



2021 Expanded Primarily Health-Related Benefits in Medicare Advantage

Last Updated October 11, 2020

Growth in New Primarily Health-Related Benefits from Plan Year 2020 to Plan Year 2021

Benefit	Number of Plans Offering in 2020	Number of Plans Offering in 2021
In-Home Support Services	223	430
Adult Day Health Services	84*	127
Home-Based Palliative Care	61	134
Support for Caregivers of Enrollees	125	95
Therapeutic Massage	230	176
Total (offering at least 1 of these benefits)	499	738

Note: For all analyses and throughout these charts, a 'plan' is defined as the combination of a Contract Number, Plan ID, and Segment ID. Analyses capture benefits that are filed under specific variables for the benefits above and do not capture benefits filed under "Other" categories.

Plans Offering New Primarily Health-Related Supplemental Benefits in Calendar Year 2021

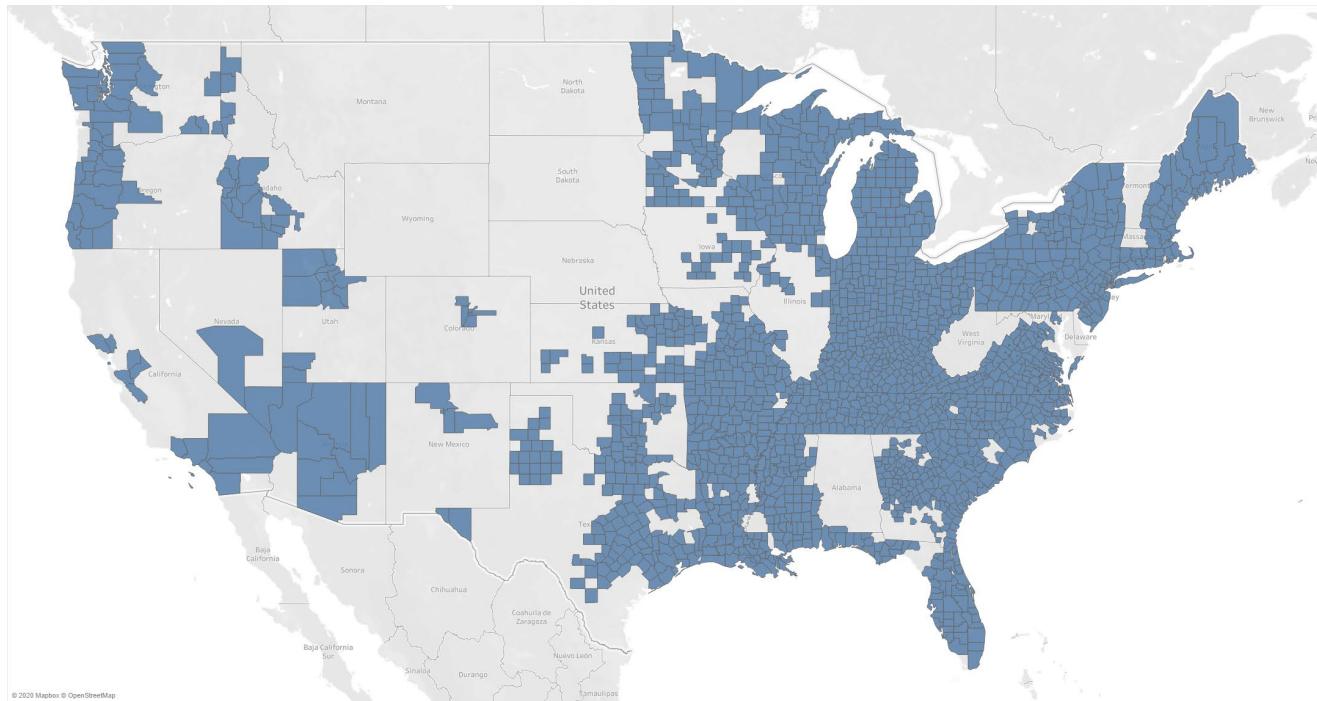
Number of Plans Offering these Benefits in 2020¹

499 (361 excluding D-SNPs)

Number of Plans Offering these Benefits in 2021¹

738 (584 excluding D-SNPs)

Map of Counties Offering New Primarily Health-Related Supplemental Benefits in CY 2021 (including D-SNPs)



Number of Counties: 1,943 (including Puerto Rico and states not displayed in map)

Expanded Definition of Primarily Health-Related Supplemental Benefits



In-Home Support Services

What are “In-Home Support Services?”

