

Please Remember

- This is one of your **free preventive care office visits**; no copays are required.
- **H.E.L.P. ✓** is **only for the primary HealthChoice health plan member**
- Services must be provided in an outpatient or medical setting by a HealthChoice Network Provider
- Coding is everything. Make sure your provider's staff is aware you are there for your **H.E.L.P. ✓** preventive care visit, and provide the proper coding information from this brochure
- There is **no paperwork required** from you or your physician. Once you complete the two-step process, you are eligible to receive the \$200 incentive



H.E.L.P. ✓ is Being Discontinued

Although HealthChoice will still cover two preventive care visits per calendar year for members and dependents ages 18 and older, **H.E.L.P. ✓** and the \$200 incentive payment will be discontinued after Dec. 31, 2016.

HealthChoice complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 800-752-9457 (TDD: 866-447-0436). **(Spanish)** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-752-9457 (TDD: 866-447-0436). **(Vietnamese)** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-752-9457 (TDD: 866-447-0436).

Comprehensive Preventive Care Codes

You can receive two preventive care visits per calendar year covered at 100 percent of Allowable Fees when you use a Network Provider. Based on your age and the type of preventive care visit, the physician's office must use one of the following codes when billing for these services:

- **99385** – Initial preventive medicine, new patient age 18-39 years
- **99386** – Initial preventive medicine, new patient age 40-64 years
- **99387** – Initial preventive medicine, new patient age 65 years and older
- **99395** – Periodic preventive medicine, established patient 18-39 years
- **99396** – Periodic preventive medicine, established patient 40-64 years
- **99397** – Periodic preventive medicine, established patient 65 years and older

When scheduling your appointment, please indicate that your visit is for one of your free annual preventive care visits. During your visit, provide the coding information included in this brochure. This will assist your provider's office staff in providing accurate billing information.

Your annual well-woman exam can fulfill the requirements of a preventive care visit.

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H.E.L.P. ✓

Two Easy Steps = \$200

Take control
of your...

HEALTH

H.E.L.P.

Health Education Lifestyle Planning

**Partnering in prevention by
providing select services at
no cost to the member.**

HealthChoice

The Purpose of H.E.L.P. ✓

The objective of H.E.L.P. ✓ is to place attention on doctor-patient interactions that promote preventive care and healthy lifestyle choices. This supports the overall goal of improved health and wellness for participating members while enhancing the doctor-patient relationship.

Establishing a good relationship with your provider can assist you in getting preventive services at the appropriate time, as well as other health care you may need now or in the future.

Who is Eligible to Participate?

Primary HealthChoice health plan members age 20 or older who are not enrolled in a HealthChoice Medicare supplement or the HealthChoice USA Plan, are eligible to participate in H.E.L.P. ✓.

All program requirements must be met by Dec. 31, 2016.

Program Requirements

To qualify for the \$200 H.E.L.P. ✓ payment, you must complete the following steps:

Step 1: Register online at www.healthchoiceok.com.

Step 2: Complete your free comprehensive preventive care visit with a Network Provider.

Allow four to six weeks following the successful completion of these requirements to receive your incentive payment of \$200.

How Do I Register?

If you are the primary member of a HealthChoice health plan (excluding the HealthChoice Medicare supplement and HealthChoice USA plans), register at www.healthchoiceok.com by completing the following steps:

- Select the H.E.L.P. ✓ icon on the home page, then
- Select the dark blue button that reads “Click here to Register for H.E.L.P. ✓.” You need your member ID to complete the registration process.

Primary members must register to be eligible for the \$200 incentive payment.

Have a Question?



If you have a question regarding your status or whether you have met all requirements, please call the medical claims administrator at 1-405-416-1800 or toll-free 1-800-782-5218. TDD users call 1-405-416-1525 or toll-free 1-800-941-2160.

Additional Benefits

Though not required for the completion of H.E.L.P. ✓, you can continue to have metabolic and/or lipid blood panels done at no cost. Coding information is as follows:

- Metabolic Panel (80050 or 80053)
- Lipid Panel (80061)

For services beyond the scope of the preventive care visit, you may be charged a copay and/or coinsurance.

Additional Preventive Services

While H.E.L.P. ✓ is for the primary member, wellness and preventive services are also available for covered dependents. Members and dependents are encouraged to receive preventive services, including:

Immunizations

- Influenza (flu)
- Tetanus
- Zoster (shingles)
- Pneumonia

Routine Screenings

- Colonoscopy (colon cancer screening)
- Pap test
- Mammogram

Tobacco Cessation

- Over-the-counter nicotine replacement therapy products (patches, gum and lozenges) and telephone coaching at no charge
- Prescription nicotine replacement therapy products (two 90-day courses per year)

For a full listing of free preventive services for HealthChoice members and dependents, visit our website at www.healthchoiceok.com. You must meet age and gender requirements for services to be covered at 100 percent. Refer to the Member Information section of the preventive services list for this information.