

January 2023

# Health Online

## A Quarterly Disability and Health Newsletter

From NC's Family-to-Family Health Information Center



The Family-to-Family (F2F) Health Information Center within ECAC is here to provide health related information, resources and support to families and professionals in NC. Some commonly discussed topics are:

- Medicaid and Medicaid Waivers, such as the Innovations Waiver, Community Alternatives Program for Children (CAP/C), Community Alternatives Program for Disabled Adults (CAP/DA) and Traumatic Brain Injury Waiver
- Supplemental Security Income (SSI)
- Grants for families to cover the cost of therapy, equipment, respite care, educational expenses, etc.
- Guardianship and alternatives to guardianship and other questions related to the transition to adulthood
- How to connect to other families who have children with similar disabilities
- Resources to help pay for the cost of basic needs such as rent, utilities, internet service, food, etc.

Have a question? Call us at 1-800-962-6817 or click the button below to submit a web inquiry and someone from the Family-to-Family Health Information Center will get in touch with you!

[CLICK HERE to contact the Family to Family Health Information Center](#)

# Important Changes Coming to NC Medicaid and Health Choice

By the Centers for Medicare & Medicaid Services

Do you or a family member currently have health coverage through **Medicaid or the Children's Health Insurance Program** (which is called **Health Choice for Children** in NC)? (Link) If so, you may soon need to take steps to find out if you can continue your coverage. Soon, North Carolina will resume Medicaid and Health Choice eligibility reviews. This means some people with Medicaid or Health Choice could be disenrolled from those programs. However, they may be eligible to buy a health plan through the Health Insurance Marketplace ® and get help paying for it.

Here are some things you can do to prepare.

## Make sure your address is up to date.

Make sure your local Department of Social Services (DSS) has your current mailing address, phone number, email, or other contact information. This way, they'll be able to contact you about your Medicaid or Health Choice coverage. Find your local DSS **HERE** (Link)

## Check your mail.

Your state will mail you a letter about your Medicaid or Health Choice coverage. This letter will also let you know if you need to complete a renewal form to see if you still qualify for Medicaid or CHIP. If you get a renewal form, fill it out and return it to your state right away. This may help you avoid a gap in your coverage.

## What if you don't qualify for Medicaid or Health Choice?

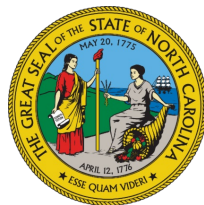
If you or a family member no longer qualify for Medicaid or CHIP, you may be able to **buy a health plan** (Link) through the Health Insurance Marketplace®. Marketplace plans are:

- Affordable. 4 out of 5 enrollees can find plans that cost less than \$10 a month.
- Comprehensive. Most plans cover things like prescription drugs, doctor visits, urgent care, hospital visits, and more.

Visit **HealthCare.gov** (Link) to find Marketplace plans and see if you might save on premiums. When you apply, don't forget to include current information about your household, income, and your state's recent decision about your Medicaid or CHIP coverage.

## Get more information.

- Contact your **state Medicaid office** (Link) or visit **Medicaid.gov** (Link) for more information about Medicaid or Health Choice for Children renewal.
- Call the Marketplace Call Center at 1-800-318-2596 to get details about Marketplace coverage. TTY users can call 1-855-889-4325.



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

**Extra Food and Nutrition Services (FNS) Benefits for**

# COVID-19 to End in March 2023

Families enrolled in Food and Nutrition Services (FNS) have gotten extra benefits each month since March 2020 or after due to the COVID-19 public health emergency. February 2023 is the last month you will get these extra benefits, called “emergency allotments” or “maximum supplements.” This is due to a federal change that will end emergency allotments for all states as of March 2023. Read more [HERE](#) (Link). Read about additional food and nutrition resources [HERE](#) (Link).



