

Healthy You



Jefferson Health Plans EverWell:

New name. Same benefits, doctors, and services. [page 2](#)



**Good Dental Care Helps
Your Overall Health**

*Learn about your dental
benefit on [page 3](#)*

School's Out for Summer

*Play it safe this summer
with tips on [page 6](#)*

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Your Health Plan Has a New Name: Jefferson Health Plans EverWell

Health Partners Plans Medicaid is now called **Jefferson Health Plans EverWell**. The new name reflects the same goal we've had for the past 40 years: keeping our members — including you — as well as possible.

Here's what the name change means for you:

- **No action needed.** Your coverage, benefits, and services stay the same.
- **No changes to your care.** Your doctors and hospitals have not changed.
- **The same trusted team.** You'll keep working with the people who already know you and your health needs.

Questions?

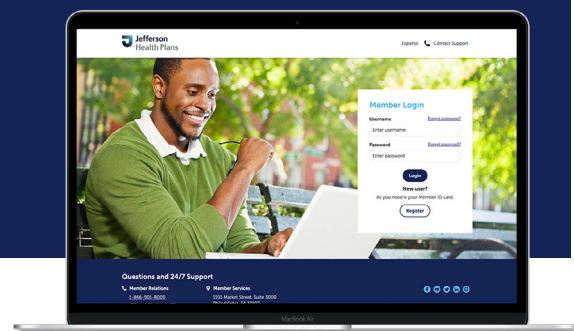
Visit JeffersonHealthPlans.com/Medicaid for more information.

Access Your ID Card on the Member Portal

It's easy to lose or misplace your ID card, but you can easily replace it on the member portal.

1. Go to the **Jefferson Health Plans Member Portal** and log in.
2. Select **"ID Card"**
3. Choose **"Request a New ID Card"**
4. Follow the prompts to submit your request and provide any required information.

Prefer a **printable ID card now?** If you have a printer, you can print it at home yourself.



MEMBER RESOURCES

Dental Hygiene Can Reduce Your Risk for Infection and Disease

**A Message from Suzan Ly, DDS, MPH,
Jefferson Health Plans Dental Director**

Most people know dental care helps prevent cavities and keeps your smile healthy. Brushing and flossing every day, along with regular dental visits, can lower your chance of serious health problems, including heart disease, diabetes, and pneumonia.

Taking good care of your mouth lowers germs that could lead to tooth decay and gum problems. Swollen and infected gums let bacteria enter your blood and spread through your body, including your heart and brain.

Find a Dentist

If you need a dentist, or are searching for a new one, visit JeffersonHealthPlans.com/Medicaid or contact Member Relations at **1-800-553-0784** (TTY 1-877-454-8477).



5 tips for a healthier mouth



Brush at least twice a day with fluoride toothpaste.



Floss daily and rinse with mouthwash.



Schedule regular dentist visits for professional cleanings.



Eat a healthy diet, and limit sugary and starchy foods.



Don't smoke or vape and avoid tobacco in all forms.

Important Changes to the Medicaid Adult Supplemental Dental Benefit



As of May 1, 2026, the Medicaid Adult Supplemental Dental Benefit changed for members 21 and older. Instead of the \$250 annual benefit, you may now receive one topical fluoride varnish each year without prior authorization. The \$250 allowance for non-covered services is no longer available.



Your Care Made Easier

Your health plan offers more than you might expect! Discover programs that make accessing care easier.

Free pregnancy support with Baby Partners

Pregnant or planning to have a baby? You can get support from a dedicated care coordinator through our free Baby Partners program. A care coordinator can help you during pregnancy, after birth, and with care for your baby. They can schedule doctor's visits and help connect you with community programs.

Get started today

Visit JeffersonHealthPlans.com/BabyPartners

Free rides to your appointments

Getting to your doctor should be easy. If you need help getting to appointments or picking up prescriptions, we can help arrange free transportation through the Medical Assistance Transportation Program (MATP).

