

It's a plan for **ALL** your care



Health And Recovery Plans (HARPs) are Medicaid Managed Care plans that pay for your physical and behavioral health care.

HARP staff, who specialize in behavioral health (mental health and substance use), are available to listen and work with you.

Is a HARP the right choice for you?

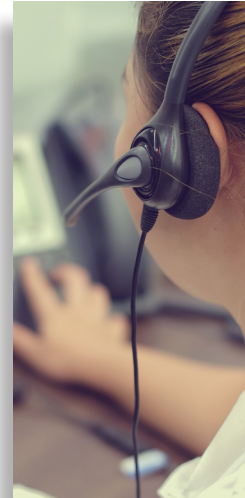
Call New York Medicaid Choice to find out if you are eligible, to enroll, or learn more about HARPs.

Counselors can help in all languages:
1-855-789-4277

TTY users:
1-888-329-1541

Monday to Friday:
8:30 a.m. to 8 p.m.

Saturday:
10 a.m. to 6 p.m.



Your doctor, mental health specialist, or substance use counselor can help you decide if joining a HARP is the right choice for you.

Your local provider:

Join a
HARP
HEALTH AND RECOVERY PLAN

What's a HARP?

Coordinating your care



As a HARP member, you can get care coordination to help you develop a personal plan to pursue what's important to you.

Care coordination will also make sure all your providers are working together for you.

Eligibility

You must be 21 or older to join a HARP, be insured only by Medicaid and be eligible for Medicaid managed care.

You will get a letter in the mail from New York State or New York Medicaid Choice confirming your eligibility.

Services based in the community

- HARP enrollees may be eligible for new services that help support your mental health and substance use recovery.
- These are called Adult Behavioral Health Home and Community-Based Services (Adult BH HCBS). These services can help you with your goals.

Living independently

- Gaining or regaining life skills
- Self-advocacy and negotiating relationships

Returning to school or finding a job

Gaining skills and knowledge needed at different stages of education and employment, including:

- Going to and staying in school
- Finding, keeping, or changing jobs

Managing stress

- Stress is normal and can serve as a call for change.
- Learn how to respond to stress so that it doesn't interfere with what's important to you.



Getting help from people who have been there

- Support from people who also have been in recovery from mental illness or substance use
- Give your family and friends knowledge to help support you