Helping to Engage and Achieve Long Term Health
Challenges Facing Kentucky

Nationally, Kentucky is ranked close to last in many crucial areas.
- unemployment rate
- poverty rate
- workforce participation rate
- wages are all significantly below the national average.

Over the past decade, the opioid epidemic has wreaked havoc on our families, communities and economy.
- Overdose deaths rate
- Neonatal Abstinence Syndrome rate
- Impacts on daily life and work functions
- Weakening family and social connections and impacting employability
  - Attendance
  - Teamwork
  - Productivity
- Ability to be independent

Kentucky is among the worst nationally in several key population health metrics.
- 1st highest for cancer deaths
- 2nd highest in the nation for smoking.
- 12th highest for overweight and obesity.
- 17th highest in infant death.
- 8 of 13 counties in the nation with largest declines in life expectancy since the 1980s are in Kentucky.
Unsustainable Growth

- **High poverty & high Medicaid enrollment**
  - Workforce participation rate is 59.4% (45th in the nation)
  - 19% of Kentuckians live in poverty
  - 47th in the nation for median household income
  - Nearly 1/3 of total state population is enrolled in Medicaid

- Kentucky has poor health outcomes despite high spending

- **No long term financing plan**
  - Kentucky is projected to spend approximately $1.2 billion over the next five years on expanded Medicaid benefits (SFY 2017-2021)

The cost growth in Medicaid expansion threatens funding for traditional Medicaid coverage for the aged, blind, disabled, pregnant women, & children.
What Determines Health?

- Clinical Care (20%)
- Healthy Behaviors (30%)
- Social & Economic Factors (40%)

Access to healthcare alone will **NOT** dramatically improve the health of Kentuckians.

Kentucky HEALTH seeks to provide a holistic solution to improve member health.

Note: The remaining 10% accounts for miscellaneous factors.
Kentucky HEALTH Vision
Kentucky HEALTH aims to improve lives and re-envision public assistance as a temporary safety net, not a long-term plan. The program aims to improve health by:
Kentucky HEALTH Benefits

Kentucky HEALTH Vision
Kentucky HEALTH aims to improve lives and re-envision public assistance as a temporary safety net, not a long-term plan. The program aims to improve health by:

- Giving members more control
Kentucky HEALTH Benefits

Kentucky HEALTH Vision
Kentucky HEALTH aims to improve lives and re-envision public assistance as a temporary safety net, not a long-term plan. The program aims to improve health by:

- Creating opportunities for members to get involved and promote healthy living
- More control
Kentucky HEALTH Benefits

Promoting self-sufficiency and engagement in their communities

Kentucky HEALTH Vision
Kentucky HEALTH aims to improve lives and re-envision public assistance as a temporary safety net, not a long-term plan. The program aims to improve health by:

- More control
- Promoting healthy living
Kentucky HEALTH Benefits

More control

Self-sufficiency and engagement

Kentucky HEALTH Vision
Kentucky HEALTH aims to improve lives and re-envision public assistance as a temporary safety net, not a long-term plan. The program aims to improve health by:

Promoting healthy living

Implementing a more financially sustainable approach for Kentucky’s Medicaid services
Kentucky HEALTH Covered Populations

Medicaid Populations *Not Included* in Kentucky HEALTH
Traditional Medicaid *(Aged, Blind & Disabled)*

<table>
<thead>
<tr>
<th>Population Type</th>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home and Community Based Waiver - 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Michelle P Waiver – 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Nursing Facility and ICF/MR Residents</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Model Waiver II – 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Acquired Brain Injury – 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Supports for Community Living – 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Acquired Brain Injury, Long Term Care – 1915(c)</td>
<td>No Change</td>
<td></td>
</tr>
<tr>
<td>Qualified Medicare Beneficiaries</td>
<td>No Change</td>
<td></td>
</tr>
</tbody>
</table>
Kentucky HEALTH Covered Populations

**Medicaid Populations Included in Kentucky HEALTH**

- **Non-Disabled Adults & Children**
  - (Individuals covered before expansion, pregnant women, children, & adult expansion population)