“In-home support services to assist individuals with disabilities and/or medical conditions in performing ADLs and IADLs within the home...Services must be provided by individuals licensed by the state to provide personal care services, or in a manner that is otherwise consistent with state requirements.”¹

How many plans are offering In-Home Support Services in CY 2021?

430 Plans

Offering In-Home Support Services in CY 2021 (299 plans excluding D-SNPs)

In CY 2020, offered by 223 Plans (93% increase)

Where are these benefits being offered?

36 states and Puerto Rico

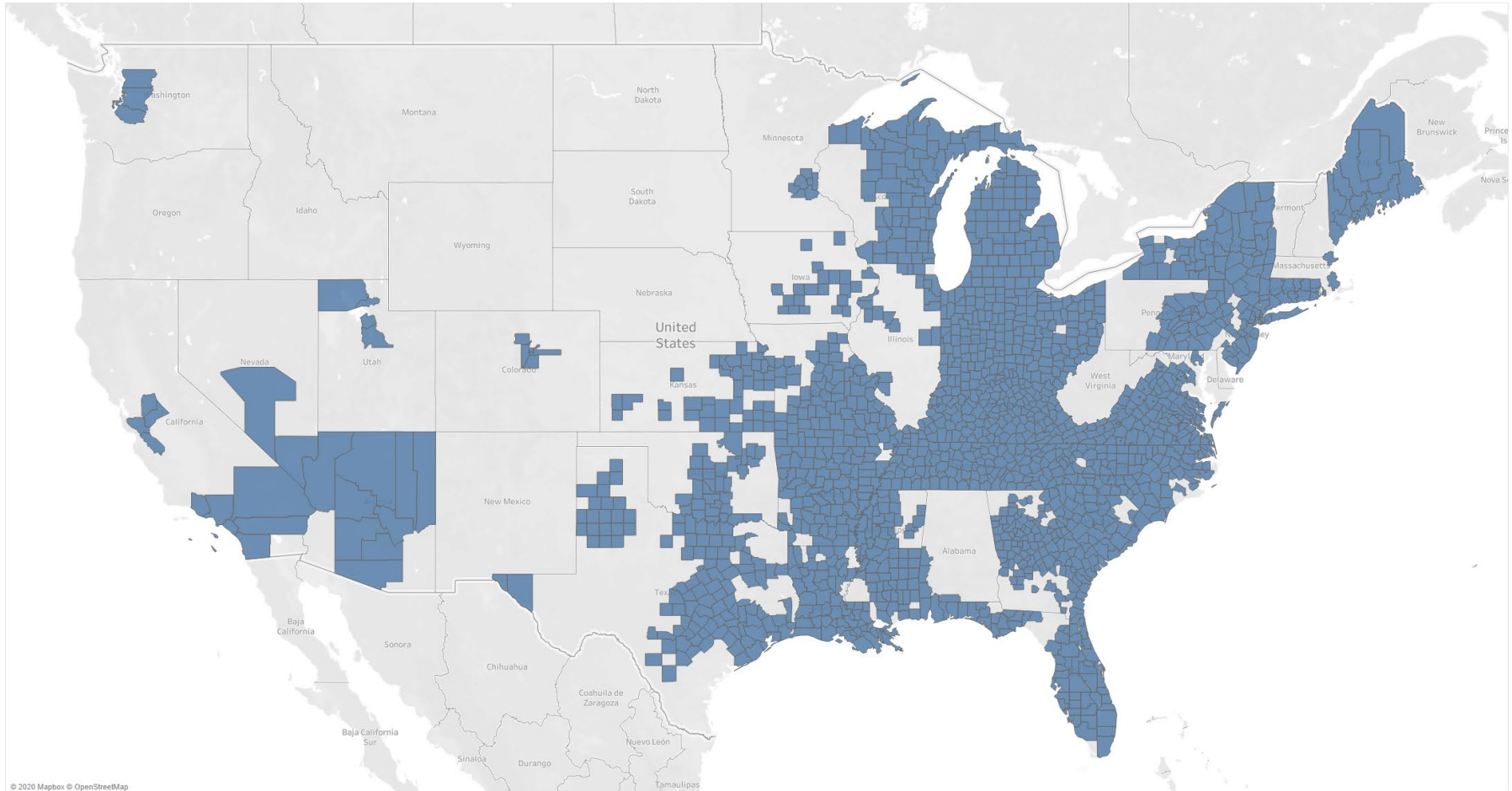
have plans offering In-Home Support in at least one county in CY 2021²

Which organizations are predominantly offering In-Home Support?

