



# 2026 Benefit Guide

[carefirst.com/medicaid](http://carefirst.com/medicaid)

# What is Medicaid?

Medicaid, also called Medical Assistance, is a health insurance program that's administered by each state in partnership with the federal government. Medicaid assists various groups, including low-income individuals and families, pregnant women, children, the elderly and people with disabilities.

## What is CareFirst BlueCross BlueShield Community Health Plan Maryland (CareFirst CHPMD)?

CareFirst CHPMD is a managed care organization (MCO) that administers Medicaid as well as value-added benefits outside of what Medicaid provides.

## Getting into care

### Finding a primary care provider (PCP) or specialist

To find a PCP or specialist near you:

- Go to [carefirst.com/medicaid-doctor](http://carefirst.com/medicaid-doctor).
- Type Primary Care Provider (or the type of specialist you need).
- Be sure to enter your ZIP code to find a provider near you.
- If you need additional help, call Member Services at 410-779-9369 or 800-730-8530 (TTY: 711).

### Confirming your PCP

Make sure you confirm your PCP. Go to My Account Portal at [carefirst.com/medicaid](http://carefirst.com/medicaid) and select *Login*.

### How do I find a vision care provider:

- Visit [carefirst.com/medicaid-doctor](http://carefirst.com/medicaid-doctor). Scroll down to *Other Types of Care* and click *Vision*. Enter your ZIP code to find a local provider.
- If you need additional assistance, please call Member Services at 410-779-9369 or 800-730-8530 (TTY: 711).

### Making an appointment

To make an appointment with your PCP or another provider:

- Call the provider's office.
- You can also call Member Services at 410-779-9369 or 800-730-8530 (TTY: 711) and they can assist you.

### How to register for My Account

Signing up for My Account is quick and easy. Visit [carefirst.com/medicaid](http://carefirst.com/medicaid). Then click the *Login* button at the top of the page. My Account is new for 2026, you may need to register first.



## Covered benefits

The 2026 Medicaid benefits are listed below. These benefits are available for all CareFirst CHPMD members.

Preventive care	
<b>Home health care</b>	Health care services received in-home that include nursing and home health aide care
<b>Case management</b> (For children with special health care needs, pregnant and postpartum women, individuals with HIV/AIDS, members who are homeless, members with disabilities, children in state-supervised care, or as needed)	A case manager may be assigned to help you plan for, receive and keep track of health care services.
<b>Diabetes care</b>	Special services, medical equipment and supplies provided for members with diabetes
<b>Diabetes prevention program</b> (Members 18–64 years old who are overweight and have an elevated blood glucose level or a history of diabetes during pregnancy)	A program to prevent diabetes in members who are at risk To learn more, visit <a href="http://carefirst.com/medicaid/members/diabetes-prevention-program.html">carefirst.com/medicaid/members/diabetes-prevention-program.html</a> .
<b>Podiatry</b>	Foot care when medically needed
<b>Vision exams</b>	<ul style="list-style-type: none"><li>■ <b>Under 21:</b> One eye exam every year</li><li>■ <b>21 and older:</b> One eye exam every two years</li></ul>
<b>Glasses and contact lenses</b>	<ul style="list-style-type: none"><li>■ <b>Under 21:</b> Contact lenses if medically necessary</li><li>■ <b>21 and older:</b> One pair of glasses or contact lenses every two years. \$150 limit for glasses or contact lens</li></ul>
<b>Oxygen and respiratory equipment</b>	Treatment to help breathing problems
<b>Audiology</b>	Assessment and treatment of hearing loss
<b>Durable medical equipment (DME) and disposable medical supplies (DMS)</b>	<p>DME are items such as:</p> <ul style="list-style-type: none"><li>■ Crutches</li><li>■ Walkers</li><li>■ Wheelchairs</li></ul> <p>DME are items such as equipment and supplies that have no practical use in the absence of illness, injury, disability or health condition.</p> <p>You'll need a prescription to access any DME or DMS items. If you're unable to get a device through your provider, call Member Services at <b>410-779-9369</b> or <b>800-730-8530</b> (TTY: 711).</p>