<table>
<thead>
<tr>
<th>Traditional Medicaid Adults Eligible Prior to Expansion</th>
<th>Medicaid Expansion Adults</th>
<th>Pregnant Women &amp; Children (Traditional Medicaid and KCHIP)</th>
<th>Medically Frail Adults &amp; Former Foster Youth up to age 26</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Premiums or Copays</td>
<td>• Premiums or Copays</td>
<td>• No Premiums</td>
<td>• Optional Premiums (for access to My Rewards)</td>
</tr>
<tr>
<td>• No Change in Benefits (continue to get vision and dental through MCO)</td>
<td>• State Employee Benefits</td>
<td>• No Change in Benefits</td>
<td>• No Change in Benefits</td>
</tr>
<tr>
<td>• Community Engagement required, unless primary caretaker of dependent</td>
<td>• Vision and Dental available through My Rewards Account</td>
<td>• Community Engagement initiative not required</td>
<td>• Community Engagement initiative not required</td>
</tr>
<tr>
<td>• Community Engagement required, unless primary caretaker of dependent</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
## Benefits by Population

<table>
<thead>
<tr>
<th>Population</th>
<th>Benefit Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Group</td>
<td>Kentucky HEALTH Alternative Benefit Plan</td>
</tr>
<tr>
<td>• Medically Frail Adults</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
<tr>
<td>• Former Foster Youth up to Age 26</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
<tr>
<td>• Pregnant Adults</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
<tr>
<td>Parents and Caretakers &amp; TMA</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
<tr>
<td>Pregnancy Category</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
<tr>
<td>Children</td>
<td>No change in benefits (Medicaid State Plan)</td>
</tr>
</tbody>
</table>

**Note:** Vision and dental coverage will continue to be covered by the MCOs (not the My Rewards Account) for all members with access to Medicaid State Plan benefits.
Key Components of Kentucky HEALTH

Kentucky HEALTH is broken down into several different components, detailed below.

- Premium Assistance
- Cost Sharing
- Education and Training
- Deductible Account
- My Rewards Account
- PATH Program
Kentucky HEALTH is broken down into several different components, detailed below.

**Key Components of Kentucky HEALTH**

- **Cost Sharing**
  Cost sharing introduces members to key commercial market features as a way of investing in personal health, including monthly premium payments, tracking deductibles, and managing a health spending account (My Rewards).

- **Premium Assistance**

- **Education and Training**

- **Deductible Account**

- **My Rewards Account**

- **PATH Program**
Kentucky HEALTH Cost Sharing

**Premium Plan**
- Expansion Adult and Parent/Caretakers
- Budget predictability for Individuals
- Access to My Rewards Account for encouraging access to preventive services benefits

**Copay Plan**
- Expansion Adult and Parent/Caretakers
- Non-payment penalty plan available to those under 100% FPL
- No My Rewards Account access

**Cost-Share Exempt**
- Medically Frail and Former Foster Youth up to age 26 (*Premium optional for access to My Rewards Account*)
- Pregnant Women
- Children
Key Components of Kentucky HEALTH

Kentucky HEALTH is broken down into several different components, detailed below.

- **Cost Sharing**
- **Premium Assistance**
- **Education and Training**
- **Deductible Account**
  The state-funded deductible account empowers individuals to make cost-conscious healthcare decisions.
- **My Rewards Account**
- **PATH Program**
Kentucky HEALTH is broken down into several different components, detailed below.

**Key Components of Kentucky HEALTH**

- **Cost Sharing**
- **Premium Assistance**
- **Education and Training**
- **Deductible Account**
- **My Rewards Account**
- **PATH Program**

**Deductible Account**

The My Rewards Account provides incentives for members to improve their health through preventive services and health education, engage in their communities, and improve their job skills.
Examples: My Rewards Qualifying Activities*

<table>
<thead>
<tr>
<th>Education and Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete health risk assessment with MCO</td>
</tr>
<tr>
<td>Complete diabetes, cardiovascular, weight management, or other chronic disease management course</td>
</tr>
<tr>
<td>Complete Health Access Nurturing Development Services (HANDS) program intended for any new or expectant parents</td>
</tr>
<tr>
<td>Participate in Moving Beyond Depression (MBD) intended for mothers suffering from depression needing assistance to function optimally and support their child’s development</td>
</tr>
<tr>
<td>Participate in Special Supplemental Nutrition Program for Woman, Infants, and Children (WIC)</td>
</tr>
<tr>
<td>Complete a My Rewards qualifying course</td>
</tr>
</tbody>
</table>

