

## Health and Recovery Plans

You want to stay healthy and live a full and active life. Health and Recovery Plans, or HARP, can help. HARP are Medicaid health plans that will help you take care of your well-being, physical and behavioral health.



### Questions?

Call us to learn more about HARP.  
Counselors can help in all languages:

#### New York Medicaid Choice

Call: 1-855-789-4277

TTY: 1-888-329-1541

Monday to Friday: 8:30 am to 8:00 pm

Saturday: 10:00 am to 6:00 pm

Online: [nymedicaidchoice.com](http://nymedicaidchoice.com)

Other ways to learn more about HARP:

#### Independent Consumer Advocacy Network (ICAN)

HARP Participant Ombudsman

Call: 1-844-614-8800

TTY: 711

Monday to Friday: 8:30 am to 8:00 pm

Online: [icannys.org](http://icannys.org)

HARP BROCHURE-ENGLISH-0717



Department  
of Health

Office of  
Mental Health

Office of Alcoholism and  
Substance Abuse Services

# Health and Recovery Plans (HARPs)

*Support for a full life*



Medicaid health plans that will help you  
stay healthy and live a full and active life



## Why Join a HARP?

HARPs have the same benefits that are in regular Medicaid health plans. Plus HARPs cover extra benefits and specialized support so you can get the best possible results from your care.

### HARPs can cover these services and more:

#### Physical health care

- Doctor visits
- Specialty care
- Hospital stays
- Dental care
- Eye care
- Medications

#### Behavioral health care

Mental health care, such as

- Individual therapy
- Group therapy
- Inpatient rehab
- Crisis intervention

Substance use disorder services, such as

- Detox
- Outpatient rehab
- Opioid treatment
- Outpatient clinic

#### Care Coordination

- Services coordinated to meet your personal needs and goals

## Home and Community-Based Services

As a HARP member, you may qualify to get extra benefits and support needed to:

### Find housing. Live independently.

- Psychosocial rehabilitation
- Community psychiatric support and treatment
- Habilitation/residential support services
- Non-medical transportation for needed community services

### Return to school. Find a job.

- Education support services
- Pre-vocational services
- Transitional employment
- Intensive support employment (ISE)
- Ongoing supported employment

### Manage stress. Get immediate psychiatric care.

- Short-term crisis respite
- Intensive crisis respite

### Get help from people who have been there.

- Peer supports
- Family support and training

## Deciding if a HARP is the Right Choice

To join a HARP, you must be 21 or older, be eligible for Medicaid and **qualify for a HARP**.

Talk to your doctor, mental health specialist or substance use disorder counselor. They can help you decide if joining a HARP is the right choice for you.

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