

Health/Medicaid

Independent Living Transition Meetings

- When meeting with your IL case manager and your IL Specialist at your last Transition Meeting before you turn 18 you will discuss which medical providers you currently see and who you plan to continue to see after you age out.
- The IL Specialist will ask that you and your team determine what Medicaid plans your providers take so that the specific plan can be requested when you complete your Aged Out Medicaid application.
- If you are currently receiving therapy or psychiatric services and want to keep your current providers that accept only Fee For Service Medicaid, you will need to complete an SMI Determination document with your therapist or psychiatrist when you turn 18. This will be explained in your final Transition Meeting with WCHSA.

How to Read a Prescription Medication Label

Learning how to read the label on the prescription and follow the instructions may help reduce the chance of unnecessary visits to the doctor's office, emergency room, or readmission to the hospital.

Pharmacy name, address, and phone number

Doctor

Pharmacy Name
pharmacy address
city, state, zip code
000-000-0000

Prescription number

Dr. John Smith
Rx#: 1453807-004

Patient

JANE DOE
123 Main Street, Cleveland OH 44195

Date filled

1/5/2013

How to take the medication

Take one tablet by mouth every day

Medication name, quantity

Lisinopril 10 mg tablet
Quantity: 30
Six (6) refills
Discard after 12/11/2013
6/5/2013

Number of refills allowed by a certain date

Date medication should no longer be taken

All prescription medication labels include the above information. Your prescription label may have a different format than the one shown. The prescription number (Rx#) is usually printed in the upper left hand corner of the pharmacy label. Become familiar with your prescription medication labels.

Dispose of unused medication safely

- Do not flush your unused medication down the toilet
- Check with your local pharmacy to see if they can destroy the unused medication for you or you can
- Take your meds to a permanent drop off site at:
 - The Washoe County Sheriff's Office
 - Reno Police Department on 455 East 2nd Street,
 - Sparks Police Department at 1701 East Prater Way.



Consult the Pharmacist

- If you have questions and have not seen your doctor the pharmacist can direct you on which over-the-counter medications you can purchase if you are dealing with:
 - Pain
 - Stomach upset
 - Fever
 - Cold
 - Allergies
- **Make sure you let them know any medications you are already taking



Determine when to go to the E.R.

- If you're not feeling well and you're not sure if you should go to the E.R., Urgent Care or the doctor; we highly encourage you to call the nurses hotline and speak to a registered nurse to get advice on your situation
- Local REMSA Nurse Hotline: 775-858-1000
- Anthem Blue Cross Blue Shield Nurse Hotline: 1-844-396-2329
- Health Plan of Nevada Nurse Hotline: 1-800-288-2264
- Silver Summit Nurse 24 hr Hotline: 1-844-366-2880

- If you're ever in a life threatening situation, please call 911



You have Medicaid until you're 26!
USE IT!

