



## MORE GREAT BENEFITS IN 2023

Including up to \$2,784 per year for over-the-counter (OTC) items and groceries, including fresh produce boxes and meals

The grocery benefit is part of special supplemental program for the chronically ill and not all members qualify. VNS Health Medicare is a Medicare Advantage organization with Medicare and Medicaid contracts, offering HMO D-SNP and HMO plans. Enrollment in VNS Health Medicare depends on contract renewal.



To learn more, call VNS Health Total  
**1-866-414-6715 (TTY: 711)**

October 1, 2022 – March 31, 2023  
7 days a week, 8 am – 8 pm

April 1, 2023 – September 30, 2023  
Weekdays, 8 am – 8 pm

**Or call your representative**



### HEALTH PLANS

## VNS Health Total (HMO D-SNP)

Two-in-one Medicare-Medicaid plan for New Yorkers with long-term care needs





If you need help to safely live at home, VNS Health Total can make it easier to get the care you need.

This two-in-one plan combines Medicare and Medicaid Long-Term Care plans for people who need ongoing help with daily activities, such as bathing, cooking, dressing and walking.

**Benefits include:**

- **\$0 plan premiums**
- **\$0 copays for medical care**
- **\$0 for unlimited transportation to medical appointments**
- **\$0 for skilled nursing, personal care services, rehabilitation therapy and more**
- **Consumer Directed Personal Assistance Services (CDPAS)**

You can also keep your doctors, specialists and home health aide!\*

## 2023 Benefits Overview

Monthly Plan Premium	\$0	
Primary & Specialist Doctor Copays	\$0	
Prescription Drug Coverage	\$0	
Over-the-Counter (OTC) & Grocery Card	\$232/month (up to \$2,784/year)	<b>More!</b>
Dental	\$0 copay for preventive care; \$3,000/year for comprehensive dental care**	<b>More!</b>
Vision	\$0 for routine eye exam; \$300/year for eyeglasses (frames and lenses) or contacts	
Hearing	\$0 for exam; \$1,500 every 3 years for hearing aids	<b>More!</b>
Acupuncture	\$0 for 30 visits/year***	
Transportation	Unlimited to approved healthcare locations	
Gym Membership	SilverSneakers®	
Telehealth	Yes	
24/7 Nurse Hotline	Yes	
Flex Card	A \$750/year debit card (\$187.50/quarter) toward certain dental, vision or hearing expenses^	
Long-Term Services and Supports (including Home Health Aide, Nursing and Social Work)	\$0	
Worldwide Coverage	Up to \$50,000/year for emergency services and urgent care	

\*As long as the provider is in the network. \*\*Preventive dental care covered by Medicaid.

\*\*\*Additional acupuncture visits for chronic low back pain covered by Medicare.

^Other types of goods and services not eligible.