## What is Health Care Transition? From Got Transition

Health care transition is the process of getting your youth ready for health care as an adult. During childhood, you usually help with health and health care needs—calling to set up appointments, filling out forms, and keeping track of medications. As your youth gets older, managing those needs becomes their own responsibility. Achieving this independence requires an organized transition process for them to gain independent health care skills, prepare for an adult model of care, and transfer to new health care providers.

[Click here for tools and resources from GotTransition.org to help guide your child's transition to adult-centered health care](#)



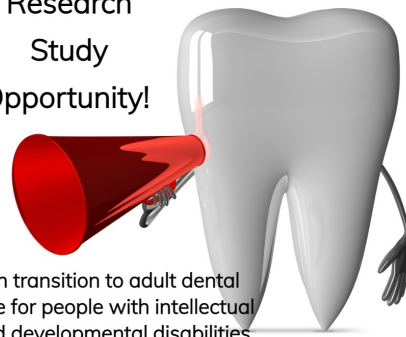
## **Need Help Navigating Medicaid Services? Contact the Medicaid Ombudsman**

The NC Medicaid Ombudsman program helps North Carolina Medicaid and NC Health Choice beneficiaries understand the Medicaid program and changes happening. They offer help if people with Medicaid have trouble getting access to health care, and they connect people to resources like legal aid, social services, housing resources, food assistance and other programs. They provide free, confidential support and education about the rights and responsibilities people have under NC Medicaid.

### **Call the Ombudsman when:**

- You are not getting the care that you need.
- You have questions about a notice or bill you have received.
- You have already talked with your health care provider or health plan and have not been able to solve the problem.
- You have questions about the complaint or appeal process.

Research  
Study  
Opportunity!



On transition to adult dental care for people with intellectual and developmental disabilities

Are you the parent or caregiver of a person with an intellectual or developmental disability who experienced difficulties when transitioning to adult dental care? Then you may be eligible to participate in a research study led by Dr. Mark Veazie with the Adams School of Dentistry at the University of North Carolina at Chapel Hill.

### **Purpose of the Research:**

- Identify the challenges and barriers to care faced by individuals with developmental disabilities when transitioning from a pediatric dentist to an adult provider
- Find practical solutions to improve access and quality of dental care of those with developmental disabilities

### **You may be eligible if:**

- You are the parent or caregiver of a person with a developmental disability between the aged of 18 and up who has faced issues or barriers with finding a dentist once they have reached adulthood

### **What is involved:**

- A brief phone call to determine eligibility
- If found eligible, a 30-60-

Learn more about the Medicaid Ombudsman program [HERE](#) (link).

minute telephone or virtual interview (i.e. Zoom or Microsoft Teams) will be scheduled

- Participants will receive a \$30 Visa gift card for their participation

Contact Dr. Mark Veazie at [mveazie@unc.edu](mailto:mveazie@unc.edu) to express interest or for more information.



**NC Child**  
The Voice for North Carolina's Children

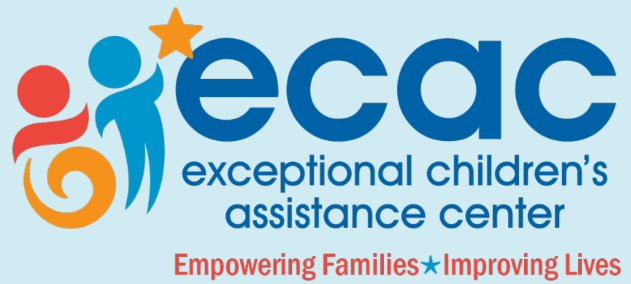
## Understanding Legislative Advocacy for Children in North Carolina: A Guide to the General Assembly

This tool is intended to empower NC Child Child Advocacy Network (CAN) members by affording a greater understanding of the North Carolina General Assembly, the legislative process, and the power brokers on Jones Street. Use these modules to educate yourself as an advocate in the civic engagement process on behalf of North Carolina children and their communities.

[Learn More and download the Legislative Advocacy toolkit here](#)



Visit our  
Website



Give us a call at  
1-800-962-6817

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