

Ambetter Health and Ambetter from Superior HealthPlan Resources for Your Patients



My Health Pays (MHP) Program

The MHP program engages members in “Whole Health” while promoting program and services offered through Ambetter. Focuses on 4 Whole Health categories:

1. Eat Right
2. Move More
3. Be Well
4. Save Smart

Members will earn points for completing health activities through Challenges or Power-Ups in the **My Health Pays Portal** within the specified time. For a comprehensive overview and breakdown of the program, please visit the webpage below:

- www.ambetterhealth.com/en/tx/health-plans/my-health-pays/

Abenity – Benefit Hub

Abenity will provide Ambetter members with private discounts on many items, including Aspen Dental, 2U Smiles and Freeway auto insurance, Mental Health Wellness Programs, Gym Memberships, Online Fitness programs, Meal Services and much more. Members will be directed to the Abenity website to register and manage their account but may also inquire with Ambetter Member Services.

To sign up, members can register at:

- ambetter.abenity.com/
- Member Secure Portal under the “Rewards” tabs and then “Discounts.”

Start Smart for Your Baby® Program

Start Smart for Your Baby® (Start Smart) is an award-winning Care Management program available to women who are pregnant or just had a baby. Start Smart is a comprehensive program that covers all phases of pregnancy, postpartum and newborn periods. The program includes educational materials for newly identified pregnant members and for new mothers after delivery. For more information, please visit the webpage below:

- www.ambetterhealth.com/en/tx/health-plans/our-benefits/start-smart/

Please note: To help our members in getting started, providers may assist by submitting a Notification of Pregnancy (NOP) and by calling Member Services.

Aeroflow – Breast Pumps And Lactation Consultants

Centene, the parent company of Ambetter, has partnered with Aeroflow to improve access to breast pumps and lactation counseling. Lactation Link by Aeroflow offers online courses, live virtual group classes, and one-on-one telehealth appointments. Course Topics Offered: Breastfeeding Basics, Baby Care for the Breastfed Baby, Childbirth Prep for the Breastfed Baby one

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and two, Pumping 101, Navigating Maternity Leave, Solids for the breastfed Baby, Babywearing and Breastfeeding, Safe Infant Sleep for the Breastfed Baby, Breastfeeding Multiples.

Members can obtain all the supplies and services covered by going to:

- www.aeroflowbreastpumps.com/qualify-through-insurance

Members can request lactation classes by calling [1-888-732-3979](tel:1-888-732-3979).

Care and Disease Management

Members can obtain the support they deserve with Ambetter care management. With our comprehensive care management program, a member can more easily manage appointments, understand their health plan benefits, and more. For eligible members, services are available at no cost. Care managers are registered nurses or social workers.

To get in touch with care management, Monday through Friday, between 8 a.m. to 8 p.m. (CST).

- Ambetter: [1-877-687-1196](tel:1-877-687-1196)
- Ambetter Health Solutions: [1-833-543-3145](tel:1-833-543-3145)