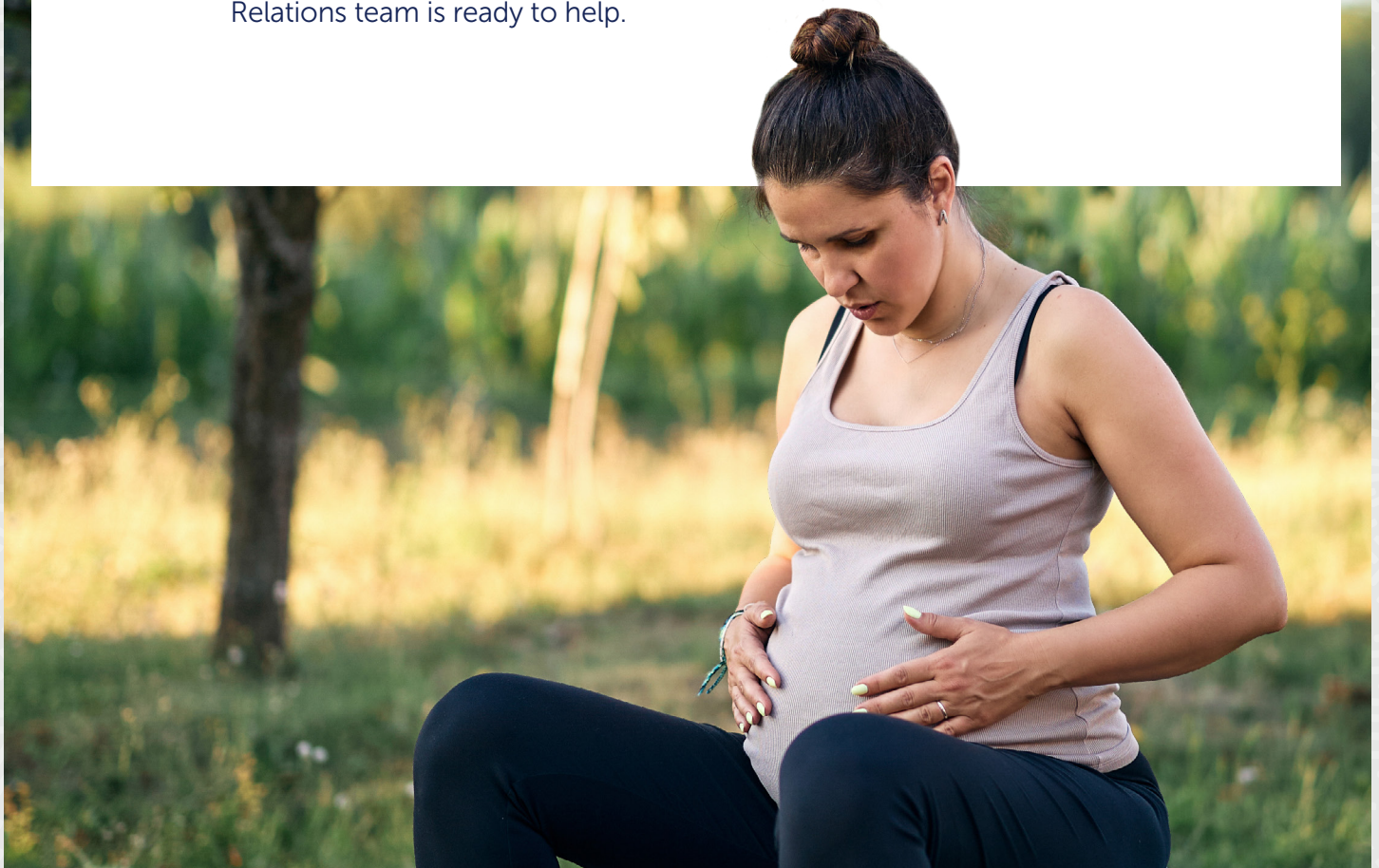
Access free transportation

Visit matp.pa.gov/CountyContact.aspx to connect with your local MATP.



We're here to help

Have questions about Baby Partners, transportation options, or your health plan benefits? Call **1-800-553-0784 (TTY 1-877-454-8477)** today. Our Member Relations team is ready to help.



HPV Self Collection Test

HPV (human papillomavirus) is a very common virus that can cause cancer in adults and teens. It spreads through intimate contact, including sex. The American Cancer Society recommends regular HPV screening, starting at age 25, to help prevent cervical cancer, or find it early, when treatment works best.

HPV testing is usually done with a sample collected by a health care provider. But you can also test at home using a kit prescribed by a doctor. The kit shows you how to collect the sample and mail it to the lab.

Talk to your doctor to learn more about the at-home HPV testing kit and if it's right for you.



Your Future Self Will Thank You: Schedule Your Annual Wellness Exam

Your Jefferson Health Plans EverWell plan includes a preventive care doctor's visit each year, with no copay! During your visit, you and your doctor will discuss your health concerns and goals. Then, together, you will develop a plan to improve your health and reduce your risk of disease.



Catch issues early, when they're easiest to treat. Annual checkups let your doctor detect early signs of illness, such as high blood pressure, and treat them, often before symptoms appear.



Make sure your medications are up to date, and you are taking them safely. Your doctor will explain how much, how often, and when you should take them.



Reduce your risk of illness. You and your doctor will make a plan to help keep you healthy. This may include screenings, like cancer or diabetes, and immunizations, such as flu shots. You may also talk about tobacco and alcohol use, diet, and weight. They'll suggest changes to improve your health.



Connect with support services. Besides health recommendations, the visit can link you with social services to help with food, housing, or finances.

Summer Safety Tips

Long summer days mean more time for outdoor fun. Here are a few ways to stay safe while you enjoy the season.



Sun safety

- Wear lightweight, light-colored, loose-fitting clothing.
- Avoid demanding activities from noon to 4 p.m. to reduce the risk of heatstroke.
- Watch for heatstroke signs: reduced sense of thirst, sweating, trouble focusing, and fainting.
- Put on “broad-spectrum” sunscreen with an SPF of at least 30. Reapply often.



Sports safety

- When biking, wear a helmet that fits snugly.
- Wear a life jacket that fits well when on a boat, and if you can't swim, when you're near water.
- Use bug spray with DEET, especially when in the woods. Check for ticks and remove any you find.



