

iCare Medicare Plan (HMO D-SNP) MEMBER NEWS

Q3 2023



Healthy Eating

You’ve heard the phrase “you are what you eat”. It means you can’t be healthy if you don’t eat healthy foods. Getting those healthy foods, especially these days, can pose challenges but there are many ways to get nutritious food affordably, safely, and conveniently. A few are listed below.

Government Programs

The Emergency Food Assistance Program is a federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food assistance at no cost. You may be eligible to obtain groceries once per month if your gross household income does not exceed 300% of the poverty level. Call 211 Wisconsin and ask for the location and hours of the nearest TEFAP food pantry in your county.

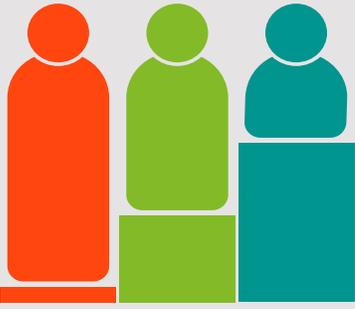
Other programs available to individuals living in Wisconsin include, but are not limited to, the Commodity Supplemental Food Program, Elderly Nutrition Program, and WIC (Women, Infants, and Children) Program. Each program has its own eligibility requirements and are not available in all areas of the state. So, not everyone can qualify for each or all these programs. Please call 211 or visit <https://www.dhs.wisconsin.gov/prevention-healthy-living/nutrition-food-assistance.htm> for more information.

Eating Healthy on a Budget

MyPlate.gov offers tips and advice to help you get the most out of your food dollars. The Healthy Eating on a Budget resource can help you create a grocery game plan, shop smart, and prepare healthy meals at home. Check it out: www.myplate.gov/eat-healthy/healthy-eating-budget.

IN THIS ISSUE

Health Equity	2
Healthy Options allowance and iCare Spending Account Card	3
Advanced Directives	4
Keep Your Insurance Information Current.....	4
Update from your Pharmacist	5
Flu Shot Reminder	5



Health Equity

All iCare members have the right to access high-quality and respectful health care.

“Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.”

At iCare we have a diverse group of members. We know some members experience discrimination in health care and do not get access to resources to be their healthiest. Our goal is to make sure everyone can access high-quality and respectful health care. You can help us with this goal.

When you complete your health risk screening, we ask you questions about yourself. We ask for information about your race, language, ethnicity, gender identity, sex assigned at birth, sexual orientation, and pronouns, such as “she, her, his, him, they.” We ask for this information because we do not want to assume we know the answer. We want you to feel respected and safe expressing yourself. When we have this information, we can help connect you with health care that is respectful of your needs. We know answers to these questions are personal. You may not feel comfortable sharing and that is okay. It is important you know:

- » You have the right not to answer any question.
- » It is legal to ask the questions, but you are not required to answer them.
- » Your answers cannot be used to deny coverage or benefits. There is no change to your benefits based on your answers or if you decide not to answer.
- » Your information is private. iCare protects all of your personal information.
- » Only your iCare Care Team can access your personal information and only when they are assisting you with care or care management.
- » When we use the information to identify health differences, we group it together. No individuals are identified.

Terms iCare may refer to or ask about during our assessments with you. They are from the Centers for Disease Control:

LGBTQ: Lesbian, gay, bisexual, transgender, and queer/questioning community.

Gender Identity: An individual’s sense of their self as a man, woman, transgender or something else. This can change over time. For example, transgender male (female at birth but is male).

Transgender: Individuals whose current gender

identity differs from the sex they were assigned at birth.

Sex assigned at birth: At birth, individual labeled as male or female based on body parts.

Sexual orientation: An individual’s sexual and emotional attraction to another person. For ex. gay, bisexual, queer.

Pronouns: Words used in place of your name. Some individuals use pronouns that do not suggest a gender. For example, they/them.

Provider language information

You can call customer service to ask about the languages spoken by your provider.



Customer Service: 1-800-777- 4376 | TTY: 711

Customer Service is available 24 hours a day, 7 days a week.

Our office hours are Monday through Friday, 8:30 a.m. to 5:00 p.m.

iCare is a wholly-owned subsidiary of Humana.

www.iCareHealthPlan.org



Healthy Options allowance and iCare Spending Account Card

Your Healthy Options allowance linked to your iCare Spending Account Card^ helps you buy the things you need. Your card provides more flexibility to use it toward what you think is important. You can use all the money to purchase from one category or spend some on each one. It is up to YOU!

Healthy Options allowance

Use your Healthy Options allowance to buy products like healthy foods, OTC, personal supplies, and to help with bills like utilities, rent, mortgage and more.

