



Aetna Better Health<sup>®</sup>  
of Kentucky

## Aetna Better Health of Kentucky: No-Cost Bonus Benefits and Services

Monitor Your Blood Pressure at Home	All members with diabetes or high blood pressure can receive a blood pressure cuff to monitor their blood pressure at home.
Asthma Home Care	Members with an asthma diagnosis can get one free set of hypoallergenic bedding and up to \$150 for a yearly carpet cleaning.
Home Delivered Meals	Free healthy meal delivery for eligible members to help with certain conditions. Includes access to nutrition education to support health goals.
Health Runs Deep	12-week program that helps members reach their health goal. The class meets once a month as a group and there's a 1:1 check-in call. Rewards are offered throughout the program.
"Keeping Kids Safe" Opioid Lock Box Program	Medicine lock box to keep kids safe.
Healthy You, Healthy Baby High Risk Pregnancy Program	Provides at home monitoring tools like a blood pressure cuff.
Momentum	Members diagnosed with at least one of the following chronic conditions can get up to \$375 quarterly to help pay for utilities and services not covered by Medicaid: diabetes, asthma, cancer, COPD, heart disease, or kidney disease and are enrolled in supportive or intensive care management.
GED Certification & Job Skills Training	Online job skills training with the chance to highlight skills to local employers, GED prep course and GED test voucher.
Getting on T.R.A.C.K (Transition Ready Assistance & Core Knowledge)	Life skills program that includes education on budgeting and more.
Digital Diabetes Solution	Eligible members will receive diabetes education and self-management tools like a blood glucose meter to help slow down or stop the progression of diabetes

Alternatives to Opioids	Eligible adult members can get up to \$150 to use towards acupuncture, massage therapy, dry-needling, and yoga.
Enhanced Transportation	Eligible adult members can get up to 10 free round-trip rides per year. Can be used for job interviews or training, grocery stores, getting to community health services, COVID vaccination transport and more.
Back to School Assistance Program	No-cost backpack filled with school supplies for members aged 5-18.
Health Literacy Program	No-cost slow cooker course and no-cost 6-8 weeks basic diabetes nutrition course. Slow cooker course includes how to make affordable, healthy meals using a slow cooker. Get a no-cost Crock Pot by finishing the course.
Smoking and addiction recovery services	Programs are in place to provide tobacco cessation and behavioral health services as a covered benefit for members
Sports Physicals	Annual sports physicals are provided as a covered benefit for members
Start Strong Re-Entry Program	90-day re-entry program including treatment, housing, bus passes, and job training.
Simple Necessities Vending Machine	Vending machine for members experiencing homelessness. The vending machine has items like personal hygiene products, socks, underwear, baby wipes and warm hats.

Need assistance? Member Services is here to help. Just call **1-855-300-5528 (TTY: 711)**  
Monday to Friday, 7 AM to 7 PM ET.