

A New Card Covers it All

A new program gives eligible Long Island residents access to all of their Medicare and Medicaid benefits, including home care.

FIDA (Fully Integrated Duals Advantage) is the new managed care plan designed by the NYS Department of Health and the Centers for Medicare & Medicaid Services. With this insurance option, one insurance card and one phone number will connect you with doctor visits, hospitalizations, mental health, long-term care, social services and more.

"What makes FIDA different from any other health insurance plan available for this vulnerable population is that it is required to provide participants with interdisciplinary team meetings at least twice a year," says Hany Abdelaal, president of VNSNY CHOICE Health Plans, which offers one of the FIDA plans available to eligible Nassau and Suffolk county residents.

"FIDA participants and family caregivers are all



asked to join a meeting where they can discuss and create their future health care plan of action," Abdelaal says.

FIDA plans are also offered on Long Island by Aetna, Fidelis, North Shore LIJ and others. For further information and a full list of participants and contact numbers, call New York Medicaid Choice at 1-855-600-3432 and speak to a counselor. They are available from 8:30 a.m. to 8 p.m., Monday to Friday, and 10 a.m. to 6 p.m. on Saturday. Information is also available online at nymedicaidchoice.com.