- » You get \$150.00 every month. Shop with it in-store and online.
- » Your allowance rolls over each month and expires 12/31/2023 or if you disenroll from the plan. It cannot be combined with other benefit allowances. Limitations and restrictions may apply.
- » Members will be responsible for any out-of-pocket costs over the available iCare Spending Account Card balance.



Activate Your iCare Spending Account Card

The iCare Spending Account Card is as easy to use, but you **must activate your card** to start using it. To get started, visit HealthyBenefitsPlus.com/iCare, download the Healthy Benefits+ mobile app, or call 1-855-256-4620 (TTY: 711) anytime.

Once your card is activated, you can use it for:

- » Items such as food, OTC, and home and personal supplies.
- » Online at participating retailers, including Walmart.com. Sign in or create a profile at HealthyBenefitsPlus.com/iCare. Once you are signed in, you can easily browse approved products and services.
- » For eligible bill pay services, in-store, online, or by phone.
- » For eligible pest control and non-medical transportation service providers.
- » Use the store locator, check your balance and see the terms and conditions, go to HealthyBenefitsPlus.com/iCare or call 1-866-757-1964 (TTY: 711) anytime.

Please do not throw away your card and keep it safe. iCare is not responsible for funds lost due to lost or stolen cards. Limitations and restrictions may apply.

For more information on your iCare Spending Account Card and a full list of eligible food and personal care categories, stores, and services you can use your card for, visit HealthBenefitsPlus.com/iCare.

Advance Directives

Sometimes people become unable to make health care decisions for themselves due to accidents or serious illness. You have the right to say what you want to happen if you are in this situation. This means that, if you want to, you can:

- » Fill out a written form to give someone the legal authority to make medical decisions for you if you ever become unable to make decisions for yourself.
- » Give your doctors written instructions about how you want them to handle your medical care if you become unable to make decisions for yourself.

The legal documents that you can use to give your directions in advance in these situations are called “Advance Directives.” There are several types of advance directives and different names for them. Documents called “Living Will” and “Power of Attorney for Health Care” are examples of advance directives. If you would like more information on advance directives, please let your *iCare* Care Team.

***iCare* Medicare members have access to an online advance care planning resource through our Wellness and Health Care Planning (WHP) benefit. Five Wishes can help you create an advance directive where the elements of a living will, medical power of attorney, do not attempt resuscitation, and an organ donation form are combined.**

To get started, visit www.iCareHealthPlan.org, click on “Family Care Partnership” then on the “Five Wishes” button at the top of the page. You can also call your Care Coach or Customer Service at 1-800-777-4376 (TTY: 711). Your online advance care plan will be available to you and your designated medical providers 24 hours a day, seven days a week. You can add information at any time as your health status or wishes change.

Remember, it is your choice whether you want to fill out an advance directive (including whether you want to sign one if you are in the hospital). According to law, no one can deny you care or discriminate against you based on whether you have signed an advance directive.

Read more about Advance Directives in your 2023 Evidence of Coverage or EOC. The EOC is on the *iCare* web site, or you can call Customer Service to request a hard copy at 1-800-777-4376. Or ask your Care Coach to mail you a copy of our Advance Directives brochure.

Keep Your Contact and Insurance Information Current

If you have any life changes, please report them to *iCare* Customer Service, the Wisconsin Department of Health Services (DHS) and Medicare. We, and these agencies, need the most up-to-date information. If we do not have your current information on file, you might miss benefit or renewal information, or might not know about programs and services that are important to you.

Life changes include, but are not limited to:

- » A change where you live or someone moved into, or out of, your home.
- » A marriage or divorce.
- » A new phone number or email address.
- » Different or new health insurance coverage.

We want to make sure you continue to get the health care you need so we ask you to please:

Make sure all the agencies you work with have your current mailing address, phone number, email, or other vital information that could affect your benefits.

- » To update your contact information, log in at access.wi.gov or use the MyACCESS mobile app. Or call your local agency. Find yours: www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm
- » Contact the Social Security Administration (SSA) by calling 1-800-772-1213 or visit www.ssa.gov
- » Contact *iCare* Customer Service by calling 1-800-777-4376 (TTY: 711)

Questions? Visit your local DHS agency or call DHS Member Services at 1-800-362-3002. Call SSA at the phone number above. You can also call *iCare* Member Retention Specialists at 414-272-5621. They will help you figure out your next steps, together.

Pharmacy Corner — Updates from your *iCare* Pharmacist!

Medication Adherence Made Easier

Does it seem like managing your medications can be another thing on your to-do list? It's important to remember to take your medications like your doctor told you to keep you healthy. This means taking the right dose at the right time. It also means getting your medications from the pharmacy on time when they are due.

