



EXTRA HELP: STAR RIGHTCARE FROM SCOTT AND WHIT HEALTH PLAN WOULD LIKE TO LET YOU KNOW OF SEVERAL NEW PROGRAMS AVAILABLE AT NO CHARGE FOR MEMBERS WHO QUALIFY



SCOTT AND WHITE HEALTH PLAN

Grow Well®

Health Education and Resource App

Scott and White Health Plan is here for our members, helping to keep families, children and pregnant moms healthy. With the Grow Well® app, we're your partner in health for pregnancy, pediatrics and family health. It's your one place for trusted health information and direct connections to Scott and White Health Plan resources through every age and stage.

Who qualifies?

Grow Well® is for eligible Scott and White Health Plan STAR members.

How can I get the app on my phone?

1. Text "App" to 855.913.4769 (GROW), or
2. Use QR code:



RIGHTCARE



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Mindoula: Behavioral Health Tool

Who qualifies?

Active Scott and White Health Plan STAR members qualify based on certain conditions. Mindoula will reach out to you if you qualify.

How can Mindoula help?

Mindoula is a behavioral health management vendor that provides tech-enabled (digital) 24/7 case/care management and psychiatric support to members with behavioral health challenges and multiple medical needs.

Programs provided via Mindoula:

- Interpersonal Violence Reduction Program (IVRP)
- SUD (Substance Use Disorder) Exposed Pregnancy (SEPP)
- Suicide Prevention Program (SPP)
- Substance Exposed Living Program (SELP)

Papa Pals: Extra Support for New Moms

Who qualifies?

Papa Pals is for active Scott and White Health Plan STAR members from birth to one year of age and pregnant STAR members. You can receive up to 120 hours of service per year.

How can Papa Pals help?

Papa Pals can help new parents with:

- Social support
- Laundry and light cleaning
- Short-distance travel for errands and appointments
- Home visits
- Grocery and prescription delivery
- And more
- Child care assistance
- Meal preparation

How can I get Papa Pals?

1. You may receive a phone call from Papa Pals. They can sign you up during the phone call.
2. You can call Papa Pals to sign up. Phone number: 888.345.2619; TTY users please call 711. Business hours are 7 AM - 10 PM from Monday - Friday, and 7 AM - 7 PM Saturday and Sunday. (Tell them you are a member of Scott and White Health Plan.)

findhelp: Find Free or Reduced Cost Local Resources

What can findhelp do?

Find free or reduced cost local resources to help with:

- Child care assistance
- Rent
- And more
- Food
- Social Services

How can I access findhelp?

You can access findhelp via the member portal under Wellness & Community and Connect to Local Resources. You can also access at BSWHealthPlan.findhelp.com.