



Anthem HealthKeepers Plus

Offered by HealthKeepers, Inc.

Anthem HealthKeepers Plus serves these cities and counties: Alexandria, Arlington, Clarke, Fairfax City, Fairfax County, Falls Church, Fredericksburg, Fauquier, Frederick, King George, Loudoun, Manassas City, Manassas Park, Page, Prince William, Rappahannock, Shenandoah, Spotsylvania, Stafford, Warren, Winchester

For a list of doctors in the Anthem HealthKeepers Plus provider network call 1-800-901-0020

For more information about HealthKeepers, Inc. call 1-800-901-0020
www.anthem.com/vamedicaid

Anthem HealthKeepers Plus members can use these hospitals:

- Children's Hospital, DC
- Culpeper Memorial Hospital
- Dominion Hospital
- Fauquier Hospital
- HealthSouth Hospitals (Richmond, Fredericksburg, Northern Virginia, UVA Rehab)
- Inova Hospitals (Alexandria, Fairfax including Hospital for Children, Fair Oaks, Loudoun, Mount Vernon)
- Mary Washington Hospital
- Page Memorial Hospital
- Novant Health Haymarket Medical Center
- Novant Health Prince William Medical Center
- Reston Hospital Center
- Sentara Hospitals (Northern Virginia Medical Center)
- Shenandoah Memorial Hospital
- Snowden at Fredericksburg
- Spotsylvania Regional Medical Center
- Stafford Hospital Center
- UVA Health System
- Virginia Hospital Center
- Warren Memorial Hospital
- Winchester Medical Center

This list of hospitals does not represent a complete list of hospitals available to Anthem HealthKeepers Plus members. Call one of our Member Services representatives at 1-800-901-0020 or visit www.anthem.com/vamedicaid if you have any questions.

Anthem HealthKeepers Plus extra programs and services:

- Outreach specialists who will visit you to provide education and support
- Vision benefits for children and adults
- Free over-the-counter medications (when prescribed by doctors)
- Rides to routine doctor visits
- Translation and interpretation services by phone and on-site for your doctor's visits
- Disease management program to help manage problems like asthma, diabetes, chronic obstructive pulmonary disease, heart failure or coronary artery disease
- Our 24/7 NurseLine with toll-free access to registered nurses who can answer your health questions anytime day or night
- New Baby, New LifeSM program to help you have a healthy pregnancy, with services like toll-free access to a care manager to answer your questions and tools to help you and your doctor see possible risks
- Free cell phone program plus 200 bonus minutes: 250 minutes every month, plus 200 bonus minutes for new program subscribers
- And more special offers and discounts!



An Inova Health Plan

INTotal Health serves these cities and counties: Alexandria, Alleghany, Arlington, Clarke, Culpeper, Fauquier, Fairfax (City), Fairfax (County), Falls Church, Frederick, Loudoun, Madison, Manassas (City), Manassas Park, Orange, Page, Prince William (County), Rappahannock, Shenandoah, Warren, Winchester

For a list of doctors in INTotal Health call 1-855-323-5588

For more information about INTotal Health call 1-855-323-5588
www.intotalhealth.org

INTotal Health members can use these hospitals and medical centers:

- Children's National Medical Center, DC
- Culpeper Regional Hospital
- Dominion Hospital
- Fauquier Hospital
- Inova (Alexandria, Ballston, Ambulatory Surgery Centers, Children's, Emergency Care Centers, Fair Oaks, Healthplex – Franconia/Springfield, Lorton, Heart and Vascular Institute, Loudoun Medical Campus – Leesburg, Loudoun Nursing and Rehabilitation Center, Medical Group, Medical Pavilion – Dulles South and Mark Center, Mount Vernon, Physical Therapy Centers – outpatient, Primary Care and Specialty Center Gainesville, Urgent Care Centers)
- Martha Jefferson Hospital
- Page Memorial Hospital
- Prince William Medical Center
- Reston Hospital Center
- Sentara Northern Virginia Medical Center
- Shenandoah Memorial Hospital
- University of Virginia Medical Center
- Virginia Hospital Center
- Warren Memorial Hospital
- Winchester Medical Center

For a complete list of facilities available to INTotal Health throughout Virginia, please visit our website at www.intotalhealth.org. Or call 1-855-323-5588. For emergency care, members may go to any hospital.