- ✓ American Health Companies, Inc.
- ✓ Anthem Inc.
- ✓ Capital BlueCross
- ✓ Centene/WellCare
- ✓ Humana
- ✓ Spectrum Health System
- ✓ Summa Health System
- ✓ Amerigroup
- ✓ SSM Healthcare Corporation
- ✓ Blue Cross Blue Shield of Michigan



Counties Where In-Home Support Services Are Available in 2021



Note: This map does not include Hawaii, Alaska, or other U.S. territories (like Puerto Rico) where plans may be offered.

Adult Day Health Services



What are “Adult Day Health Services?”

“Services provided outside the home such as assistance with ADLs/IADLs, education to support performance of ADLs/IADLs, physical maintenance/rehabilitation activities, and social work services...adult day care services must be health related and provided by staff whose qualifications and/or supervision meet state licensing requirements.”¹

How many plans are offering Adult Day Health Services in CY 2021?

127 Plans

Offering Adult Day Health Services in CY 2021 (88 plans excluding D-SNPs and MMPs)

In CY 2020, offered by 84 Plans (51% increase)

Where are these benefits being offered?

17 states

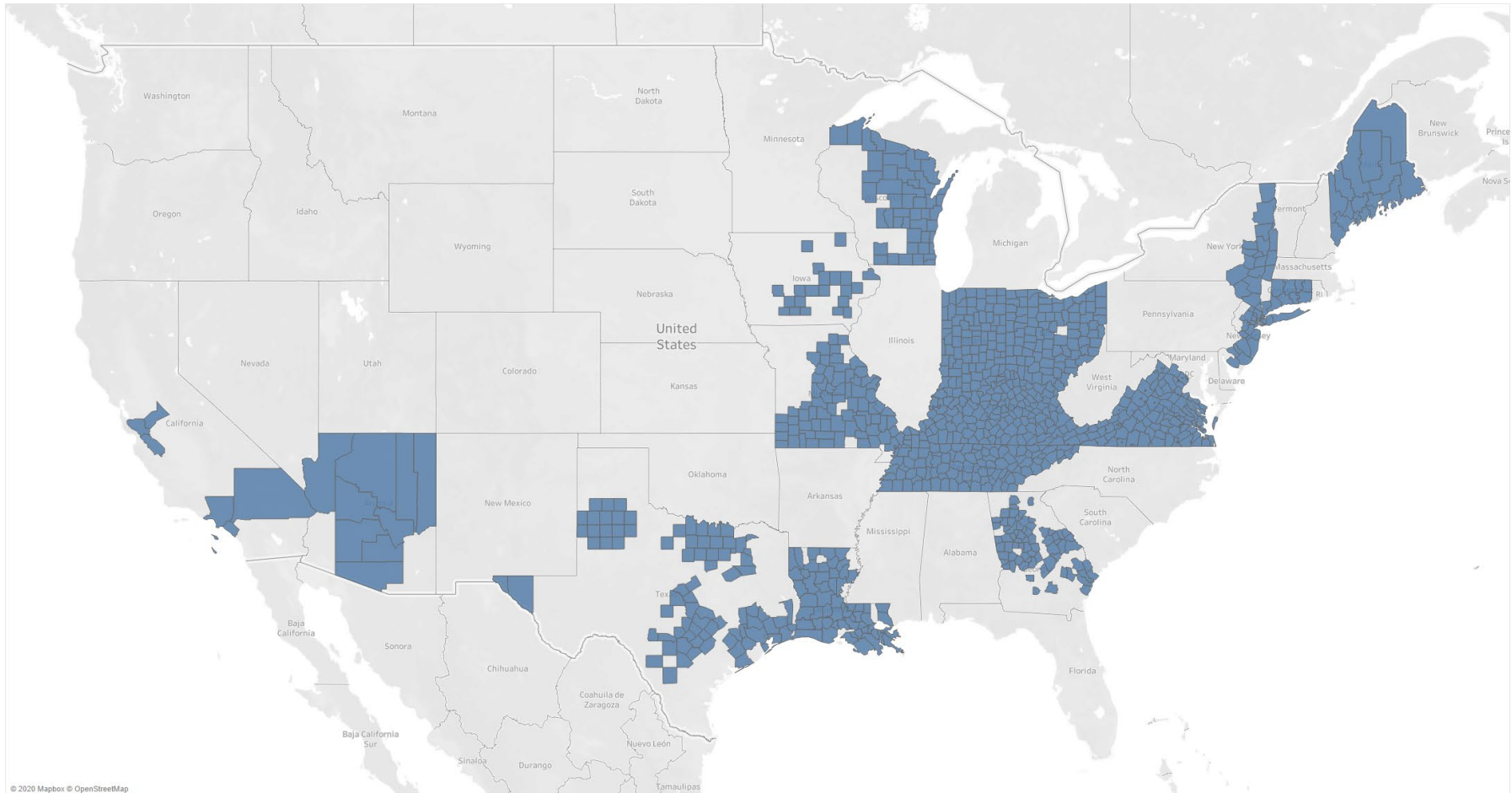
have plans offering Adult Day Health in at least one county in CY 2021²

