

## Extras from Amerigroup Washington, Inc.

### For adults:

- Eyeglasses — one pair, up to \$100 per year (for members ages 21–64)
- A smartphone through SafeLink Wireless® — includes monthly minutes, data, and unlimited text messages
- Acupuncture treatments — seven sessions per year from a doctor in our plan
- GED testing for members ages 17 and older
- Light box — helps prolong daylight in the winter time (for members ages 19 and older with seasonal affective disorder (SAD))
- Emotional Well-being Resources — access to web and mobile online community designed to help members cope with emotional health issues such as depression, anxiety, stress, chronic pain, insomnia, and managing drugs or alcohol
- Peer support — we pay the registration and annual fees for members who want to become or renew as peer support counselors
- Industry certification assistance for members needing employment certifications
- Free laptop computer for members incarcerated in the previous 12 months who are seeking employment or furthering education
- \$300 internet services package for members incarcerated in the previous 12 months who are seeking employment or furthering education
- A \$50 gas card and a \$50 Lyft or Uber card (for members ages 17 and older who complete an Initial Health Screener)
- WW® (formerly called Weight Watchers) — one WW voucher that covers a sign-up fee, 13 weeks of classes, and 14 weeks of digital tools (for members ages 18 and older with a doctor's permission)
- EX Program by Truth Initiative\* — a program to help members quit smoking (for members ages 18 and older)

### For kids:

- Boys & Girls Club membership for kids ages 6-18 (at participating clubs)
- 4-H membership (for kids ages 5–18)
- Sports physicals for members ages 7-18
- Healthy Families program — support, nutrition, and exercise coaching (for families with children ages 7–17)
- YMCA membership to the YMCA in Wenatchee and Cowlitz County (for ages 19 and younger)

- Tutorial services for youth ages 5–18 at risk of failing a grade, a subject, or who are involved with the juvenile justice system
- Calm app — members under age 18 can access age-appropriate meditations and sleep aids to help calm the mind and body

For all:

- Choose Healthy — access to over 1,000 resource materials including videos, articles, and self-care tools
- LiveHealth Online — video chat with a doctor, therapist, psychologist, or psychiatrist using a smartphone, tablet, or computer
- Costco Gold Star membership (one per family)
- First-aid and dental hygiene kits when you fill out a personal disaster plan online
- Flu pandemic prevention kit
- Membership to one of four national disability advocacy organizations:
  - American Association of People with Disabilities (AAPD)
  - Autistic Self Advocacy Network (ASAN)
  - National Council on Independent Living (NCIL)
  - TASH
- Life transition kit — includes first-aid supplies, a travel toothbrush, toothpaste, mouthwash, an emergency blanket, and more (for members who are either homeless, moving out of an institution and into the community, or enrolled in a local employment program)
- [Community Resource Link](#) find jobs, housing, food, and other things you may need
- Fitness coach program — online exercise classes, information about fitness and exercise topics, and extra resources for those with special needs

For pregnant individuals and new parents:

- Taking Care of Baby and Me® rewards program — earn rewards just for going to your prenatal and postpartum checkups on time:
  - \$20 for completing a prenatal visit in your first trimester or within 42 days
  - \$5 per visit for completing up to six prenatal visits (for a total of \$30)
  - \$25 for completing a postpartum visit 7–84 days after delivery
- Free Electric breast pump — several brands and options to choose from
- Baby essentials bundle — select up to 2 options from a customized catalog filled with essential baby items such as:
  - High chair
  - Booster seat

- Portable crib
- Car seat
- Breastfeeding support kit
- Safe sleep kit
- Microwave sterilizer
- Microwave steam bags
- Baby monitor video camera
- Baby-proof items — plug protectors, doorknob covers, cabinet and drawer latches
- Infant/preemie car seat
- Two weeks of home-delivered meals for members on bed rest or postpartum members recently discharged
- Circumcision for your newborn (up to \$150)

Limitations and restrictions apply. Benefits may change.

You can redeem some benefits online through your secure account. View the extra benefits you're eligible for on the [Benefit Reward Hub](#) or call Member Services toll free at 800-600-4441 (TTY 711).