



# A Plan for Me

Fully Integrated Duals Advantage  
for Individuals with Intellectual  
and Developmental Disabilities  
(FIDA-IDD)

**Community  
Service  
Society** | Fighting Poverty  
Strengthening  
New York



**ICAN**  
Independent  
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Network

## How to use this brochure

You can read this brochure from the beginning if you don't know anything about FIDA-IDD.

You can also use the Table of Contents to skip straight to your question.



If there's anything you don't understand or want more information about, you can always call ICAN at **(844) 614-8800**.

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# FIDA-IDD covers medical primary care, plus



long term services & supports,  
OPWDD services, behavioral health  
services, and pharmacy benefits  
all in one plan.





## What is FIDA-IDD?

**FIDA-IDD** stands for **Fully Integrated Duals Advantage for individuals with Intellectual and Developmental Disabilities.**

The FIDA-IDD is a health plan that integrates Medicare and Medicaid benefits and provides care coordination all in one health plan.

FIDA-IDD is only for people with both Medicare and Medicaid.

FIDA-IDD is a way to get all of your medical care and long term care through **one** health insurance plan.

FIDA-IDD covers all of the same services you get now.

# Why FIDA-IDD?

People with Medicare and Medicaid have many different types of insurance covering different things.

Because of this, people with Medicare and Medicaid sometimes have trouble getting good quality healthcare. Some of the reasons are:

- It can be hard to juggle different insurance plans.
- Sometimes, doctors and other providers don't talk to each other. This can lead to unnecessary tests or procedures.
- If you have problems with your health insurance, it can be hard to know who to call.
- Even with Medicare and Medicaid, you sometimes have to pay for services.

**FIDA-IDD is designed to be much better than that.**

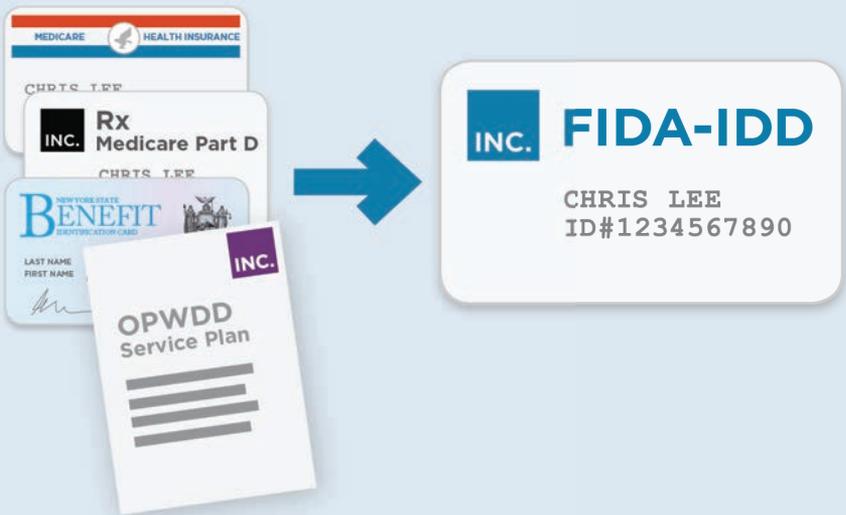
With FIDA-IDD, you would have **one** plan that replaces all of those different types of insurance. If you enroll in FIDA-IDD, you will have access to all of the same types of services you do now.

# Replace many health plans with one FIDA-IDD plan.

For example, you might have:

- **Original Medicare** (your red, white and blue card) for doctors and hospitals.
- You also have a **Medicare Part D** plan for prescription drugs.
- Some people have a **Medicare Advantage** plan that covers doctors, hospitals, and drugs.
- If you need help with daily activities, then you might get this through the **Office for People With Developmental Disabilities (OPWDD)**.
- And then there's **Medicaid** to cover whatever is left.

That's a lot of different kinds of health insurance!



# How is FIDA-IDD different than what I have now?

- **Just one insurance card.**

You no longer need to use your Medicare and Medicaid card.

- **The FIDA-IDD plan has a network of healthcare and other providers you would have access to.**

All of your Medicare, Medicaid and long term services & supports, and OPWDD services are under one plan, including Part D drug coverage.

FIDA-IDD covers all your OPWDD services including waiver services.

FIDA-IDD also covers certain special services you may not have been able to get before, like home modifications, non-medical transportation, house calls by doctors, a 24/7 nursing hotline, and services to help you move out of a nursing home into the community.

- **No costs. With the FIDA-IDD, all of your care is free.**
- **FIDA-IDD makes you the center of your own care team.**

Your care team is called the Interdisciplinary Team (**IDT**) and is made up of you, your care manager from the FIDA-IDD plan, and your DD service providers.



But it can also include anyone else you want, including

your family or friends, therapist, or others you choose. Your team will meet at least twice a year to talk about your needs and goals.

The FIDA-IDD plan must cover whatever services your team decides you need.

- **If you change your mind about the FIDA-IDD, you can disenroll at any time.**

Appeals of prescription drug denials are handled separately by the regular Medicare Part D appeals process.

Your medical services will continue during the appeals process.

- **If you change your mind about FIDA-IDD, you can usually go back to the insurance you had before.**
- **It is your choice whether to join the FIDA-IDD.**

# What does FIDA-IDD cover?

FIDA-IDD covers all of the same services you can get through Medicare and Medicaid. This includes doctors, hospitals, OPWDD services, prescription drugs, home care, and more.