Which organizations are offering Adult Day Health Services?

- ✓ Anthem Inc.
- ✓ UnitedHealthcare
- ✓ Empire BlueCross BlueShield
- ✓ El Paso County Hospital District
- ✓ Cigna



Counties Where Adult Day Health Services Are Available in 2021



Note: This map does not include Hawaii, Alaska, or other U.S. territories (like Puerto Rico) where plans may be offered.

Home-Based Palliative Care



What is “Home-Based Palliative Care?”

“Home-based palliative care services to diminish symptoms of terminally ill members with a life expectancy of greater than six months not covered by Medicare (e.g., palliative nursing and social work services in the home not covered by Medicare Part A).”¹

How many plans are offering Home-Based Palliative Care in CY 2021?

134 Plans

Offering Home-Based Palliative Care in CY 2021
(128 plans excluding D-SNPs and MMPs)

In CY 2020, offered by 61 Plans (120% increase)

Where are these benefits being offered?

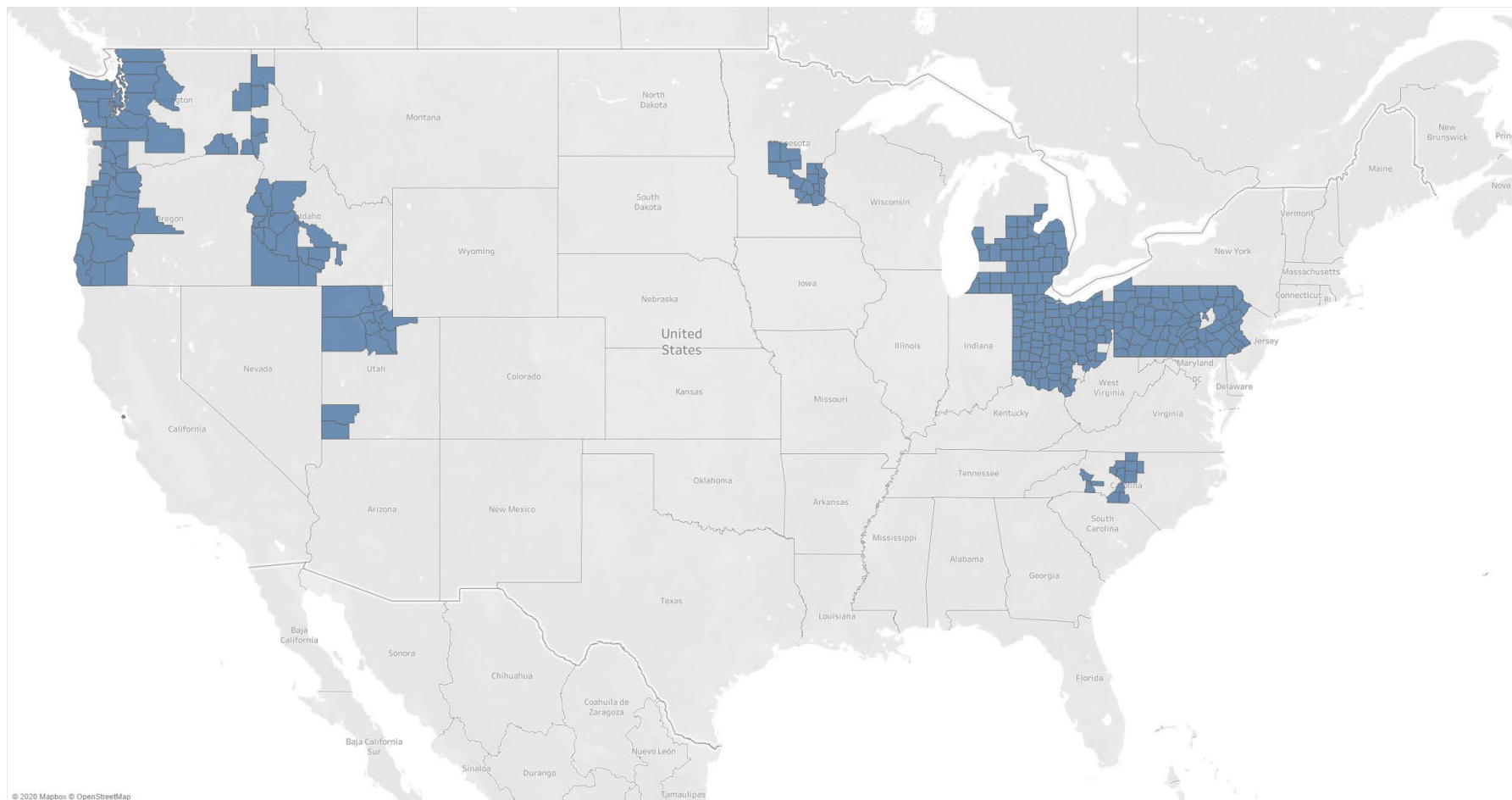
11 states

have plans offering Home-Based Palliative Care in at least one county in CY 2021²

Which organizations are offering Home-Based Palliative Care?

- ✓ Cambia Health Solutions, Inc.
- ✓ Chinese Hospital Association
- ✓ Henry Ford Health System
- ✓ Independence Health Group, Inc.
- ✓ Medical Mutual of Ohio
- ✓ UPMC Health System
- ✓ Moses H. Cone Memorial Hospital Corp.
- ✓ Hawaii Medical Service Association
- ✓ HealthPartners, Inc.
- ✓ Kaiser Foundation Health Plan, Inc.

Counties Where Home-Based Palliative Care Are Available in 2021



Note: This map does not include Hawaii, Alaska, or other U.S. territories (like Puerto Rico) where plans may be offered.



Support for Caregivers of Enrollees

What is "Caregiver Support?"

"Respite care provided through a personal care attendant or the provision of short-term institutional-based care, as appropriate...Respite care should be for short periods of time (e.g., a few hours each week, a two-week period, a four-week period) and may include services such as counseling and training courses for caregivers of enrollees."¹

How many plans are offering Caregiver Support in CY 2021?

95 Plans

Offering Caregiver Support in CY 2021 (87 plans excluding D-SNPs and MMPs)

In CY 2020, offered by 125 Plans (24% decrease)

Where are these benefits being offered?

