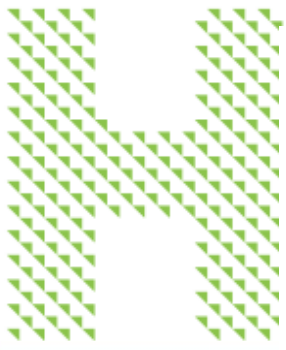**AmeriHealth Caritas Louisiana**

Click Here to review AmeriHealth Caritas Louisiana Member Benefits

Programs Offered

- **Care Management programs** for chronic conditions such as obesity
- **Weight management programs & BMI tools** for children and adults including visits with a registered dietician
- **Gym Memberships** or fitness kits
- **Children Services**: Wellness visits/Early and Periodic Screening, Diagnostic and Treatment to ensure children get the medical care they need to help prevent and treat childhood diseases and illness early
- **Community Wellness Centers** located in New Orleans and Shreveport
- **Mobile Wellness and Opportunity Center**
- **CARE Card Program:** Earn rewards by doing things that help you stay healthy
- **Prescription Benefits**
- **Member Advisory Councils**
- **Back to School Events**
- **Online Preventive Care Centers:** Online resources for staying healthy
- **Champions of Care:** Partnership with Saints and Pelicans promoting health and wellness
- **Wider Circle**: Program designed to address health disparities and improve engagement in the health care process
- **Whole Health Action Management** programs with regular group meetings
- Digital publications like **"Healthy Now"** www.careforla.com
- **Non-emergent transportation** for Dr. visits
- **Community Resource page**
- Access to **findhelp resource**

IN THE COMMUNITY

AmeriHealth Caritas Louisiana back-to-school events

A special thank-you to everyone who participated!

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Louisiana Quality Network

Humana

Humana Healthy Horizons: Louisiana Medicaid

Childhood obesity

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem in the U.S. and puts children and adolescents at risk for poor health.[1]

Behavior

Behaviors that influence excess weight gain include:

- Eating high-calorie, low-nutrient foods and beverages
- Taking medicine
- Not getting enough physical activity
- Having trouble sleeping
- Spending too much time watching television or other screen devices

To help children grow and maintain a healthy weight, the CDC recommends:

- Consuming healthy foods
- Being physically active

Health risks[2]

- Children who have obesity are more likely to have:
- Breathing problems, such as asthma and sleep apnea

- Fatty liver disease, gallstones, and gastro-esophageal reflux (e.g., heartburn)
- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes
- Joint problems and musculoskeletal discomfort
- Low self-esteem and lower self-reported quality of life
- Psychological problems such as anxiety and depression
- Social problems such as bullying and stigma

Humana
Healthy Horizons.

GHHL5M6EN0423

Programs Offered

- **MyHumana G0365 program**– earn rewards for healthy activities
- **YMCA** gym membership
- **KidsHealth** consumer video library
- **Child Wellness visits: Early and Periodic Screening, Diagnostic and Treatment**
- **Bariatric surgery for age 18 and up**
- **Humana Neighborhood centers in Baton Rouge and Metairie**
- **Back to school events**
- **Health Fair Bash**
- **Access to findhelp resource**

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Click Here to review Humana Healthy Horizons Member Benefits

Programs Offered

- **Member Portal**
- **Health Management Programs**
- **Fully covered well-child visits**
- **24/7 Nurse line**
- **Non-emergent transportation**
- **MyActiveHealth**
- **Rewards for preventive care**
- **Health and Wellness library**
- **KidsHealth website**
- **Telehealth services**
- **Access to findhelp resource**

KidsHealth® Presents

findhelp

The checkups kids need at every age

With Aetna Better Health, well-child visits are fully covered.

Click Here to review Aetna Better Health Member Benefits

Louisiana Quality Network

![Healthy Blue logo]

Programs Offered

- **Child Wellness visits**

- **Healthy Rewards**

- **Healthy Families Child Weight Management Program–** 6 month program for members ages 7-17 to get and stay healthy. Families get fitness and healthy behavior coaching, written nutrition information, and online and community resources

- **Case Management services**

- **Medical Transportation**

- **Member Portal**

- **FindHelp**

- **Free community Resources**

- **Prescription benefits**

- **Sydney Health app**

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Click Here to review Healthy Blue Member Benefits

Louisiana Quality Network

Programs Offered

- **Care Management and Disease Coaching**
- **Personalized Support**
- **Member Advisory Council**
- **Online Health Resources**
- **Sharecare App**
- **Child Wellness visits**
- **My Health Pays Rewards Program**
- **Medical Transportation**
- **24/7 Nurse Advice Line**
- **findhelp resource**
- **Prescription benefits**

EARNING REWARDS FOR HEALTHY ACTIVITIES.

It's all part of my plan.

findhelp

One Plan. Always Covered.

Our health insurance programs are committed to transforming the health of the community one individual at a time.

Click Here to review Louisiana Healthcare Connections Member Benefits

Louisiana Quality Network

United Healthcare Community Plan

Programs Offered

- Weight Management program enrollment for members over age 12

- Personalized Support

- Child Health Screenings/Checkups

- Rewards Program for Healthy Activities

- Wellness programs

- Medical Transportation

- NurseLine Services

- Live and Work Well Online Resources

- Prescription benefits

- Complex Case Management services

Louisiana Quality Network

Click Here to review United Healthcare Community Plan Member Benefits

MCO COMMUNITY RESOURCE GUIDE

Distributed by Louisiana Quality Network

	Aetna	AmeriHealth Caritas LA	Healthy Blue	Humana	Louisiana Healthcare Connections	United Healthcare
Condition specific care management programs	✓	✓	✓		✓	✓
Weight Management programs (Dietician visits)		✓	✓		✓	✓
Gym memberships/ fitness tools	✓	✓		✓		
Online Library	✓	✓		✓	✓	
Non-emergent transportation	✓	✓	✓		✓	✓
Member Advisory Councils/Groups		✓			✓	
Covered Child Well visits	✓	✓	✓	✓	✓	✓
Telehealth visits	✓	✓			✓	
Reward programs for Healthy activities	✓	✓	✓	✓	✓	✓
Community Outreach Events		✓		✓	✓	
Community Centers		✓		✓	✓	
Findhelp resource	✓	✓	✓	✓	✓	

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