

member NEWS

BOSTON MEDICAL CENTER

HealthNet **Net Plan** 
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For members of BMC HealthNet Plan

August 2010

Notice to BMC HealthNet plan members about benefit changes

You should have already received a notice from MassHealth to inform you that, effective July 1, 2010, MassHealth made changes to some of the member benefits you receive through BMC HealthNet Plan. This is a summary of those changes. For more information, go to the MassHealth member page at bmchp.org or call our Member Services Department at 1-888-566-0010 (TTY/TDD 1-866-765-0055), Monday through Friday, 8 a.m. to 6 p.m. You can also view an updated version of your *Member Handbook* containing these changes at bmchp.org or call Member Services to request a printed copy.

Pharmacy Copay Changes

Effective July 1, 2010, BMC HealthNet Plan co-pays for most covered generic and over-the-counter drugs changed from \$2 to \$3 for both first-time prescriptions and refills. The co-pay for certain covered generic and over-the-counter

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How to Have a Healthy Pregnancy

1) See your doctor



The keys to a healthy pregnancy start with a visit to your doctor. The earlier in your pregnancy you see your doctor, the quicker he or she can make sure you are on the right track to staying healthy right through the delivery.

If you think you might be pregnant, take a home pregnancy test which you can buy at any drug store. If the test says you're pregnant, call your doctor or midwife right away to make an appointment.

2) Let us know

Don't forget to tell us if you're pregnant too! We want to help. You can call the Member Services Department at 1-888-566-0010. You can also go to our Web site (bmchp.org) to submit a form letting us know about your pregnancy. Just go to the MassHealth member page and click on "Care Management". In the "Pregnancy, Prenatal and Postpartum" section, click on the "Let BMC HealthNet Plan

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In-Home Therapy

When a child's behavioral health needs make daily life hard for the family, In-Home Therapy may be the right answer for your family

In-Home Therapy is one of six new behavioral health services for children and youth under age 21 with MassHealth Standard, CommonHealth, Family Assistance, Basic or Essential who are enrolled in BMC HealthNet Plan. The service offers family therapy at home and in the community. It may help your family support and better understand your child.

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health and Safety

Healthy Pregnancy

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Know You're Pregnant" link. One of our care managers will contact you by phone to help with your care. And if you qualify, the representative can even help you arrange transportation to get to your doctor appointments.

3) Eat right, get rest, don't smoke

In the early part of your pregnancy, your doctor or midwife will talk to you about the importance of eating right and getting rest. He or she will also prescribe vitamins to make sure you're getting the right nutrients. If you smoke, and you want to stop, talk to your doctor for a referral for a smoking cessation program or medication.

4) After the baby arrives – see your doctor again

Once you've delivered your baby, it's important to follow up with the doctor. Just as your baby needs to see his or her doctor, you need to see your doctor about four to six weeks after the delivery. Your doctor will make sure you're recovering well from the delivery. He or she can also talk to you about how you're doing at home. Having a baby can add stress to your life. Your doctor can help make sure you're able to cope with your new responsibilities...and help you.

Want more information about having a healthy pregnancy? Go to the MassHealth member page at bmchp.org, click on "Care Management" and then go to the "Pregnancy, Prenatal and Postpartum" section.



Get text messages that help your pregnancy

There's a new FREE service to help pregnant moms. Text4baby provides totally free text messages three times a week with information to help you through your pregnancy and baby's first year. It's easy to join. Just text BABY (or BEBE for Spanish) to 511411 to sign up. Go to text4baby.org for more information.

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In this service, counselors help your child and family create and carry out a treatment plan. The treatment plan can center on setting limits, improving family communication or helping prevent behavioral crises. It can also focus on changing problem patterns that can get in the way of your child's school performance or family life.

Who is likely to need In-Home Therapy?

IHT may be the right service for a youth who needs more help than outpatient therapy. Outpatient therapy usually happens in an office. IHT can happen anywhere the youth is located. It can take place in the youth's home, school, or other community setting. Unlike outpatient therapy, IHT allows families to try out new skills in the places where problems occur, such as in the home or school.

No Referral Needed

No referral is needed for IHT. Families take the first step by contacting an IHT provider who works with the family to decide if the service is right for their child's needs. If it is not, the IHT provider will direct the family to another service that might better fit the youth's needs.

Families can learn more about In-Home Therapy and other services for MassHealth members by calling BMC HealthNet Plan's Behavioral Health line at 1-888-217-3501.

Note: In-Home Therapy replaces Family Stabilization Team (FST) services as a MassHealth service for youth under age 21.

This article was supplied by MassHealth.