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Optima Health

Lori Sharp, 757.617.7460
lsharp@prrbiz.com

CENTIPEDE Health Network

Nancy Everitt, 615.376.4677
neveritt@heops.com

**Optima Health and The CENTIPEDE Health Network Launch Program
to Highlight Non-Traditional Healthcare Providers**

*Summer of Love and Learning Trainings Reach Small Businesses Assisting
Isolated Virginians with Home Care*

Virginia Beach, Va. (June 4, 2019)— For a person who is homebound because of a health condition, in-home support services can mean the difference between keeping their independence and requiring care in expensive clinical settings. Supports services, such as those provided by adult daycare centers, meal services, personal care providers and home modification experts, often make as much impact on a person's quality of life as treatments received in a patient exam room.

To support the small businesses who perform these essential services in Virginia towns large and small, Optima Health and The CENTIPEDE Health Network are hitting the road this summer, touring in a learning bus across the Commonwealth to provide training and create awareness for the non-traditional healthcare providers that perform long-term service and support (LTSS). The Summer of Love and Learning Tour will host a variety of formal and informal events, including town halls and trainings designed to assist LTSS providers in offering quality and compliant care for Medicaid members.

CENTIPEDE is a network of healthcare and support service providers who assist patients in achieving and maintaining independence, improved health status, and timely access to quality care. Optima Health Medicaid members can utilize CENTIPEDE credentialed providers for their long-term and home care needs.

“We recognize that achieving quality healthcare means recognizing the needs of the members while they are in a medical setting, as well as what occurs in the members' homes,” said Randy Ricker, Vice President of Optima Health Community Care. “By supporting non-traditional providers, such as respite care workers and meal providers, we are improving the quality of health for our members and deepening relationships in the communities we serve. We are also excited to work with a Virginia Small, Women-owned, and Minority-owned Business (SWaM)” like CENTIPEDE and support the work they do that positively impacts our Medicaid members.”

Another aspect of the Summer of Love and Learning Tour is to recognize Hometown Heroes—outstanding long-term and home care providers who are passionate about the

care they provide to those in need. CENTIPEDE is identifying providers across Virginia and plans to honor them in their hometown during the tour.

“Long-term service providers are neighbors caring for neighbors and are a vital part of a vibrant community. CENTIPEDE is passionate about helping providers survive and thrive in a changing environment while creating an effective network of quality providers for long-term services,” said Nancy C. Everitt, PMP, President/CEO of HEOPS Inc. dba The CENTIPEDE Health Network. “The important contribution these providers make is often overlooked. CENTIPEDE wants to provide recognition and say thank you. We can make a difference by providing hands-on support in the field supplying providers with the tools and information they need to continue to offer compassionate care.”

For more information about Optima Health Medicaid plans, visit [optimahealth.com](https://www.optimahealth.com). For information about the Centipede Health Network, visit [centipedehealth.com](https://www.centipedehealth.com).

About Optima Health

Optima Health, based in Virginia, provides health insurance coverage to more than 510,000 members. With more than 30 years of experience, Optima Health offers a suite of commercial products including consumer-directed, employee-owned and employer-sponsored plans, individual health plans, employee assistance programs and plans serving Medicare and Medicaid enrollees. Its provider network features more than 28,500 providers including specialists, primary care physicians and hospitals across Virginia. Optima Health also offers programs to support members with chronic illnesses, customized wellness programs and integrated clinical and behavioral health services, as well as pharmacy management—all to help members improve their health every day. The company’s goals are to provide better health, be easy to use and offer services that are a great value. Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, Optima Health Group, Inc. and Sentara Health Plans, Inc. Optima Health is a service of Sentara Healthcare. To learn more about Optima Health, visit www.optimahealth.com.

About Centipede Health Network

HEOPS Inc. dba The CENTIPEDE Health Network is a delegated partner that specializes in non-traditional provider networks combining long-term support services, community based services and social determinants of health. CENTIPEDE powers health plans to offer the right services to change lives and powers providers to navigate change while simplifying the business of healthcare. CENTIPEDE is the first national network of long-term services and community based supports. HEOPS Inc is a partner



to the nation's best health plans and is a WBENC certified and a Virginia Small, Women-owned, and Minority-owned Business (SWaM). www.heops.com.