**Schedule appointments to
see your doctor

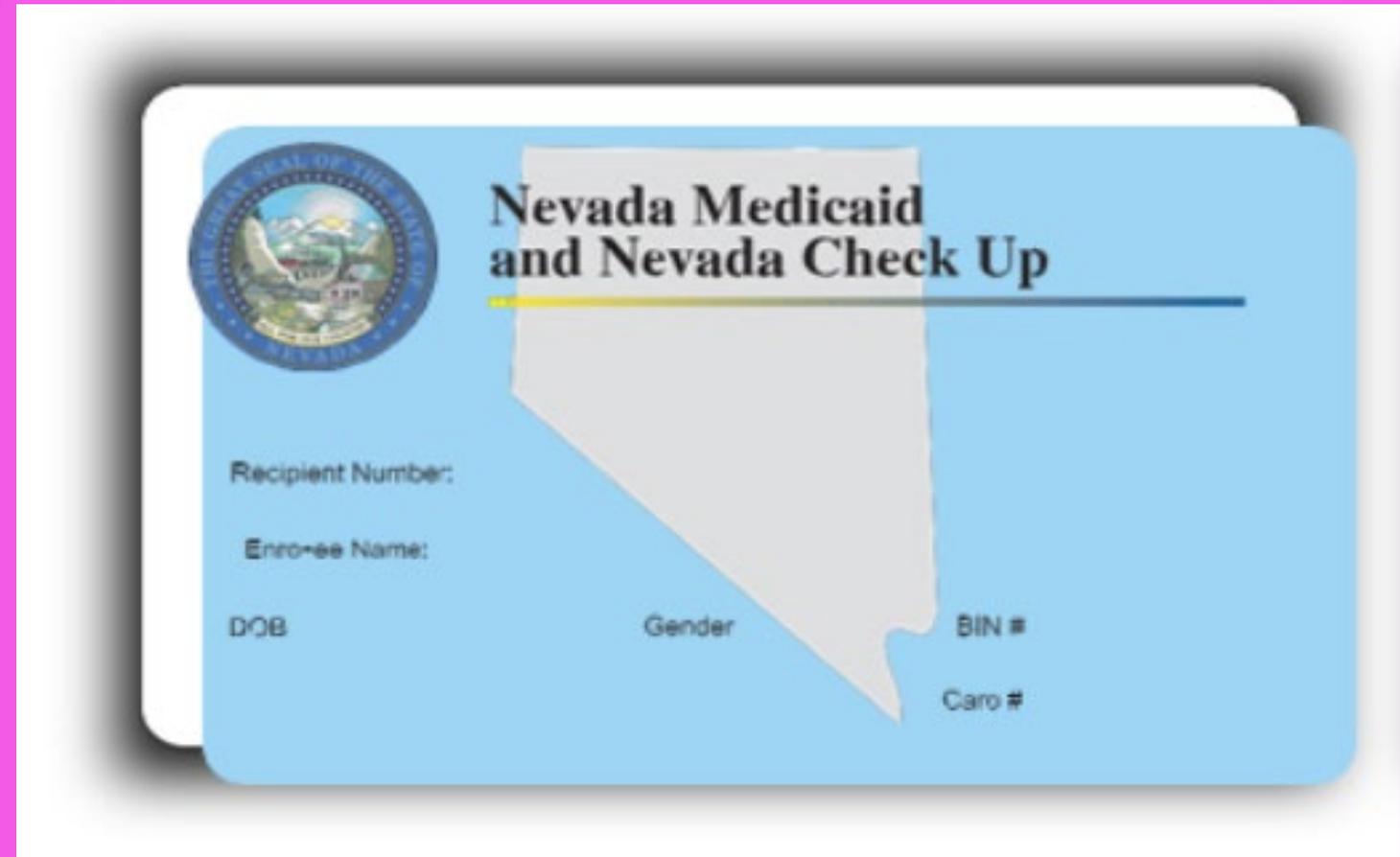
**Find out where your
Closest Urgent Care is

You will have free Medicaid until you turn 26 if you age out of foster care

- Even if you are able to get insurance through an employer, you will still have your Medicaid and it will become your secondary insurance policy
- *Primary medical coverage (from employer)* pays first regardless of any other insurance coverage you may have.
- *Secondary medical coverage* starts paying after any other insurance coverage has paid whatever it will pay. This means that secondary medical coverage will pay the deductibles, co-pays, and additional out-of-pocket expenses up to the policy limit.

Medicaid number

- You must always have your Medicaid number
 - We recommend saving your Medicaid number as a contact in your phone
- As long as you have your Medicaid number and a valid photo ID you can always be seen at the ER



How to get a new Medicaid card if you lose yours

- If you go to the welfare office, you can request a new card
 - Reno Welfare Office is located at 4055 S. Virginia St.
 - (behind Burlington Coat Factory)
 - Sparks Welfare Office is located at 630 Greenbrae Dr.
- Call Medicaid at 775-684-7200



If you move

- Call your Medicaid plan provider to update your address
- 775-687-1900
- Update your address with Welfare
- 775-684-7200

New
Address!