13 states

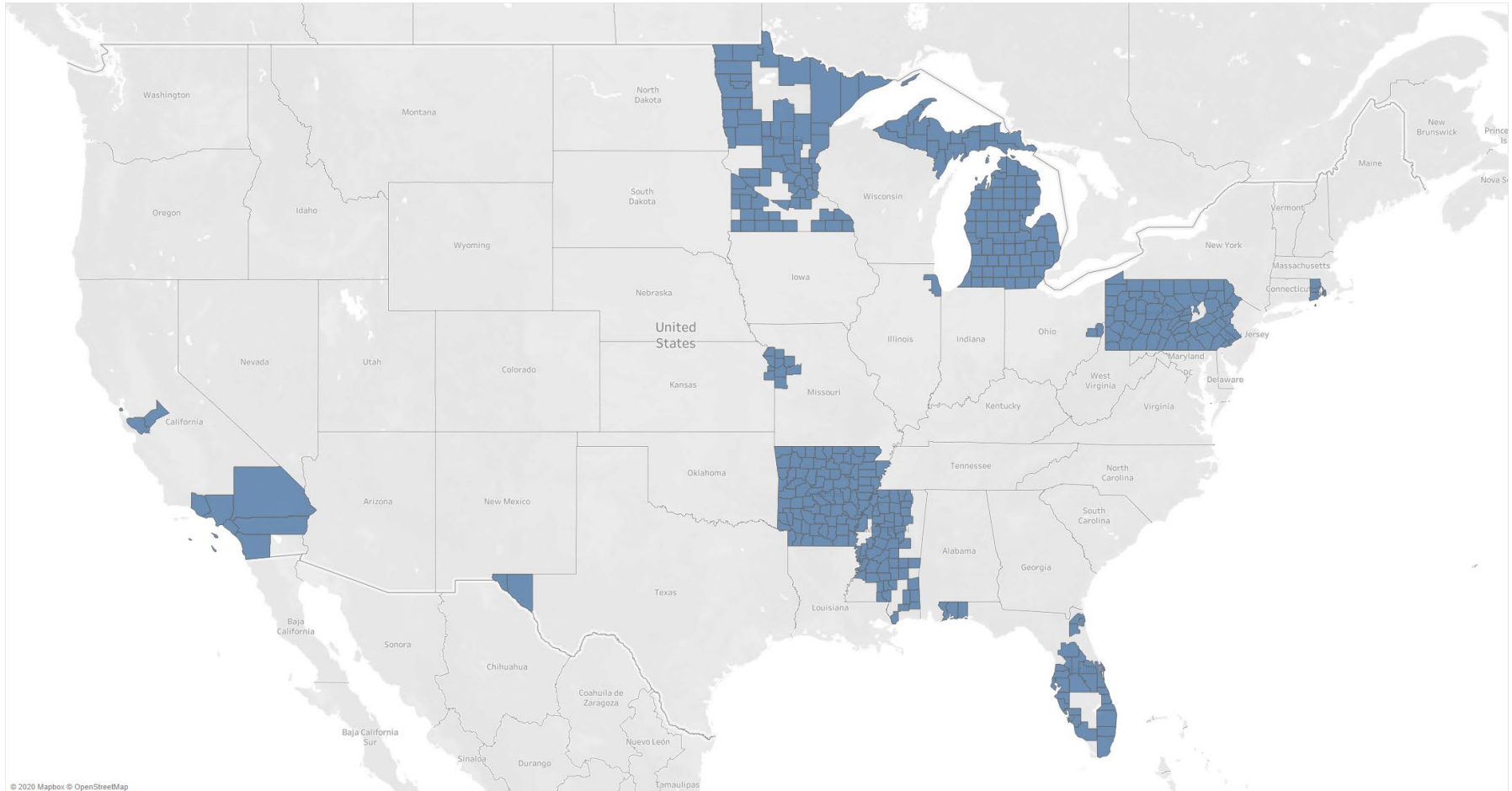
have plans offering Caregiver Support in at least one county in CY 2021²

Which organizations are offering Caregiver Support?

- ✓ Guidewell Mutual Holding Corporation
- ✓ MHNU Corporation
- ✓ SCAN Health Plan
- ✓ UCare Minnesota
- ✓ UPMC Health System
- ✓ Blue Cross and Blue Shield of Kansas City
- ✓ Select Founders, LLC
- ✓ Aware Integrated, Inc.
- ✓ El Paso County Hospital District
- ✓ Blue Cross & Blue Shield of Rhode Island
- ✓ Doctors Healthcare Plans, Inc.
- ✓ Blue Cross BlueShield of Michigan Mutual Ins. Co.
- ✓ Reliance HMO, Inc.
- ✓ Shared Health Dual Plus



Counties Where Caregiver Support Is Available in 2021



Note: This map does not include Hawaii, Alaska, or other U.S. territories (like Puerto Rico) where plans may be offered.



Therapeutic Massage

What is “Therapeutic Massage?”

“Medically approved non-opioid pain treatment alternatives, including therapeutic massage furnished by a state licensed massage therapist. “Massage” should not be singled out as a particular aspect of other coverage (e.g., chiropractic care or occupational therapy) and must be ordered by a physician or medical professional in order to be considered primarily health related and not primarily for the comfort or relaxation of the enrollee.”¹

How many plans are offering Therapeutic Massage in CY 2021?

176 Plans

Offering Therapeutic Massage in CY 2021 (158 plans excluding D-SNPs and MMPs)

In CY 2020, offered by 230 Plans (23% decrease)

Where are these benefits being offered?