Many pharmacies offer easy ways to get your medications and remember them:

- » Use auto-refill at your pharmacy so that your pharmacy fills them automatically when they are due. You only need to get to the pharmacy to pick them up.
- » Find out if your pharmacy has an app for your smartphone. This is an easy way to set reminders for yourself to take your medication and an easy way to refill them.
- » Some local pharmacies may be able to deliver medication right to your door or provide mail-order delivery.

Inquire with your local pharmacy to see which FREE services they offer to keep you on track.

Questions about your pharmacy benefit?

Do you have questions about your pharmacy benefit and don't know who to call?

Question	Contact	Phone Number
My claims aren't being covered at the pharmacy	MedImpact	800-788-2949
I need a drug prior authorization or what is the status of my prior authorization	MedImpact	800-788-2949
I need a new insurance card	<i>iCare</i>	800-777-4376
I have questions about why my prior authorization was denied	MedImpact	800-788-2949
I lost my medications or I am going on vacation. Can I get an early refill?	MedImpact	800-788-2949
I have questions about my coverage for my diabetic supplies	<i>iCare</i>	800-777-4376

Mark your calendar now to get your flu shot!

While flu season may be out of your mind now, it comes up fast. Marking your calendar now can help you remember to get your flu shot.

Influenza (flu) vaccines protect against the most common flu viruses of the season. Most vaccines are shots (given with a needle) in the arm but sometimes a nasal spray is an option.

Most everyone 6 months and older should get a flu vaccine each season. This is especially important for older adults and people with chronic conditions. There are several types of vaccines. Ask your provider or pharmacist which vaccine is best for you.

The flu vaccine cannot give you the flu. You may feel a little achy, have a low-grade fever, or soreness at the injection site. This is a normal reaction to the vaccine. Flu vaccines do not always protect you from getting the flu, but they are the best protection from getting seriously ill from the flu. The flu causes thousands of hospitalizations and deaths each year.

Flu vaccines are free with your health insurance. You can get a flu vaccine at your provider office or pharmacy. Need help finding a flu vaccine? Go to Vaccine Finder: <https://www.vaccines.gov/find-vaccines/>

For more information, talk with your provider, pharmacy or visit <https://www.cdc.gov/flu/prevent/flushot.htm>

You can also call *iCare* Customer Service for help at 1-800-777-4376 (TTY: 711).

Multi-Language Insert

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-800-777-4376. Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-800-777-4376. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Hmong: Peb muaj kev pab txhais lus dawb los teb cov lus nug uas koj muaj txog peb txoj kev npaj khomob lossis tshuaj. Yog xav tau ib tug neeg txhais lus, hu rau peb ntawm 1-800-777-4376. Ib tug neeg uas hais lus Hmong lwm yam lus tuaj yeem pab koj. Qhov no yog ib qho kev pab dawb.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 1-800-777-4376。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 1-800-777-4376。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1-800-777-4376. Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1-800-777-4376. Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi 1-800-777-4376 sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1-800-777-4376. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 답해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1-800-777-4376 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1-800-777-4376. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على 1-800-777-4376. سيقوم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं। एक दुभाषिया प्राप्त करने के लिए, बस हमें 1-800-777-4376 पर फोन करें। कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है। यह एक मुफ्त सेवा है।

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-800-777-4376. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portuguese: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-800-777-4376. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1-800-777-4376. Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-800-777-4376. Ta usługa jest bezpłatna.

Japanese: 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、1-800-777-4376 にお電話ください。日本語を話す人者が支援いたします。これは無料のサービスです。



1555 North RiverCenter Drive
Suite 206
Milwaukee, Wisconsin 53212

Health and Wellness or Prevention Information

We appreciate you as an *iCare* member and want to say **THANK YOU** for putting your trust in us for your health care needs.

Prior Authorization

Members may ask *iCare* to send a copy of the criteria used to make a decision on their service.

Please contact the Prior Authorization Department at 414-299-5539 or 855-839-1032 to obtain a copy of the clinical criteria relevant to a particular service or procedure. The Prior Authorization Department can provide these criteria by email, fax, or mail.

iCare's Privacy Policy or Notice

The law says we must keep your health information private. The *iCare* Privacy Notice tells you what information we collect and how we use it. The Privacy Notice was updated in February 2023. To read the Privacy Notice, visit www.iCareHealthPlan.org/privacy. You can get a hard copy of our Privacy Notice. Ask us to mail you a copy by calling Customer Service at 1-800-777-4376 (TTY: 711).