*This is not an exhaustive list of My Rewards Qualifying Activities
**Examples: My Rewards Qualifying Activities***

<table>
<thead>
<tr>
<th>Community Engagement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Register with career center and complete goal needs assessment</td>
</tr>
<tr>
<td>Participate in qualifying community activity (including services)</td>
</tr>
<tr>
<td>Complete job skills training or training with career coach</td>
</tr>
<tr>
<td>Conduct job search activities</td>
</tr>
<tr>
<td>Employment - related education or GED - prep classes</td>
</tr>
<tr>
<td>Pass the GED exam</td>
</tr>
</tbody>
</table>

*This is not an exhaustive list of My Rewards Qualifying Activities*
Examples: My Rewards Qualifying Activities*

<table>
<thead>
<tr>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take part in health screenings and preventative services, such as: mammograms, pap smears, prostrate screenings, colonoscopy, &amp; flu shots</td>
</tr>
<tr>
<td>Get annual physical, including biometric screening</td>
</tr>
<tr>
<td>Complete well-child physical, preventative dental exam, or vision screening for dependent child</td>
</tr>
<tr>
<td>Complete adult preventative dental exam</td>
</tr>
<tr>
<td>Complete adult preventative vision exam</td>
</tr>
</tbody>
</table>

*This is not an exhaustive list of My Rewards Qualifying Activities
Examples: My Rewards Qualifying Activities*

<table>
<thead>
<tr>
<th>Healthy Living</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participate in smoking cessation activity</td>
</tr>
<tr>
<td>Participate in drug addiction counseling (including for alcohol)</td>
</tr>
<tr>
<td>Complete First Step Program</td>
</tr>
<tr>
<td>Avoid inappropriate emergency room visits</td>
</tr>
<tr>
<td>Follow-up with primary care after ER visit</td>
</tr>
</tbody>
</table>

*This is not an exhaustive list of My Rewards Qualifying Activities
Kentucky HEALTH is broken down into several different components, detailed below.

Key Components of Kentucky HEALTH

- **PATH Program**
  Research shows an important link between some sort of community engagement (like volunteer work, public service, or employment) and an individual’s overall health and well-being. The PATH program is designed to move people toward financial security, and build and strengthen Kentucky’s workforce.

- **Premium Assistance**

- **Education and Training**

- **Cost Sharing**

- **Deductible Account**

- **My Rewards Account**
Key Components of Kentucky HEALTH

Kentucky HEALTH is broken down into several different components, detailed below.

The Health and Financial Literacy classes provide ways for Kentuckians to learn how to improve health outcomes and financial security.
Key Components of Kentucky HEALTH

Kentucky HEALTH is broken down into several different components, detailed below.

**Kentucky HEALTH**

- **PATH Program**
- **Premium Assistance**
- **Cost Sharing**
- **Education and Training**
- **Deductible Account**
- **My Rewards Account**

**Premium Assistance**
Establishes a way for the state to pay member’s premium if employer sponsored insurance is available and cost-effective.
Members Can Earn My Rewards Dollars
6 Months Before Kentucky HEALTH Benefits

6 months to earn My Rewards Dollars

January 2018
• Members are able to earn dollars for their My Rewards Account by getting preventive services
  • Includes going to the dentist, taking a child in for a check-up, getting a mammogram and any other type of preventive service (see preventative services examples on slide 17)

April 2018
• Dollars earned from January to April are credited to the My Rewards Account
• Members have the opportunity to continue earning dollars by participating in My Rewards education & training activities (see examples on slide 17)

July 2018
• From July onward, Medicaid Expansion Adults (ADLT) are able to earn for all qualifying activities, and use the dollars in My Rewards Accounts to pay for dental services, vision services, and some other fitness activities

NOTE: After benefits change to Kentucky HEALTH on July 1, MCOs will continue to cover vision and dental services for Traditional Medicaid Adults (PACAs), pregnant women, children, and those determined to be Medically Frail. These individuals will not use My Rewards Accounts for these services.
Thank you!

Questions: KYHealthTeam@ky.gov