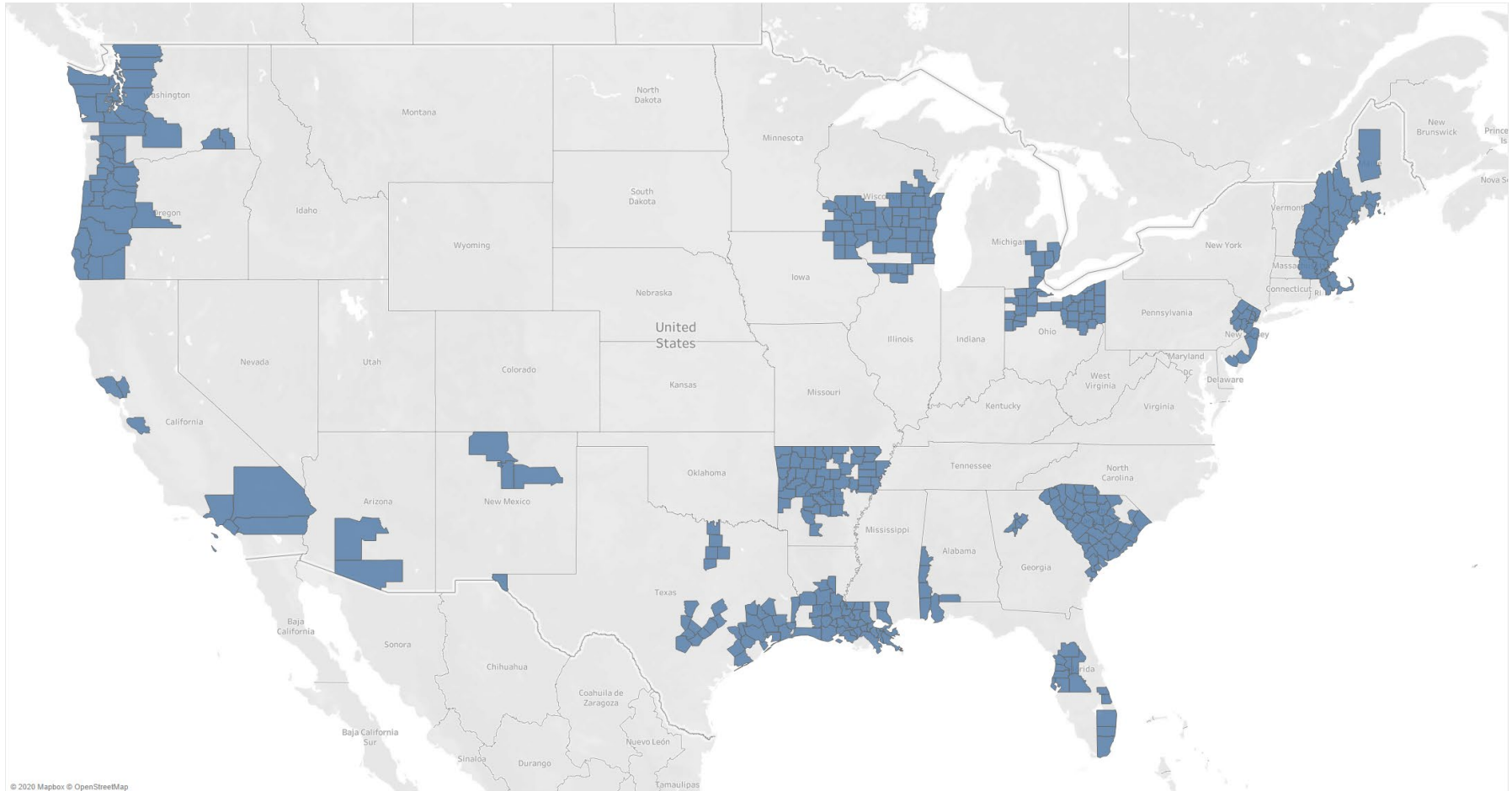
23 states and Puerto Rico

have plans offering Therapeutic Massage in at least one county in CY 2021²

Which organizations are offering Therapeutic Massage?

- | | |
|--|-------------------------------------|
| ✓ Anthem Inc. | ✓ Arkansas Blue Medicare |
| ✓ Cambia Health Solutions, Inc. | ✓ Braven Health |
| ✓ Centene Corporation | ✓ Devoted Health |
| ✓ CHRISTUS Health | ✓ "BayCare Health System, Inc. |
| ✓ Harvard Pilgrim Health Care, Inc. | ✓ Blue Cross Blue Shield of Arizona |
| ✓ Horizon Healthcare Services, Inc. | ✓ "Medical Card System, Inc. |
| ✓ Network Health, Inc. | ✓ AlohaCare |
| ✓ SCAN Health Plan | ✓ HMO Partners, Inc. |
| ✓ Summa Health System Community | ✓ Reliance HMO, Inc. |
| ✓ Ultimate Health Plan, Inc. | |
| ✓ "University of Wisconsin Hospitals and Clinics | |