## Pregnancy care

<b>Pregnancy services</b>	Your plan covers the following: <ul style="list-style-type: none"><li>■ Free meal service for members who are 20–28 weeks pregnant</li><li>■ Prenatal visits</li><li>■ Breast pump</li><li>■ Prenatal vitamins</li><li>■ Nutrition counseling session</li><li>■ Support to quit smoking</li><li>■ Over-the-counter medicines and supplies</li><li>■ Hospital stays</li></ul>
<b>Mommy Meals program</b>	Home-delivered food, nutrition coaching and health education program for members who are 20 to 28 weeks pregnant  Visit <a href="http://nourishedrx.com/enrollment/mommymeals">nourishedrx.com/enrollment/mommymeals</a> , call/text 833-428-1488 (TTY: 711) 8 a.m.–8 pm ET or email <a href="mailto:mommymeals@nourishedrx.com">mommymeals@nourishedrx.com</a> .
<b>Baby Steps program</b>	A case management program that helps you schedule OB visits, connect with community services such as WIC, SNAP, etc. and arrange special consultations or tests necessary for a healthy pregnancy <ul style="list-style-type: none"><li>■ You'll automatically be enrolled in this program once you become pregnant.</li><li>■ Call 410-779-9369 or 800-730-8530 (TTY: 711) for more information.</li></ul>
<b>Bright Beginnings \$125 gift card (pregnancy education)</b>	Receive a \$125 gift card if you attend at least one childbirth, breastfeeding or infant care class. <ul style="list-style-type: none"><li>■ Once you attend one of the classes listed, call Member Services at 410-779-9369 or 800-730-8530 (TTY: 711) to let them know which class you attended, date and location.</li><li>■ The OB team will verify your attendance and send you your gift card.</li></ul>
<b>Baby Steps \$125 gift card</b>	As a new mother, you'll receive \$125 gift card to purchase baby health and safety items such as car seat, strollers, baby sleep clothes and more. <ul style="list-style-type: none"><li>■ Once you've delivered your baby, the gift card will be mailed to you.</li><li>■ Restrictions may apply.</li></ul>
<b>Family planning</b>	Program used to reduce low birth weight babies, fetal, infant and maternal mortality. Also helps members choose the number of children and the interval between births.  Family planning services include: <ul style="list-style-type: none"><li>■ Teen pregnancy prevention</li><li>■ Reproductive health screenings/exams</li><li>■ Colposcopy</li><li>■ Birth control methods</li><li>■ STI screening and treatment</li><li>■ Permanent sterilization (must be 21 or over) and other related education and counseling services</li></ul>

## Pregnancy care

### ADDITIONAL PROGRAMS WITH SERVICES AND BENEFITS AT NO COST TO YOU

Visit [carefirst.com/medicaid/members/pregnancy-benefits.html](http://carefirst.com/medicaid/members/pregnancy-benefits.html) to learn more about all pregnancy benefits and programs.

<b>HealthySteps program</b>	■ Visit <a href="http://health.maryland.gov/mmc/mch-initiatives/Pages/HealthySteps.aspx">health.maryland.gov/mmc/mch-initiatives/Pages/HealthySteps.aspx</a> .
<b>Group-based care through CenteringPregnancy</b>	■ Visit <a href="http://health.maryland.gov/mmc/mch-initiatives/Pages/CenteringPregnancyServices.aspx">health.maryland.gov/mmc/mch-initiatives/Pages/CenteringPregnancyServices.aspx</a> to learn more.
<b>Home visiting services</b>	■ Visit <a href="http://health.maryland.gov/mmc/mch-initiatives/Pages/Medicaid-Home-Visiting-Services.aspx">health.maryland.gov/mmc/mch-initiatives/Pages/Medicaid-Home-Visiting-Services.aspx</a> to learn more.
<b>Doula services</b>	■ Trained and experienced professional that provides support to mother before, during and after childbirth. ■ Visit <a href="http://health.maryland.gov/mmc/mch-initiatives/Pages/DoulaProgram.aspx">health.maryland.gov/mmc/mch-initiatives/Pages/DoulaProgram.aspx</a> to learn more.
<b>Maryland Maternal Opioid Misuse (MOM) Case Management services</b>	■ Visit <a href="http://cognitoforms.com/MDH3/marylandmommaternalopioidmisusecasemanagementservices">cognitoforms.com/MDH3/marylandmommaternalopioidmisusecasemanagementservices</a> to learn more. ■ Visit <a href="http://health.maryland.gov/mmc/mch-initiatives/Pages/Maryland-Medicaid-Maternal-Opioid-Misuse-(MOM)-Case-Management-Services.aspx">health.maryland.gov/mmc/mch-initiatives/Pages/Maryland-Medicaid-Maternal-Opioid-Misuse-(MOM)-Case-Management-Services.aspx</a> to learn more

## Immediate care

<b>Urgent care</b>	Services and care received from an urgent care facility to treat and stabilize an urgent medical need.  Visit <a href="http://carefirst.com/medicaid-doctor">carefirst.com/medicaid-doctor</a> to locate a facility.
<b>CloseKnit</b>	Virtual-first primary care practice. Your provider's visit is done through an easy-to-use app—so you can access care wherever you are.  Services include: <ul style="list-style-type: none"><li>■ Well care</li><li>■ Preventive and immediate care</li><li>■ Same-day urgent care</li></ul> Register today at <a href="http://closeknithealth.com/chpmd">closeknithealth.com/chpmd</a> .

