

Coordinating Your Care



As a HARP member, you can coordinate your health care with mental health and substance use disorder services. This allows you to develop a personal plan to pursue what's important to you.

All HARP members are eligible for the Health Home program. Health Home care managers can make sure that all your doctors are working together for you.

Health Home care managers can also help you get support for living independently in the community. For example, they can provide housing assistance and help with keeping your benefits.

Is a HARP the right choice for you?

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

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

TTY users:
888-329-1541

Monday to Friday:
8:30 am to 8 pm

Saturday:
10 am to 6 pm

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



Join a Health and Recovery Plan (HARP)



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It's a Plan for All Your Care

Health and Recovery Plans (HARPs) are Medicaid Managed Care plans that help coordinate 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.



HARP eligibility

You must be 21 or older, have Medicaid, and be enrolled in a Medicaid Managed Care plan to join a HARP.

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

Home and community based services

- HARP enrollees may be eligible for services that help support your mental health and substance use recovery.
- These are called Adult Behavioral Health Home and Community Based Services (BH HCBS). These services can help you get rehab and recovery services right in your own home or community. A Health Home Care Manager or a Recovery Coordinator will help you figure out if you are eligible to receive BH HCBS services.

BH HCBS services can help you with the following goals:

Living independently and social skills

- Gaining or relearning life skills.
- Learning how to advocate for yourself.
- 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.