If you have questions about the Privacy Notice you can write or call our Member Advocate/Member Rights Specialists at *iCare*, Attention: Member Advocate/Member Rights Specialist, 1555 North RiverCenter Drive, Suite 206, Milwaukee, Wisconsin 53212. Call us at 1-800-777-4376 ext.1076 (TTY: 711). Our office hours are Monday through Friday, 8:30 a.m. to 5:00 p.m. If you do not have any questions, you do not have to do anything.

Complaints

You can tell us if you think your privacy rights were not honored. This is called a complaint. You will not be treated any differently if you file a complaint. You can file a complaint by calling our Member Advocates at 1-800-777-4376 ext.1076.

You can put your complaint in writing and mail it to *iCare*, Attention: Grievance and Appeals Dept. Our address is: 1555 N. RiverCenter Dr., Ste. 206, Milwaukee, WI 53212. If you need help filing the complaint, the Member Advocates can help you. You may also file a complaint with the Secretary of the Department of Health and Human Services by writing to Office of Civil Rights, Department of Health and Human Services, 200 Independence Ave. SW, Washington, D.C. 20201.

Questions

If you have questions about the Privacy Notice you can write or call our Member Advocate/Member Rights Specialists at *iCare*, Attention: Member Advocate/Member Rights Specialist, 1555 N. RiverCenter Dr., Ste. 206, Milwaukee, WI 53212, phone: 1-800-777-4376 ext.1076. Our office hours are Monday – Friday, 8:30 a.m. – 5:00 p.m. If you do not have any questions, you do not have to do anything.

Doctors, nurses, and other health care staff review the stories in each *iCare* newsletter. However, this information should never take the place of your doctor's advice and opinions. Always talk with your doctor first when deciding the best course of action to take for your health.

Independent Care Health Plan (*iCare*), which insures *iCare* Medicare Plan (HMO D-SNP), is an HMO with a Medicare contract and a contract with the State Medicaid program. Enrollment in *iCare* Medicare Plan depends on *iCare's* contract renewal. Questions? Call 1-800-777-4376 (TTY: 711) for more information.

Independent Care Health Plan provides free aids and services to people with disabilities and people whose primary language is not English to communicate effectively with us, such as qualified interpreters (including sign language) and written information in other formats (large print, audio, accessible electronic formats, braille, other formats) and languages. If you need these services contact Customer Service at 1-800-777-4376 (TTY: 711), 24 hours a day, 7 days a week. Our office hours are Monday – Friday, 8:30 a.m. – 5:00 p.m. CST.

Independent Care Health Plan complies with applicable federal civil rights laws and does not discriminate, exclude or treat people differently because of their race,

color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language.

Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-800-777-4376. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Peb muaj kev pab txhais lus dawb los teb cov lus nug uas koj muaj txog peb txoj kev npaj khomob lossis tshuaj. Yog xav tau ib tug neeg txhais lus, hu rau peb ntawm 1-800-777-4376. Ib tug neeg uas hais lus Hmong lwm yam lus tuaj yeem pab koj. Qhov no yog ib qho kev pab dawb.

^The *iCare* Spending Account Card is redeemable for specific goods and services at select merchants and cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid or other federal health care

programs, alcohol, tobacco, e-cigarettes, firearms or ammunition, candy, electronics, toys, seasonal items or jewelry and is not redeemable for cash except as required by law. Your card is not a credit card but may be entered as "credit" to checkout. If prompted, your PIN is the last 4 digits of your card number. Products may not be available at every location. Issued by Citizens Alliance Bank, Member FDIC, pursuant to a license from Visa® U.S.A. Inc. Distributed by Solutran, LLC. No Cash or ATM Access. Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply.

If you have a Marketing complaint, please call 1-800-MEDICARE (1-800-633-4227, TTY: 1-877-486-2048) or call *iCare*. When you call, it is important to provide the agent or broker name, if possible.

Fraud, Waste and/or Abuse
Do you think you did not get services *iCare* paid for? Do you think you may be a target of fraud, waste and/or abuse? Do you

know someone who is causing fraud, waste and/or abuse? If you think that someone engaged in any form of fraud, waste and/or abuse, contact us:

- » Go to our web site at www.iCareHealthPlan.org and click on "Report Fraud" at the top of the page.
- » Write to *iCare*, Attention: Compliance Officer, 1555 N. RiverCenter Drive, Ste. 206, Milwaukee, WI 53212.
- » Call the Humana Ethics Help Line at 1-877-584-3539 (1-877-5-THE-KEY).
- » Visit the Humana Ethics Help Line reporting web site: www.EthicsHelpline.com.

When you contact us, providing us with as much information as possible helps us investigate. You can report anonymously if you would like, and not give your name or phone number, but this can make investigating more challenging.