INTotal Health extra programs and services:

- 15,000 providers in INTotal Health's network
- 24-hour Nurse HelpLine
- Annual member newsletter
- Case management to help you manage your health: Home services available to review benefits and coordinate care
- Free services: 100 free minutes and free healthy text messaging for qualifying Safe Link subscribers, Boys & Girls Club membership fee, over-the-counter medications, prenatal classes, routine annual physicals, sports physicals for ages 10 to 18
- Healthy Families and Wellness Programs: asthma management, childhood obesity management and prevention program, diabetes management, healthy lifestyle choices, nutrition, quit smoking help, wellness reward program, Women's Wellness
- Member outreach specialists
- No referrals for required network specialist
- Online member tools (www.intotalhealth.org)
- Starring: Baby & Me*[®] program for pregnant members
- Translation and interpretation services
- Transportation provided by Logisticare
- Vision benefits for adults



KAISER PERMANENTE[®]

Kaiser Permanente serves these cities and counties: Alexandria, Arlington, Fairfax City, Fairfax County, Falls Church, Loudoun, Manassas City, Manassas Park, Prince William

For a list of doctors or more information about Kaiser Permanente call 1-855-249-5025 or visit www.kp.org/medicaid/va

Kaiser Permanente members can use these hospitals and medical centers:

- Ashburn Medical Center
- Burke Medical Center
- Children's National Medical Center, DC
- Fair Oaks Medical Center
- Falls Church Medical Center
- Fredericksburg Medical Center
- Manassas Medical Center
- Mary Washington Hospital
- MedStar Georgetown Medical Center, DC
- Reston Hospital Center
- Reston Medical Center *
- Springfield Medical Center
- Stafford Hospital
- Tysons Corner Medical Center *
- Virginia Hospital Center
- Washington Hospital Center, DC
- Woodbridge Medical Center *

** After hours/weekend urgent care available*

The list of hospitals may not represent a complete list of facilities available to Kaiser Permanente members. Call one of our Member Service representatives at 1-855-249-5025 if you have any questions.

Kaiser Permanente extra programs and services:

- Medical advice line available 24 hours a day
- Contact your doctor, make appointments, refill prescriptions, check lab results – all online or on smart phones (when using Kaiser Permanente physicians)
- Visit your Kaiser Permanent doctor on your smart phone or computer
- Pharmacy, lab, and x-rays/imaging in same Kaiser Permanente medical center as your doctor
- Mail order and retail pharmacy options
- Interpreter services by phone for appointments at Kaiser Permanente
- Online tools and calculators for health risks
- Online videos and podcasts on stress management and healthy living
- Online self-management programs with personalized action plans
- Electronic newsletters on health education topics
- Free healthy living classes on topics such as diabetes, blood pressure, nutrition, weight management, smoking cessation, and heart failure
- Prenatal care and breastfeeding classes
- Disease management programs: asthma, diabetes, COPD, high blood pressure, heart failure, heart disease
- Member discount programs for fitness club membership, chiropractic care, acupuncture, walking programs, vitamin and herbal supplements



A Service of Sentara

Family Care serves these cities and counties: Page

For a list of doctors in Optima Family Care call 1-800-881-2166

For more information about Family Care call 1-800-881-2166 or 1-757-552-8975
www.optimahealth.com

Family Care members can use these hospitals:

- Augusta Health
- Fauquier Hospital
- Martha Jefferson Hospital
- Mary Washington
- Page Memorial Hospital
- Rockingham Memorial
- Shenandoah Memorial Hospital
- University of Virginia Medical Center
- Warren Memorial Hospital
- Winchester Medical Center

The list of hospitals does not represent a complete list of facilities available to Family Care members. Call one of our Member Service representatives at 1-800-881-2166 if you have any questions.

Family Care extra programs and services:

- Disease management programs
- Diabetes prevention program
- Partners in Pregnancy – Prenatal program for all pregnant members
- Dedicated member service representatives are available by telephone to answer medical and behavioral health questions
- Member Education (home visits or telephone calls to review benefits)
- Translation services at no cost to member
- 24 Hour nurse triage advice line (including weekends and holidays)
- Vision services
- Case management services
- National pharmacy network
- 250 free minutes, unlimited text message plus healthy tips text messages for qualifying Safelink subscribers



VA Premier serves these cities and counties: Clarke, Frederick, Page, Shenandoah, Winchester

For a list of doctors in VA Premier call 1-800-727-7536

For more information about VA Premier call 1-800-727-7536
www.vapremier.com

VA Premier members can use these hospitals:

- Augusta Health
- Martha Jefferson Hospital
- Mary Washington
- Page Memorial Hospital
- Rockingham Memorial
- Shenandoah Memorial Hospital
- University of Virginia Medical Center
- VCU Health System (MCV)
- Warren Memorial Hospital
- Winchester Medical Center

VA Premier extra programs and services:

- Case Management nurses to help you better manage your current medical needs
- Disease management programs: asthma, diabetes, COPD, heart disease, children's weight management, End Stage Renal Disease, and behavioral health
- Free translation services
- Health education programs: exercise, nutrition, stop smoking and women's health
- Healthy Heartbeats – Prenatal program for all pregnant members, including prenatal classes
- Watch Me Grow! – Preventative health program to support kids as they go through different stages of growth and development
- Home visits or telephone calls to review benefits
- Social worker to assist with social issues (such as housing and utilities cut off notices)
- 24-hour nurse line for around the clock assistance
- Services at retail health clinics (such as Minute Clinics)
- \$100 credit for contacts or \$32 credit for glasses for adults
- VA Premier transportation services plan-approved locations (for eligible members)