Counties Where Therapeutic Massage Is Available in 2021

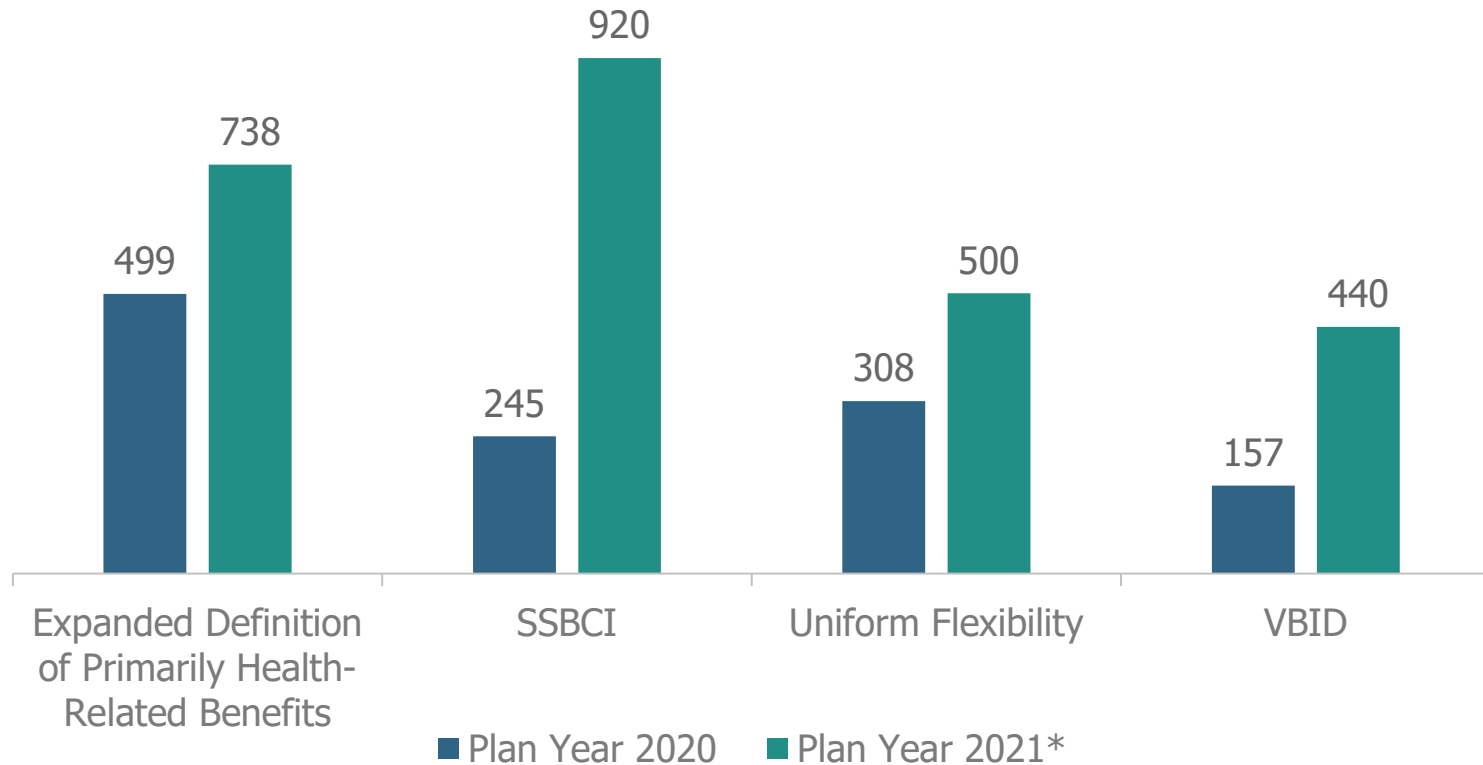


Note: This map does not include Hawaii, Alaska, or other U.S. territories (like Puerto Rico) where plans may be offered.

Other Expanded Supplemental Benefits

Number of Plans Using Expanded Supplemental Benefit Authorities from Plan Year 2020 to Plan Year 2021

Number of Plans Using Different Supplemental Benefit Authorities



*Note: Except for Primarily Health-Related Benefits, Plan Year 2021 numbers are approximate - from CMS press release.

Stay Tuned for Data and Analysis of Special Supplemental Benefits for the Chronically Ill in 2021

- ATI Advisory will update these charts with SSBCI offerings for Calendar Year 2021 once the data become available in early 2021
- ATI Advisory will also update these charts to reflect enrollment once 2021 enrollment data are available
- For information on Plan Year 2020 offerings (including SSBCI), see our past [analysis](#)