

Alameda Alliance Wellness (HMO D-SNP) – 2026 Plan Benefit Summary



This document is a summary of the benefits and services covered by Alameda Alliance Wellness (HMO D-SNP). More details can be found in the Alameda Alliance Wellness Member Handbook/Evidence of Coverage (EOC).

For most health care services to be paid by the Alliance, the member’s doctor and the Alliance have to agree that the services are needed. For most care, the doctor or provider must be part of the Alameda Alliance for Health (Alliance) network.

Benefit	Covered Service
Acupuncture	Up to two outpatient acupuncture visits per month, or more if medically necessary. For chronic low back pain, up to twelve visits may be provided in 90 days, with eight additional sessions if the member shows improvement, capped at 20 visits per year.
Ambulance Services	Ambulance services are provided when a member’s condition makes other transportation unsafe. Non-emergency transport requires prior authorization.
Asthma Preventive Services	Education and a home assessment to identify common environmental triggers for members with poorly controlled asthma.
Cardiac (heart) Rehabilitation Services	Cardiac rehab services include exercise, education, and counseling for eligible members. Intensive cardiac rehab offers a more intensive program.
Chiropractic Services	Spinal adjustments to help correct alignment.
Chronic Pain Management and Treatment Services	Monthly services for members with chronic pain (lasting greater than three (3) months), including pain assessment, medication management, and care coordination and planning.
Community-Based Adult Services (CBAS)	Outpatient, facility-based services for skilled nursing care, social services, therapies, personal care, family and caregiver training and support, nutrition services, transportation, and other services for members who qualify.
Community Health Worker Services	Community Health Worker (CHW) services help to prolong life and promote physical and mental well-being by supporting members with health education, health navigation, screening and assessment, and individual support and advocacy.
Community Supports	Community Supports are services in a member’s Individualized Care Plan that are medically appropriate, cost-effective alternative services, or settings to those covered under the Medi-Cal State Plan.
Dental Services	Certain dental procedures tied to medical treatment (e.g., jaw reconstruction or pre-transplant exams) are covered by Alameda Alliance Wellness D-SNP. Routine dental services such as exams, cleanings, and fillings are available through Liberty Dental or the Medi-Cal FFS dental benefit, depending on the service provided.
Diabetic Self-Management Training, Services, and Supplies	Diabetic supplies such as monitors, test strips, lancet devices, and lancets, and glucose-control solutions for members with diabetes. For those with severe diabetic foot disease, we also cover therapeutic shoes and inserts.
Doula Services	Up to nine prenatal and postpartum doula visits, plus support during labor and delivery. An additional nine postpartum visits may also be covered.
Durable Medical Equipment (DME) and Related Supplies	Examples of durable medical equipment (DME) and related supplies include wheelchairs, walkers, canes, hospital beds, diabetic supplies, oxygen equipment, and more.
Emergency Care	Emergency care includes services provided by qualified personnel to evaluate or treat a condition that poses an immediate threat to life, health, or bodily function. Alameda Alliance Wellness D-SNP also offers some coverage for emergency services outside of the United States (worldwide).
Family Planning Services	Members can choose any provider for certain family planning services, including exams, birth control methods and supplies, HIV testing, and permanent contraception. Some services, like treatment for medical conditions of infertility and genetic testing, must be received from network providers.
Health and Wellness Programs	Alameda Alliance Wellness D-SNP offers a number of programs to help members manage or improve their health, such as health education information, health coaching, and classes and programs.
Hearing Services	Hearing services include hearing and balance tests, and an allowance for hearing aids when prescribed. Additional hearing aid-related services include molds, batteries, repairs, assistive listening devices, and fitting and adjustments. Note: Some hearing services are provided through NationsHearing.
Home Health Agency Care	Part-time or intermittent skilled nursing or home health aide care, physical, occupational, and speech therapy, medical and social services, and necessary medical equipment and supplies.
Home Infusion Therapy	Home infusion therapy includes the drugs or biological substances that are administered to members at home. Also included as part of home infusion therapy are professional services, member training and education, remote monitoring, and monitoring services.
Hospice Care	Original Medicare (rather than Alameda Alliance Wellness D-SNP) will pay the hospice provider for hospice services and any Medicare Part A or B services related to the member’s terminal illness.
Inpatient Hospital Care	Medically necessary inpatient hospital care services include the hospital room, meals, nursing services, drugs and medications, lab tests, operating and recovery room services, therapy, and more.

