

Medallion 4.0

Your guide to MCC of VA's extra benefits

Magellan Complete Care of Virginia (MCC of VA) offers a wide range of extra benefits to Medallion 4.0 members.

Dental—Up to \$550 every year for adults 21 and over for:

- Two cleanings and oral exams
- One set of x-rays
- Treatment for gum disease

Vision—Up to \$150 for glasses or contacts every two years for adults 21 and over

Mother-Baby Connections—Text messages with important health information to help:

- Understand what is happening with your body
- Recognize warning signs
- Know what to expect during your delivery

You'll also get:

- Infant sleep sacks and diapers
- An invitation to baby showers hosted by MCC of VA (hosted quarterly per region)
- "What to Expect When Expecting" book
- Rides to WIC appointments, Lamaze and parenting classes

Sports physicals—Annual sports physicals from a primary care physician (PCP) for children ages 10–18

Adult physicals—Routine physicals from a PCP for adults 21 and over

Bicycle helmet—One bicycle helmet per year for children under 18

Transitions of Care for foster children—Backpack with supplies and comfort items (teddy bear, drawing and school supplies, a journal) for foster children entering a new home

Transitions of Care for adults—Backpack with supplies (personal hygiene items, community resource guides, area maps, pill boxes) for adults with frequent or avoidable emergency room visits

Smart phone—Get a free smart phone with:

- 350 free minutes each month
- 1 GB of data each month
- Unlimited text messaging

Complete Care Counts incentives—Get up to \$50 in gift cards each year when you do things that help your health, like:

- Quit smoking
- Get your annual physical
- Go to all your doctor visits when pregnant
- Seeing your doctor within a week after hospital discharge

Over-the-counter (OTC) products—No-cost enhanced OTC products, up to \$50 each quarter, with a doctor's prescription.

On to Better Health—An online resource with:

- A screening tool to help you identify emotional challenges
- Information, tools and videos to help with physical and behavioral health conditions
- Online therapy tools to help with:
 - Anxiety
 - Insomnia
 - Depression
 - Substance use
 - Obsessive-compulsive disorder
 - Chronic pain

With the online tool, you can work at your own pace, wherever you want! Some modules are available for your smartphone or tablet.

Clickotine™ — An interactive smart phone app to help you quit smoking with:

- Proven methods to help you quit smoking
- Tools to handle cravings
- Encouraging messages when you need them

Community Connections—Online search tool to help you find important services in your area, like housing, food, job training and more.

Post-discharge meals—After you get out of the hospital, you and one family member get three meals delivered each day for up to five days.

Caring for Caregivers program—Online workshops and other educational tools supporting the needs and health of caregivers.

To learn more about any of these added benefits, please call MCC of VA Member Services at 1-800-424-4518 (TTY 711).

You can call us from 8 a.m. to 8 p.m. local time, Monday through Friday.

This information is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at 1-800-424-4518 (TTY 711), toll free.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-424-4518 (TTY 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-424-4518 (TTY 711) 번으로 전화해 주십시오.

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