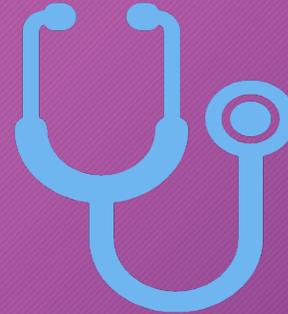
Schedule appointments with all your care providers



Go to the dentist twice a year for cleanings and exams



Go to the eye doctor once a year, even if you don't wear glasses, to get your annual eye exam



Go to your primary care physician at least once a year, even if you're not sick, for your annual physical exam and to get a flu shot. You can also request they test you for STI's at this appointment



Women should visit the gynecologist (women's doctor) for their annual pap smear and to get tested for sexually transmitted infections (STI's)

Medicaid Insurance Contact Information

- Have your Medicaid number
- Call Medicaid 775-687-1900 and find out what plan your on
- Then call your plan or visit their website to figure out which providers take that insurance
- Fee for Service
 - Phone: 775-687-1900
 - Website: <https://www.medicaid.nv.gov/>
- Anthem Blue Cross/Blue Shield
 - Phone: (844) 396-2329
 - Website: www.anthem.com/nvmedicaid
- Health Plan of Nevada
 - Phone: (800) 962-8074
 - Website: <https://myhpnmedicaid.com/Provider>
- Silver Summit Health Plan
 - Phone: (844) 366-2880
 - Website: <https://www.silversummithealthplan.com/>

Why is it important to have a primary care provider?

- Your primary care provider will have the knowledge and familiarity with your medical needs to personalize your care and save time that may have previously been spent explaining things like medical history.
- When you have a primary care provider, it's easier to coordinate your care all in one place. This starts with preventive care, such as cancer screenings; chronic care for conditions such as asthma, hypertension and diabetes; and acute care for symptoms like cough, stomach pain or high fever.
- A care provider can also help you to stay on top of your immunizations.

Establishing yourself with a New Provider

- Call the new doctor and find out if they are taking new patients
- Provide them with your Medicaid number
- Ask where the doctor's office located? Is there a bus route? You want to make sure that it will be easy for you to get there.
- Plan to arrive to your first appointment 30 minutes early to fill out new patient paperwork
 - To help—bring a list of your past medical problems and all the medicines you take. Include both prescription and over-the-counter drugs, even vitamins, supplements and eye drops. Write down the dosage you take, like 20 mg once a day. You might even put all your drugs in a bag and bring them with you to the appointment. Also, write down any drug allergies or serious drug reactions you've had. You will need to give all your drug information to the doctor to include in your medical record.
- Make sure you feel comfortable with your new doctor

Vision for each Managed Care Option (MCO)

- Fee for Service
- Anthem Blue Cross and Blue Shield Vision
 - EyeQuest 1-800-787-3157
- Health Plan of Nevada (HPN) Vision
 - <https://myhpnmedicaid.com/Member/Vision>
 - 1-800-962-8074
- Silver Summit Vision
 - (855) 896-8572

Liberty Dental

- **LIBERTY Dental Plan of Nevada**
Provider Relations and Provider Contracting
Phone: (888) 700-0643
Email: prinquiries@libertydentalplan.com
Website: www.libertydentalplan.com/NVMedicaid
- **Member Services**
Phone: (866) 609-0418
Website: www.libertydentalplan.com/NVMedicaid
- Keep your smile bright with two dental visits (cleaning and X-rays) a year.



Medicaid Pharmacy Information

- **Customer Service Center**
Pharmacy prior authorization requests
Phone: (855) 455-3311
Fax: (855) 455-3303
- **General pharmacy inquiries**
Phone: (866) 244-8554



Always Ask for Help

- Trying to navigate Medicaid and the health care system can be overwhelming.
- You are more than welcome to contact your case manager at WCHSA and ask for help or guidance if you're not sure what your next step should be.

