

2026 SecureBlue MSHO Supplemental Benefits			
MSHO Supplemental Benefit (Vendor/Provider)	Member Eligibility	Authorization Requirements	Additional Information
Health and Wellbeing Benefits			
Friendly Helper (Lutheran Social Services) Up to 48 hours per year of in-person or virtual services by a trained caregiver to increase community connections and monitor member wellbeing and quality of life. Services may include assistance with: - friendly visiting - light household chores - grocery shopping - technical guidance - limited transportation - support review of materials from health plan or provider, i.e. newsletters, surveys, benefit reminders	All MSHO members	Care Coordinator referral required	https://www.lssmn.org/services/older-adults
Health & Wellness Classes (Juniper) Classes that are designed for older adults and led by certified instructors/coaches. Juniper’s health management programs are available at a broad network of participating facilities. Some classes available online or telephonically. Includes transportation via BlueRide - max one round trip ride per day	All MSHO members	Care Coordinator can refer or member can self-refer. https://yourjuniper.org/Referral/Create	https://yourjuniper.org/ Member or care coordinator must contact Juniper directly to sign up for classes.
Healthy Foods and Household Supports allowance (myFlexCard) Community members who are managing a chronic condition have a \$275 per quarter combined allowance for plan-approved utilities and rent and healthy foods. Unused benefits do not roll over to the next quarter.	MSHO Community members who have a chronic condition (using a 12 month lookback period): - Asthma - Cancer - Chronic Liver Disease - Chronic Renal Disease - Congestive Heart Failure - COPD/Emphysema - Coronary Artery Disease - Diabetes Mellitus - Peripheral Vascular Disease - Schizophrenia Excluded: - Rate cell D (nursing facility members) - MSHO members who do not have an eligible condition - Non-MSHO members	Provider receives an eligibility file and sends debit cards to eligible members (based on a one year claims history lookback with Blue Plus).	www.myflexcardmn.com If the member needs a new myFlexCard sent or has questions about using their card or their balance, the member should call myFlexCard at 1-844-451-1164, TTY 711 or visit www.myflexcardmn.com to create an online account.
Music Therapy (Alliance Music Therapy) Music Therapy by board-certified music therapist. Up to 26 sessions/year.	Members living in a nursing facility, customized living or adult foster care with: - Alzheimer's disease - Cognitive impairment - Dementia - Depression - Intellectual and developmental disabilities - Traumatic brain injuries - Social isolation (Z60.4) Excluded: - MSHO members who do not have an eligible condition - Members who do not live in an eligible facility - Non-MSHO members	Care Coordinator referral required	https://www.alliancemusictherapy.com/
Over-the-Counter (myFlexCard) Members have a \$75 per quarter allowance to purchase select over-the-counter items. Members may order by telephone, online or shop for eligible items at select retail stores. Unused benefits do not roll over to the next quarter.	All MSHO members	Provider receives an eligibility file of all MSHO members	www.myflexcardmn.com If the member needs a new myFlexCard sent or has questions about using their card or their balance, the member should call myFlexCard at 1-844-451-1164, TTY 711 or visit www.myflexcardmn.com to create an online account.
Caregiver Supports			
Caregiver Empowerment Program (Ceresti Health) Coaching, education and support service to train and support the Caregiver of members living with dementia or cognitive impairment on best practices for managing the member’s condition.	All MSHO members with: - Cognitive Impairment - Dementia Excluded: - MSHO members who do not have an eligible condition - Non-MSHO members	Provider receives an eligibility file. Provider does outreach to eligible members. Care Coordinators may also refer or members/caregivers can self-refer.	Visit https://secureblue.ceresticaregiver.com/ for more information.
Health Services (Medical/Dental/Vision)			

