductible.

Formulary Change Notice:

The drugs listed above, and on the formulary, may change throughout the year. When a generic equivalent becomes available, the generic may replace the brand-name drug on the formulary, or the brand-name drug may move to a higher cost tier. If you take a drug that is affected, we will notify you of the change.

CareSource®

Additional Plan Highlights:

Coaching Program

- Get tips and help with diet, exercise, medications and lifestyle changes.
- Call our Care Management team at 1-833-230-2037 (TTY: 711). Request 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

- Easier, more affordable access to the drugs you may need.
- Use our **Find My Prescriptions** tool by scanning the QR code.
- See your costs on your **Schedule of Benefits**. You can find it on the Plan Documents page at **CareSource.com/NV-Plan-Docs**.

Find My Prescriptions

Home Delivery of Medication

- Use Express Scripts (ESI) to get your maintenance medications.
- 90-day supplies are delivered right to your mailbox!
- Register for an account at www.express-scripts.com/rx.
- Ask your provider to “e-prescribe” a 3-month supply to Express Scripts.
- Questions? Call ESI at 1-800-835-3784 or call CareSource Member Services.

Medication Management

Get support from pharmacists to help you manage your medications. This includes over-the-counter medicines, vitamins and supplements to avoid potential drug interactions.

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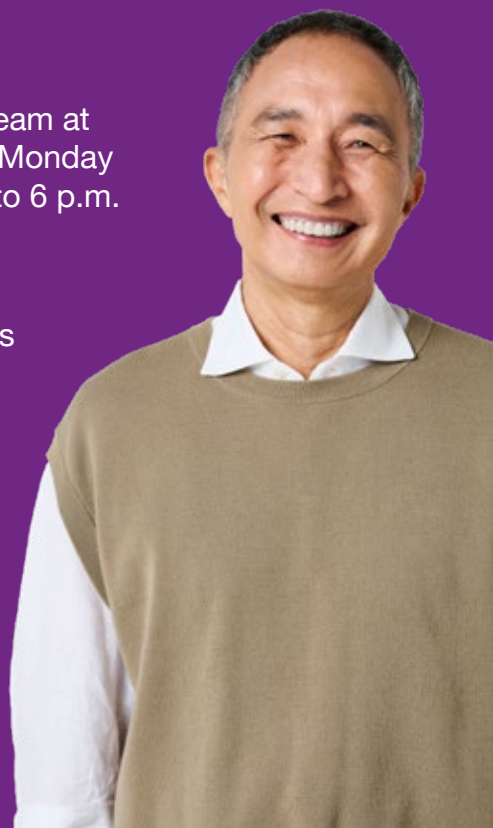
CareSource.com/Marketplace

Questions?
Contact Us!

Call our Member Services team at 1-833-230-2099 (TTY: 711) Monday through Friday from 8 a.m. to 6 p.m. Pacific Time.

We are happy to help you:

- Answer any questions
- Find providers
- Get language assistance such as materials in another format



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