



Community Health Plan of Washington Unveils New Benefits to Support the Whole Health of Medicare Members

Statewide information sessions, added alternative treatments benefit package and companionship program support Medicare members' health care journeys

SEATTLE – October 12, 2022 – [Community Health Plan of Washington \(CHPW\)](#), the not-for-profit offering Apple Health (Medicaid), Medicare and Individual & Family plans, announced today a new alternative treatments benefit package, a companionship program, and a series of local community information sessions ahead of this year's Medicare Annual Enrollment Period, which runs from October 15 through December 7. More than 1.4 million people in Washington State, or 18% of the population, qualify to reapply or enroll in Medicare, according to the [Centers for Medicare & Medicaid Services](#). Eligible members are 65 years old or older, as well as people who are 65 years old or younger living with certain disabilities.

Over the past two years, adults 65 years old and older have experienced more health care hardships than other groups due to the pandemic, according to [The Commonwealth Fund](#). This includes social isolation, depression and anxiety and limited access to care for chronic conditions. To support community members and address these difficulties, CHPW's Medicare Advantage plans now include a Health and Wellbeing benefit. This benefit covers non-invasive treatment options to manage chronic pain and other conditions like headaches, allergies, anxiety and depression. CHPW has also partnered with [Papa Pals](#), a companion program for older adults, seniors and families, to offer members help with lifestyle supports such as running errands, household tasks, companionship and outings.

CHPW Members enrolled in the Medicare Advantage Dual Plan and Medicare Advantage Plan 2 have access to these benefits and others not traditionally covered by Original Medicare. Each year, Dual Plan and Plan 2 members can combine a total of 25 alternative treatment visits, which can include acupuncture, naturopathy, chiropractic, and massage therapy appointments. Dual Plan members also receive a new monthly grocery stipend to help meet the rising costs of healthy eating.

"We understand that each of our members has unique health needs and that those needs change throughout the course of their lives. Community Health Plan of Washington continuously advocates to ensure each member's health is cared for during every stage of life," said Caitlin Duffy, Director of Medicare Outreach at Community Health Plan of Washington. "That is why we are excited to launch these new unique benefits that go beyond traditional health care and address all aspects of one's health – mental, emotional and physical."

CHPW has organized several free events throughout the state to help people navigate the enrollment process. These sessions are also aimed at helping the public learn more about the different parts of Medicare, how eligibility, premiums, deductibles and copays work, prescription drug coverage, and how to get additional benefits like dental or vision. Intended to be a community resource for the public, these sessions are led by CHPW's licensed Medicare experts who live and work in the communities they serve.



Additional Resources:

- [Medicare Eligibility Information](#)
- [Medicare Information Sessions Schedule](#)
- [Medicare 101](#)

To learn more about CHPW, visit chpw.org.

About CHPW

Founded in 1992 by a network of community health centers (CHCs) in Washington State, Community Health Plan of Washington is a community-governed, not-for-profit health plan formed to help coordinate care and advocate for people who were not being served by traditional insurance companies. The mission of CHPW is to deliver accessible managed care services that meet the needs and improve the health of Washington communities and to make managed care participation beneficial for community-responsive providers. CHPW serves approximately 300,000 members through Medicaid (income-based program called Apple Health in WA) and Medicare (age and disability-based program) across the State. CHPW connects members to various physical, behavioral and social support services, and reinvests surpluses back into the community to help advance health equity and improve access to high quality care for all people. Its parent, Community Health Network of Washington, serves nearly one million individuals across Washington through its member federally qualified community health centers across the State of Washington, and now offers Individual & Family Plans on the Washington health exchange. To learn more, visit chpw.org or connect on [Facebook](#), [Twitter](#), [Instagram](#), or [LinkedIn](#).

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