

## **Healthy Options Benefits and Services for 2010.**

**This 2009 booklet will give you information you need to know about physician visits, benefits, and other services for 2010.**

If you have questions about your 2010 Healthy Options benefits, CUP's Member Services Department is open from 8am to 5pm to answer your questions. Please call us at 360-891-1520 or toll free at 800-315-7862.



## What services are covered by CUP?

The following is a list of some of the services covered by CUP:

- Ambulance for emergencies or approved medical transport
- Blood and blood products
- Chiropractic care for children (see page 17 for limitations)
- Dialysis
- Eye exams
- Family planning and birth control
- Health education for diabetes & heart disease
- Home health and hospice care
- Hospital care (including Emergency room, inpatient, and outpatient services)  
Non-emergent hospital care must be pre-approved by CUP.
- Immunizations (shots)
- Lab and X-ray services
- Maternity care and women's health care
- Medical supplies & equipment
- Outpatient Mental Health services (see page 17 for limitations)
- Office visits
- Oxygen/Respiratory therapy
- Pharmacy/Prescriptions (see page 17 for limitations)
- Physical, occupational, & speech therapy
- Radiation Treatment
- Smoking cessation for pregnant women
- Specialty care when referred by your PCP
- Surgery in a hospital or in an ambulatory surgery center
- Tissue and organ transplants (see page 18 for limitations)
- Urgent/Emergent care
- Well child checkups/EPSTD\* & follow-up care
- Well Adult Care

\*EPSTD stands for Early and Periodic Screening, Diagnosis, and Treatment. EPSTD includes regular checkups to make sure people under 21 years old get the preventive care they need to catch and treat health problems at an early stage. These checkups or well-child exams include:

- A complete physical exam
- Immunizations (shots)
- Complete health and developmental history
- Lab tests
- Screens for: Vision; Hearing; Dental/Oral health; Mental health; and Substance abuse