<b>Hospital services</b>	
<b>Transplant</b>	Medically necessary transplant
<b>Clinical trials</b> (Members with life threatening conditions, when authorized)	Studies to test the effectiveness of new treatments or drugs
<b>Plastic and restorative</b>	Surgery to correct a deformity from disease, trauma, congenital or developmental abnormalities or to restore body functions

<b>Hospital services</b>	
<b>Hospital inpatient care</b>	Services and care received for scheduled and unscheduled admittance of inpatient hospital stays (hospitalization)
<b>Emergency care</b>	Services and care received from a hospital emergency facility to treat and stabilize an emergent medical condition
<b>Dialysis</b>	Treatment for kidney diseases
<b>Blood and blood products</b>	Blood used during an operation, etc.

<b>Outpatient</b>	
<b>Nursing facility/ chronic hospital</b>	Skilled nursing care or rehabilitation care up to 90 days
<b>Rehabilitation services/devices</b> (Members aged 21 and older. Members under 21 are eligible under EPSDT.)	Outpatient services and devices that help a member function for daily living. Services include Physical, Occupational and Speech Therapy.
<b>Habilitation services/devices</b>	Services and devices that help a member function for daily living. Services include Physical Therapy, Occupational Therapy and Speech Therapy.
<b>Hospice services</b>	Services that provide comfort and support for people in the last stages of terminal illness and their families

<b>Additional benefits</b>	
<b>Home delivered meals: Post-discharge from a hospital stay</b>	For members with no support at home upon discharge after hospital stay.  Our case management team may reach out to you to discuss whether you're eligible for up to 18 meals while recovering from an inpatient stay in hospital.
<b>Free CareFirst Engagement classes</b>	CareFirst Engagement programs offer fitness classes, CPR/AED training, women's self-defense and wellness classes and more, every Monday-Friday.  See a schedule of events and register at <a href="http://carefirst.com/cec">carefirst.com/cec</a> .
<b>MyHealth Rewards Program</b>	CareFirst CHPMD members can earn rewards by completing wellness activities designed to motivate healthy lifestyle choices. For more details, visit <a href="http://carefirst.com/medicaid/members/myhealth-rewards.html">carefirst.com/medicaid/members/myhealth-rewards.html</a> , or call 410-921-2130 (TTY: 711).

## Behavioral health

<b>Mental health and substance abuse services</b>	To find more information on behavioral health and substance abuse resources: <ul style="list-style-type: none"><li>Visit <a href="http://maryland.carelonbh.com">maryland.carelonbh.com</a> or call 800-888-1965 (TTY: 711).</li></ul>
---	--

## Additional programs

<b>Transportation benefit</b>	As a member, you get 6 free one-way rides for all non-emergency medical needs. Visit <a href="http://carefirst.member.saferidehealth.com">carefirst.member.saferidehealth.com</a> or call 833-509-0250.
<b>Community violence prevention</b>	Support services for members who are victims of interpersonal violence committed by family or partners in public areas <ul style="list-style-type: none"><li>Services include conflict mediation, mentorship, crisis intervention, referrals to certified/licensed providers, and patient education.</li><li>To find a Community Violence Prevention hospital trauma center, please call Member Services 410-779-9369 or 800-730-8530 (TTY: 711).</li></ul>
<b>SafeLink Wireless phone program</b>	<ul style="list-style-type: none"><li>State program that offers a free cell phone and phone plan with unlimited talk, text, and data every month to eligible households</li><li>Visit SafeLink Wireless to apply online or call 800-723-3546.</li></ul>

## Pharmacy and drug services

<b>Prescription drug coverage (pharmacy services)</b>	Coverage includes prescription drugs (drug dispensed only with a prescription from an authorized prescriber), insulin, needles and syringes, birth control pills and devices, coated aspirin for arthritis, iron pills, and chewable vitamins for children younger than age 12. Available to all members and there is no copay for covered family planning drugs or vaccines. There is no prescription copay for those who are younger than 21, pregnant, Native American, or living in long term care.
<b>Over-the-counter medications and supplies (OTC)</b>	With a prescription, members can receive OTC items through the CareFirst CHPMD Formulary. View the formulary at <a href="http://carefirst.com/medicaid/members/drug-listformulary-updates.html">carefirst.com/medicaid/members/drug-listformulary-updates.html</a> .
<b>Medication support program</b>	Earn gift cards by managing your medications digitally.

For more information about Maryland Medicaid, please visit the Maryland Department of Health website at [health.maryland.gov/mmcp](http://health.maryland.gov/mmcp).





**[carefirst.com/medicaid](http://carefirst.com/medicaid)**

HealthChoice is a Program of the Maryland Department of Health.

CareFirst BlueCross BlueShield Community Health Plan Maryland is the business name of CareFirst Community Partners, Inc. an independent licensee of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

CHMD01665 (11/25)