



VNS Health has been committed to meeting the needs of New Yorkers for 130 years. We have deep experience caring for people at all stages of life.

VNS Health Medicare is a Medicare Advantage organization with Medicare and Medicaid contracts, offering HMO D-SNP and HMO plans. Enrollment in VNS Health Medicare depends on contract renewal.



To learn more, call VNS Health Total
1-866-414-6715 (TTY: 711)

October 1, 2023 – March 31, 2024
7 days a week, 8 am – 8 pm

April 1, 2024 – September 30, 2024
Weekdays, 8 am – 8 pm

Or call your representative



HEALTH PLANS

VNS Health Total (HMO D-SNP)

Two-in-one Medicare-Medicaid plan for New Yorkers with long-term care needs





If you need help to safely live at home, VNS Health Total can make it easier to get the care you need. This two-in-one plan combines Medicare and Medicaid Long-Term Care plans for people who need ongoing help with daily activities, such as bathing, cooking, dressing and walking.

Benefits include:

- **\$0 plan premiums**
- **\$0 copays for medical care**
- **\$0 for skilled nursing, personal care services, rehabilitation therapy and more**
- **Consumer Directed Personal Assistance Services (CDPAS)**

You can also keep your doctors, specialists and home health aide!*

2024 Benefits Overview

Monthly Plan Premium	\$0
Primary & Specialist Doctor Copays	\$0
Prescription Drug Coverage	\$0
Over-the-Counter (OTC) & Grocery Card	\$266/month (up to \$3,192/year)**
Flex Card	\$760/year to help pay for utilities, and certain dental, hearing or vision expenses**
Dental	\$0 copay for preventive care; \$3,000/year for comprehensive dental care***
Vision	\$0 for routine eye exam; \$300/year for eyeglasses (frames and lenses) or contacts
Hearing	\$0 for exam; \$1,500 every 3 years for hearing aids
Acupuncture	\$0 for 30 visits/year ^
Gym Membership	SilverSneakers®
Telehealth	Yes
24/7 Nurse Hotline	Yes
Long-Term Services and Supports (including Home Health Aide, Nursing and Social Work)	\$0
Worldwide Coverage	Up to \$50,000/year for emergency services and urgent care

*As long as the provider is in the network. **This benefit is part of special supplemental program for the chronically ill and not all members qualify. Other types of goods and services not eligible. ***Preventive dental care covered by Medicaid. ^Additional acupuncture visits for chronic low back pain covered by Medicare.