



MaineHealth



MaineHealth

Essential Extras
benefits can make
your life easier

* Limits and restrictions may apply, please contact our plan for details.

Other Providers are available in our network. Plans and benefits may not be available in all areas. Please contact us directly to check availability in your service area. This policy has exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, please contact your agent or the health plan. Anthem | MaineHealth, LLC. is an HMO plan with a Medicare contract. AMH Health Plans of Maine, Inc. is an LPPO plan with a Medicare contract. Anthem | MaineHealth, LLC. is an HMO D-SNP with a Medicare contract and a contract with the Maine Medicaid program. Enrollment in Anthem | MaineHealth, LLC. and AMH Health Plans of Maine, Inc. depends on contract renewal. Plans offered by AMH Health, LLC and AMH Health Plans of Maine, Inc., joint ventures between MaineHealth and Anthem Partnership Holding Company, LLC. AMH Health, LLC and AMH Health Plans of Maine, Inc. are independent licensees of the Blue Cross Blue Shield Association.



With an Anthem | MaineHealth Medicare Advantage plan, you have access to a choice of services that go beyond the basics — **at no extra cost.***

1-on-1 help in person, online, or over the phone

You can choose one extra benefit that's right for you

With an Anthem | MaineHealth Medicare Advantage plan, you can choose one Essential Extras benefit that's most important to you — **at no extra cost.***



Adult day center

Reimbursement for visits to an adult day center outside of the home if you need supervised care and a chance to socialize



Personal home helper

Home health aide services available if you need help performing activities of daily living such as bathing, dressing, laundry, and more



Assistive devices

An annual amount toward assistive and safety devices, such as rails, shower stools, and temporary mobility ramps



Healthy pantry

Nutritional counseling sessions and delivery of nonperishable pantry staples to help you make changes to your diet



Health and fitness tracker

Receive a fitness tracker plus access to online programs to help you achieve your health and fitness goals



Service dog support

An amount to help pay for items to care for your service dog, such as food, leashes, and vests



Healthy meals

Healthy meals delivered directly to your home



Transportation

Rides to and from plan-approved health appointments



Pest control

Pest control treatments if you have a diagnosed chronic condition

Anthem

MaineHealth