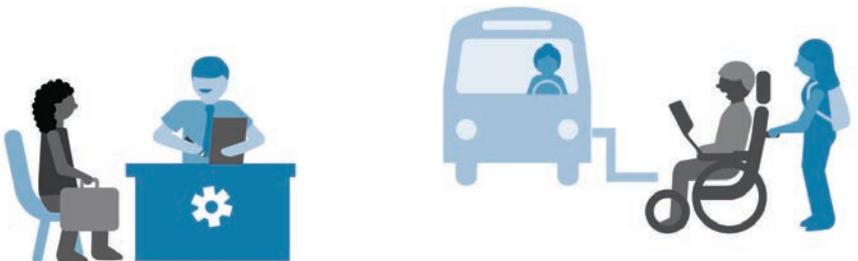
- Complete health care coverage
- A care team to support your needs
- Care management
- Primary care, specialist and hospital care
- Long-term supports and services
- Behavioral health
- OPWDD Services
- Prescription and non-prescription drugs

If you are enrolled in the OPWDD waiver program, you can get **waiver services**.



Here are just some examples of the special services covered by FIDA-IDD:

- Adaptive Technology
- Community Habilitation
- Day Habilitation
- Intensive Behavioral Services
- Pathways to Employment
- Pre-Vocational Services
- Residential Habilitation
- Respite
- Self Direction
- Fiscal Intermediary
- Support Brokerage
- Live-in-Caregiver
- Individual Goods and Services
- Community Habilitation
- Community Transition Services
- Supported Employment



# Your care team in FIDA-IDD

You will have a two-person care coordination team to help you manage all your care needs and reach your personal goals.

- Your **care manager** will be a registered nurse or other licensed professional. The care manager will lead your team, help figure out your needs, help you with your medications and doctor visits, and answer your health care questions.
- Your **care coordinator** will assist you with community activities such as making appointments and arranging transportation.



Your care team will work closely with you and your family to understand what you need, what you want, and your goals, even if it is difficult for you to communicate.

You and your care team (IDT) will also work with you to develop a care plan known as your **Life Plan**.



# Who can join FIDA-IDD?

Do you have Medicare?	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you have Medicaid?	<input type="checkbox"/> yes <input type="checkbox"/> no
Are you eligible to receive services through OPWDD?	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you live in NYC or Nassau, Rockland, Suffolk or Westchester?	<input type="checkbox"/> yes <input type="checkbox"/> no
Are you age 21 or older?	<input type="checkbox"/> yes <input type="checkbox"/> no
Are you NOT living in a skilled nursing facility, development center, or psychiatric facility?	<input type="checkbox"/> yes <input type="checkbox"/> no

If you have answered **yes** to **all** of the above questions, you can join FIDA-IDD.



# Is FIDA-IDD right for me?

FIDA-IDD is not right for everyone.

Changing your health insurance is a big decision. There are some things you should think about before you make that decision:

- Are your providers part of the FIDA-IDD network?
- Are your current medications covered by the FIDA-IDD plan?
- Do you have any other health insurance besides Medicare and Medicaid? If you join FIDA-IDD, it may impact any other insurance you may have (for example, a Medigap supplement, or coverage from a family member).
- The FIDA-IDD replaces almost all of your existing health insurance.
- While you will still have Medicare and Medicaid, you will get those benefits through the FIDA-IDD plan.

# How do I join FIDA-IDD?

There is only one FIDA-IDD plan. The FIDA-IDD plan is called **Partners Health Plan Care Complete FIDA-IDD** or **PHP**. PHP is a non-profit organization with a history of providing services to people with developmental disabilities.

Before you join FIDA-IDD, you should find out the answers to these questions:

- Do your current healthcare providers accept PHP?
- Are your current medications covered by PHP?
- Do you have any other health insurance besides Medicare and Medicaid?  
For example, a Medigap supplement, or coverage from a family member?

You will only be enrolled in FIDA-IDD if you choose to. To enroll in the FIDA-IDD call **New York Medicaid Choice** at (844) 343-2433. A counselor will help educate you on the benefits of the FIDA-IDD so you can decide if the FIDA-IDD is right for you.

You can also call ICAN at (844) 614-8800 to assist you.

If you decide to enroll in FIDA-IDD, then OPWDD will forward their most recent assessment of your needs to the FIDA-IDD plan. Soon after enrollment, a nurse from the FIDA-IDD plan will do their own assessment of your needs.



# What will happen after I join?

Once you join, the FIDA-IDD plan will continue to cover **currently covered services** for at least 90 days. This is called a **transition period**. During the transition period, you and your care team will be working to develop your Life Plan.

If you live in an OPWDD-certified residence, you can continue to live there for as long as you need this service.

Because the FIDA-IDD provides care management and care coordination, you will no longer receive Medicaid Service Coordination (MSC).

If you change your mind about FIDA-IDD after joining, you can always disenroll and go back to what you had before.



**90 DAY  
TRANSITION  
PERIOD**

# ICAN can help you.

We can:

- **Answer your questions** about FIDA-IDD.
- **Give you advice** about your plan options.
- **Help you enroll** in the FIDA-IDD plan.
- **Identify and solve problems** with your plan.
- **Help you understand your rights.**
- **Help you file a complaint** if you have an issue with the plan.
- **Help you appeal** an action the plan takes if you disagree.

Call **844-614-8800**.

If you are hearing or speech impaired, you can use the NY Relay service by dialing **711**.

Email **ICAN@cssny.org**.



**ICAN can help.**





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