Grilling safety

- Never leave your lit grill unattended. Keep children and pets at least three feet away.
- Place the grill away from the home and overhanging branches.
- Gas grills: check the tank for leaks before use. Always make sure your gas grill lid is open before lighting it.
- Charcoal grills: Use starter fluid when grilling with charcoal only. Never add charcoal fluid or any other flammable liquids to the fire. Let the coals cool completely before disposing of them in a metal container.
- Remove grease or fat buildup from the grates, trays below the grill, and under the hood after each use.



Your Jefferson Health Plans EverWell Benefits

- \$0 copays for ALL covered services
- Vision care
- Fitness memberships
- And more



Website: JeffersonHealthPlans.com/Medicaid
Member Portal: JeffersonHealthPlans.com/Portal
Member Relations: 1-800-553-0784 (TTY 1-877-454-8477)

Discrimination is Against the Law

Jefferson Health Plans EverWell complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Jefferson Health Plans EverWell does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Jefferson Health Plans EverWell provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Jefferson Health Plans EverWell provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Jefferson Health Plans EverWell at **1-800-553-0784 (TTY 1-877-454-8477)**.

If you believe that Jefferson Health Plans EverWell has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Jefferson Health Plans EverWell
Attn: Complaints, Grievances & Appeals Unit
1101 Market Street, Suite 3000
Philadelphia, PA 19107
Phone: 1-800-553-0784 (TTY 1-877-454-8477)
Fax: 1-215-991-4105

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675, Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY/PA Relay 711,
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Jefferson Health Plans EverWell and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail, phone or email at:

U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201,
1-800-368-1019, 800-537-7697 (TDD).
OCRMail@hhs.gov

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

Notices of Availability

ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-553-0784 (TTY 1-877-454-8477) or speak to your provider.

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-553-0784 (TTY 1-877-454-8477) o hable con su proveedor.

Chinese; Mandarin: 注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 1-800-553-0784 (文本电话：1-877-454-8477) 或咨询您的服务提供者。

Nepali: सावधान: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि गि: शुल्क भाषिक सहायता सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायता र सेवाहरू पनि नि: शुल्क उपलब्ध छन्। 1-800-553-0784 (TTY 1-877-454-8477) मा फोन गर्नुहोस् वा आफ्नो प्रदायकसँग कुरा गर्नुहोस्।

Russian: ВНИМАНИЕ: Если вы говорите на русском, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-800-553-0784 (TTY: 1-877-454-8477) или обратитесь к своему поставщику услуг.

Arabic: المراجعة: إنكم تتوفر وسائل مساعدة وخدمات من ابسة لتتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية 1-800-553-0784 (1-877-454-8477) أو تنبني: إذا كنت مات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم تحدث إلى مقدم الخدمة لتوفير المعلوم

Haitian Creole: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd aladispozisyon w gratis pou lang ou pale a. Èd ak sèvis siplemantè apwopriye pou bay enfòmasyon nan fòma aksesib yo disponib gratis tou. Rele nan 1-800-553-0784 (TTY: 1-877-454-8477) oswa pale avèk founisè w la.

Vietnamese: LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-800-553-0784 (Người khuyết tật: 1-877-454-8477) hoặc trao đổi với người cung cấp dịch vụ của bạn.

Ukrainian: УВАГА: Якщо ви розмовляєте українська мова, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-800-553-0784 (TTY: 1-877-454-8477) або зверніться до свого постачальника.

Chinese; Cantonese: 注意：如果您說中文，我們可以為您提供免費語言協助服務。也可以免費提供適當的輔助工具與服務，以無障礙格式提供資訊。請致電 1-800-553-0784 (TTY: 1-877-454-8477) 或與您的提供者討論。

Portuguese: ATENÇÃO: Se você fala português do Brasil, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares apropriados para fornecer informações em formatos acessíveis também estão disponíveis gratuitamente. Ligue para 1-800-553-0784 (TTY: 1-877-454-8477) ou fale com seu provedor.

Bengali: মনোযোগ দি: দি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 1-800-553-0784 (TTY: 1-877-454-8477) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

French: ATTENTION: Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-800-553-0784 (TTY: 1-877-454-8477) ou parlez à votre fournisseur.

Cambodian: សូមយកចិត្តទុកដាក់: ប្រសិនបើអ្នកនិយាយ ភាសាខ្មែរ សេវាកម្មជំនួយភាសាភាគតិចផ្លែគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដល់សមាជិក ក្នុងការផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើប្រាស់បាន ក៏អាចរកបានដោយភាគតិចផ្លែផងដែរ។ ហៅទូរសព្ទទៅ 1-800-553-0784 (TTY: 1-877-454-8477) ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

Korean: 주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 1-800-553-0784 (TTY: 1-877-454-8477)번으로 전화하거나 서비스 제공업체에 문의하십시오.

Gujarati: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઓક્ટિઝેલરી સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 1-800-553-0784 (TTY: 1-877-454-8477) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.