



Some common questions and their answers follow.

**1. How do I get started in the Ready for My Recovery program?**

**Step 1:** Complete and submit your Health Risk Assessment form located in your Welcome packet, or on our website.

**Step 2:** Complete and submit your brief Ready for My Recovery form.

If you have questions about the forms, or need assistance, contact us.

**2. What kinds of services do I receive in the program?**

You are entitled to receive care coordination services, substance misuse recovery materials, and enrollment in our cigarette, smokeless tobacco and vaping cessation program.

**3. What happens if I leave the program? Can I get back in?**

If you choose to leave the Ready for My Recovery program, you remain eligible for Care Management services. When you are ready to return to the Ready for My Recovery program, contact us and we will work with you. Recovery Journey backpacks are given only to first-time program members.

**4. When will I receive my backpack?**

You will receive your backpack within two weeks of your Welcome call.

**5. How can I use my reward dollars?**

Rewards are loaded onto your My Health

Pays™\* Visa card. You can purchase everyday items at Walmart.\*\* Your Visa card can also be used to help pay for your cell phone bill, rent, utilities, dental or chiropractic services, and more. Visit NHhealthyfamilies.com for more information about the My Health Pays™\* rewards program.

**6. Can I keep earning rewards after the first year?**

Yes. Members can keep earning \$30 every six months of continuous recovery after their first year.

**7. Where can I find more information?**

For more information, contact us at 1-866-769-3085.

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services each State fiscal year.

\*\*This card may not be used to buy alcohol, tobacco, or firearms products.



**nh healthy families™**

2 Executive Park Drive  
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**1-866-769-3085**

TDD/TTY 1-855-742-0123

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**nh healthy families™**



**READY FOR MY RECOVERY**

Ready for My Recovery is a program for NH Healthy Families members who want help with recovery from substance misuse.

The Ready for My Recovery program provides access to substance use disorder services. It offers care management, resources and rewards\* for NH Healthy Families members who are committed to entering a substance misuse recovery program.



**NHhealthyfamilies.com**



# Are you ready for recovery?

If so, we want to help. Becoming part of Ready for My Recovery is easy. Here's how →

## Step 1:

Complete and submit your Health Risk Assessment form.

## Step 2:

Complete and submit your brief Ready for My Recovery form.

Forms and envelopes are available in member welcome packets. Forms are also available to download from our website, NHhealthyfamilies.com.

Our staff will contact you to welcome you into the Ready for My Recovery program.

You will receive your My Recovery Journey backpack\* within two weeks of your welcome call.

You can also earn My Health Pays™\* reward dollars for maintaining your recovery. When you are in the Ready for My Recovery program, you can earn My Health Pays™\* reward dollars for engagement in:

- Peer Recovery support services
- 12-Step/Smart Recovery
- Behavioral Health treatment visits
- Pharmacotherapy
- Receiving treatment for substance use disorder

## REWARDS

### DETAIL

1. Enroll in **Ready for My Recovery** by completing your Health Risk Assessment form and your Ready for My Recovery form  
My Recovery Journey backpack: includes backpack, water bottle, self-care kit, journal, pen, Behavioral Health resources
2. One month continuous engagement in one billable recovery service
3. Six months of continuous engagement in two or more billable services
4. One year of continuous engagement in two or more billable services
5. Every six months of continuous recovery (Peer Recovery Support and/or 12-Step Smart Recovery) beyond one year

### AMOUNT

#### My Recovery Journey Backpack

- \$25** My Health Pays™\* Rewards
- \$30** My Health Pays™\* Rewards
- \$30** My Health Pays™\* Rewards
- \$30** My Health Pays™\* Rewards

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**For more information about the Ready for My Recovery Program, contact us at 1-866-769-3085.**