

# 2026 Benefit Changes

## Tufts Health Plan SCO

The following benefit changes apply to Tufts Health Plan Senior Care Options (SCO) members and are **effective for dates of service on or after Jan. 1, 2026**, upon the plan's effective or renewal date:

### Summary of Benefit Changes

- Coverage for over-the-counter (OTC), groceries, and personal care items will change as follows:
  - Members will receive two separate allowances on their Instant Savings OTC card.
  - Medicare allowance of \$115 per quarter will cover health-related OTC items.
  - Separate MassHealth (Medicaid) allowance of \$235 per quarter will cover groceries and personal care items.
  - The two separate allowances cannot be combined, and unused balances expire at quarter end.
- Non-medical transportation benefit will increase to four round trips per month (limit of 20 miles each way).
- Dental implant services will not be covered.
- Diabetes self-management training will not require referral.
- Per MassHealth (Medicaid) requirement, breast cancer screening will include coverage for diagnostic breast examinations for breast cancer, digital breast tomosynthesis screening and medically necessary and appropriate screening with breast MRIs or screening breast ultrasounds on the same basis as screening mammograms.
- Chronic pain management and treatment services will be covered at \$0 cost for members
  - Covers monthly services for people living with chronic pain (persistent or recurring pain lasting more than three months)
  - Services may include pain assessment, medication management, and care coordination and planning
- Coverage for blood glucose monitors and blood glucose test strips is limited to the Accu-Chek products manufactured by Roche Diabetes Care, Inc. (from OneTouch manufactured by LifeScan)
- Medicare Part B drugs may be subject to Step Therapy requirements that include Part B to Part B drugs, Part B to Part D drugs, and Part D to Part B drugs.
- Plan will cover the following Medicare-covered preventive services:
  - Pre-exposure prophylaxis (PrEP) for HIV prevention
  - Screening for Hepatitis C Virus infection
- Additional telehealth coverage will be available for the following additional services. Coverage requirements will be the same as for corresponding in-person visit.
  - Pulmonary Rehabilitation Services
  - Partial Hospitalization Services
  - Intensive Outpatient Services
  - Cardiac Rehabilitation Services
  - Intensive Cardiac Rehabilitation Services

*Please keep in mind that this is only a summary of benefit changes. Before services are rendered, providers are reminded to check member benefits using Tufts Health Plan's [secure Provider portal](#) or other self-service tools, even for members seen on a regular basis.*