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Inpatient Services in a Psychiatric Hospital	Up to 190 days of inpatient care in a freestanding psychiatric hospital; additional days require coordination with the county mental health agency. This limit does not apply to psychiatric units in general hospitals. For members 65 and older, we also cover services in Institutes for Mental Diseases (IMDs).
Kidney Disease Services and Supplies	Kidney disease education (up to six sessions), dialysis treatments (inpatient, outpatient, and home), self-dialysis training, and home dialysis-related equipment and supplies for members with stage IV chronic kidney disease.
Medicare Part B Drugs	Medicare Part B drugs include those given by injection or infusion during doctor or outpatient visits, drugs used with durable medical equipment (like insulin pumps or nebulizers), and specific treatments for conditions like cancer, ESRD, osteoporosis, and Alzheimer’s.
Opioid Treatment Program (OTP) Services	Opioid use disorder (OUD) services are provided through Opioid Treatment Programs (OTPs), including assessments, FDA-approved medications and management, counseling, therapy, and toxicology testing.
Outpatient Diagnostic Tests and Therapeutic Services, and Supplies	Services such as X-rays, lab tests, diagnostic scans (like CTs and MRIs), surgical supplies, blood, and other medically necessary outpatient diagnostic services.
Outpatient Hospital Observation	Outpatient hospital observation services to evaluate whether a member requires inpatient admission or can be discharged. Services must meet Medicare criteria and be ordered by a physician or other authorized provider per state law and hospital bylaws.
Outpatient Hospital Services	Medically necessary outpatient hospital services for diagnosing or treating an illness or injury. This includes services in an emergency department, outpatient surgery, observation care, lab tests, X-rays, mental health services (like partial hospitalization), preventive screenings, certain medications, and medical supplies.
Outpatient Mental Health Care	Outpatient mental health services provided by licensed professionals such as state-licensed psychiatrists, clinical psychologists, clinical social workers, and others authorized by state law. Covered services may include therapy sessions, psychological testing, day treatment, partial hospitalization, and medication management.
Outpatient Pharmacy Services	Medicare drug coverage (Part D) helps cover the cost of outpatient prescription brand-name and generic drugs. Alameda Alliance Wellness D-SNP includes the Medicare Part D benefit.
Outpatient Rehabilitation Services	Outpatient physical, occupational, and speech therapy services. These services may be provided in hospital outpatient departments, independent therapy offices, comprehensive outpatient rehabilitation facilities (CORFs), and other facilities.
Outpatient Substance Use Disorder Services	Services for substance use treatment, including alcohol misuse screening, drug abuse treatment, counseling, intensive outpatient care, and extended-release Naltrexone (Vivitrol). Additional services may also be covered.
Outpatient Surgery	Outpatient surgery and related services provided at hospital outpatient departments and ambulatory surgical centers.
Over-The-Counter (OTC) Items	A monthly allowance that is provided on a pre-paid debit card to purchase OTC drug items, including cough and cold medicine, vitamins, pain relievers, bandages, and other eligible products.
Palliative Care	Palliative care is for members with serious illness and focuses on improving quality of life through pain and symptom management and support. It can be provided alongside curative treatment.
Partial Hospitalization Services and Intensive Outpatient Services	Partial hospitalization and intensive outpatient programs provide structured mental health treatment.
Podiatry Services	Podiatry services include the diagnosis and treatment of foot conditions such as heel spurs and hammer toe, as well as routine foot care for members with qualifying conditions like diabetes.
Preventive Care	<ul style="list-style-type: none">• “Welcome to Medicare” preventive visit• Abdominal aortic aneurysm screening• Alcohol misuse screening and counseling• Annual wellness visit• Bone mass measurement• Breast cancer screening (mammograms)• Cardiovascular (heart) disease risk reduction visit (therapy for heart disease)• Cardiovascular (heart) disease screening tests• Cervical and vaginal cancer screening

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Benefit	Covered Service
Preventive Care (cont.)	<ul style="list-style-type: none">• Colorectal cancer screening• Depression screening• Diabetes screening• HIV screening• Immunizations• Lung cancer screening with low-dose computed tomography (LDCT)• Medical nutrition therapy• Medicare Diabetes Prevention Program (MDPP)• Obesity screening and therapy to keep weight down• Pre-exposure prophylaxis (PrEP) for HIV prevention• Prostate cancer screening exams• Screening for Hepatitis C Virus infection• Sexually transmitted infections (STIs) screening and counseling• Smoking and tobacco use cessation
Prosthetic and Orthotic Devices and Related Supplies	Prosthetic devices and related supplies, such as artificial limbs, braces, pacemakers, colostomy care items, and breast prostheses, replace all or part of a body part or function.
Pulmonary Rehabilitation Services	Pulmonary rehab is provided for members with moderate to very severe chronic obstructive pulmonary disease (COPD).
Services Available Through Medi-Cal FFS	<ul style="list-style-type: none">• 1915(c) Home and Community Based Services (HCBS) Waiver Programs• California Community Transitions (CCT)• County Behavioral Health Services Provided Outside Our Plan (Mental Health and Substance Use Disorder Services)• In-Home Supportive Services (IHSS)• Medi-Cal Dental
Skilled Nursing Facility (SNF) Care	Medically necessary care in a nursing facility for members who need more support than can be provided at home but do not require hospital care. Covered services may include a semiprivate room, meals, nursing care, therapy, medications, lab tests, X-rays, medical supplies, and other health services.
Supervised Exercise Therapy (SET)	Supervised exercise therapy (SET) is for members with symptomatic peripheral artery disease (PAD). Coverage includes up to 36 sessions over 12 weeks, with an additional 36 sessions if medically necessary.
Teladoc	Teladoc provides physician consultations by phone or video to members 24 hours a day, 7 days a week.
Transportation: Non-Emergency Medical Transportation	Medically necessary transportation—such as ambulance, litter van, wheelchair van, and coordination with paratransit—for services covered by Alameda Alliance Wellness D-SNP and Medicare. These services require prior authorization and a provider’s prescription.
Transportation: Non-Medical Transportation	Transportation to medical services—including dental visits and pharmacy trips—via passenger car, taxi, or public/private transit. Transportation must be for accessing medical care covered by Medi-Cal, or covered by Medicare and Medi-Cal.
Urgently Needed Care	Urgently needed care is for non-emergencies that require immediate attention due to sudden illness, injury, or condition. Members should use network providers when possible, but out-of-network care is covered if accessing a network provider is not reasonable due to time, location, or circumstances.
Vision Care	Vision care coverage includes one routine eye exam per year and an allowance for eyeglasses or contact lenses every two years. It also covers medical eye services, annual glaucoma screenings for members at high risk of glaucoma, annual diabetic retinopathy screenings for members with diabetes, and one pair of glasses or contacts after each cataract surgery with the insertion of an intraocular lens. Note: Some vision services are provided through Vision Service Plan (VSP).

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