Additional Podiatry Services (in-network providers) Max 12 visits/year for routine foot care such as nail clipping, etc.	All MSHO members	none	Member does not have to meet Medicare criteria for foot care/podiatry.
Eyeglass Upgrades (in-network providers) - Anti-glare lens coating: up to two lenses every year - Photochromatic lens tinting: up to two lenses every year - Progressive (no-line) lenses: up to two lenses every year	All MSHO members	none	
Fitness			
SilverSneakers Fitness Benefit Full fitness facility membership and class access to a broad network of participating fitness clubs and exercise centers. Members can also access online education on SilverSneakers.com, participate in SilverSneakers Live virtual classes, get workout videos on SilverSneakers On-Demand™, or download the SilverSneakers GO™ fitness app for more workout ideas. Includes transportation via Blue Ride - max one round trip ride per day	All MSHO members	Provider receives an eligibility file of all MSHO members	Member or Care Coordinator can call SilverSneakers at 1-833-226-1271 or go to www.SilverSneakers.com to register/search facilities.
Post-Discharge Services			
Post-Discharge Home-Delivered Meals (Lutheran Social Services) Up to 14 meals per week for up to 2 weeks (28 meals) per episode of care (hospital or skilled nursing facility discharge) for community members to prevent readmission following an institutional stay.	Community members recently discharged from hospital or SNF stay Excluded: - Members who live in a Nursing Facility - Non-MSHO members	Provider receives an eligibility file of members admitted/discharged from the hospital/Nursing Facility. Care Coordinator notification/approval required.	https://www.lssmn.org/services/older-adults Member cannot be receiving meals from another source at the same time as post-discharge meals.
Post-Discharge Healthy Transitions - Certified Community Health Workers (Lutheran Social Services) Up to 3 in-home/telephonic visits during first 4 weeks post discharge by CHW for all community members following notification of a discharge from a hospital or short term SNF stay. Visits will include a home safety assessment, nutrition discussion, community resources, personal health record and upcoming medical appts.	Community members recently discharged from hospital or SNF stay Excluded: - Members who live in a Nursing Facility - Non-MSHO members	Provider receives an eligibility file of members admitted/discharged from the hospital/Nursing Facility. Care Coordinator notification/approval required.	https://www.lssmn.org/services/older-adults
Equipment/Supplies/Safety Items			
\$750 Safety Item Benefit (in-network DME provider) Home and bathroom safety devices and modifications to prevent injuries in the home for members not residing in an institution. Benefit may be used multiple times, maximum of \$750/year	Community members only Excluded: - Members who live in a Nursing Facility - Non-MSHO members	Care Coordinator referral required	
Medication Dispenser & Reminders (Dose Health) Medication dispenser + Reminder Service for community members. Maximum of 4 devices per member For members not on a waiver	Community Well members (members not on a waiver) Excluded: - MSHO members who have an HCBS waiver - Members who live in a Nursing Facility - Non-MSHO members	Care Coordinator referral required	members on a waiver are not eligible
Personal Emergency Response System PERS (QMedic) In-home or mobile Personal Emergency Response device designed to notify appropriate personnel of an emergency that is health related. For members not on a waiver	Community Well members (members not on a waiver) Excluded: - MSHO members who have an HCBS waiver - Members who live in a Nursing Facility - Non-MSHO members	Care Coordinator referral required	members on a waiver are not eligible
Comfort Item			
Baby doll or Animatronic Pets (QMedic) Choice of one comfort item (animatronic cat/dog/bird, or a baby doll) for members to provide comfort, companionship and improve mood. Limited to one item per year per member.	Members living in a nursing facility, customized living or adult foster care with: - Alzheimer's disease - Cognitive impairment - Dementia - Depression - Intellectual and developmental disabilities - Traumatic brain injuries - Social isolation (Z60.4) Excluded: - MSHO members who do not have an eligible condition - Non-MSHO members	Care Coordinator referral required	
Transportation			

Transportation (BlueRide) to: Alcoholics Anonymous (AA) Narcotics Anonymous (NA) Health and Wellness Classes SilverSneakers fitness facility locations Maximum one round trip per day, per benefit	All MSHO members	Schedule with BlueRide	
Transportation to grocery store (BlueRide) Maximum six round trips per month Maximum 45 miles one-way (90 miles round trip) Shopping time is one hour	Community members only with: - Autoimmune disorders - Cancer - Cardiovascular disorders - Chronic alcohol and other drug dependence - Chronic and disabling mental health conditions - Chronic heart failure - Chronic kidney disease - Chronic lung disorders - Chronic pain syndrome - Chronic cognitive impairment - Dementia - Diabetes Mellitus - End Stage Liver Disease (Chronic liver disease) - End Stage Renal Disease - HIV/AIDS - Neurological disorders - Stroke Excluded: - Members who live in a Nursing Facility - MSHO members who do not have an eligible condition - Non-MSHO members	Schedule with BlueRide	Must have a chronic condition to be eligible.