

# Introducing Palliative Care Benefits

**Coordinated, interdisciplinary support for those at any stage of a serious, chronic, or life-threatening condition**



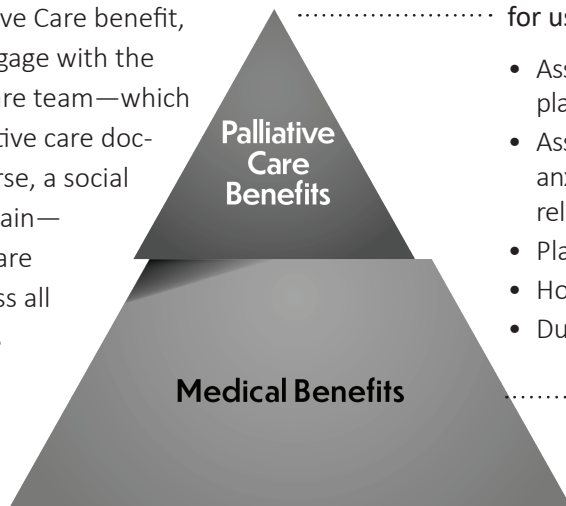
**Effective October 1, 2022**, the Directors Guild of America–Producer Health Plan began offering Palliative Care benefits to covered Health Plan participants and dependents.

- The new benefits work in conjunction with the Health Plan’s medical benefits and are administered through the Motion Picture and Television Fund’s (MPTF) nationally and state recognized Palliative Care program.
- For more information about the program or to find out if Palliative Care benefits might be helpful for you, call the MPTF Social Services Intake Line at (323) 634-3888.

## What services do Palliative Care benefits cover?

The Health Plan’s Palliative Care benefits comprise an added layer of support on top of the Health Plan’s medical benefits for those grappling with serious and chronic conditions.

Through the Palliative Care benefit, participants can engage with the MPTF’s Palliative Care team—which can include a palliative care doctor, a registered nurse, a social worker, and a chaplain—to coordinate the care necessary to address all of a patient’s needs throughout their illness...not just the medical ones.



## What is Palliative Care?

Unlike hospice care, which supports a patient solely at the end of life, Palliative Care is an interdisciplinary medical specialty that supports patients throughout their illness and focuses not only on physical symptoms but also a person’s (and their family’s and caregivers’) mental, emotional and spiritual health, leading to an improved quality of life through:

- ↓ Reduced pain and suffering,
- ↓ Reduced stress,
- ↓ Reduced emergency room visits due to symptoms or worsening of the condition, and
- ↓ Reduced use of post-acute care services, such as skilled nursing facilities.

Covered Health Plan participants and dependents pay nothing for using the Palliative Care benefit, which can include:

- Assistance with advance care planning
- Assessments for depression, anxiety and other issues related to a diagnosis
- Placements
- Home health
- Durable Medical Equipment
- Supportive counseling to assist you and your family in processing the changes a serious diagnosis can bring
- Legal assistance
- Food delivery programs
- Caregiver support

Any claims for services received from medical providers engaged through the Palliative Care benefit will be subject to Health Plan rules, including deductibles, co-payments and co-insurance.

## Is Palliative Care right for me?

The Palliative Care benefit supports covered participants and dependents who are seriously ill. If during the last 12 months under your Health Plan coverage, you had a medical claim with at least one qualifying diagnosis below, the program may be right for you. The list below is not exhaustive.

- Alzheimer's/dementia
- Certain cancers
- Cirrhosis
- Heart failure
- HIV
- Stroke
- Lung failure/pulmonary illnesses
- Neurodegenerative illnesses
- Renal disease



Even if you believe you do not meet the criteria above or if you are not currently covered under the Health Plan, MPTF offers a range of supportive services to members of the entertainment community and their families. If you are un-

sure of whether you would be eligible for the Palliative Care benefit and would like an evaluation, contact the MPTF Social Services Intake Line at (323) 634-3888.

## HOW DO I GET STARTED?

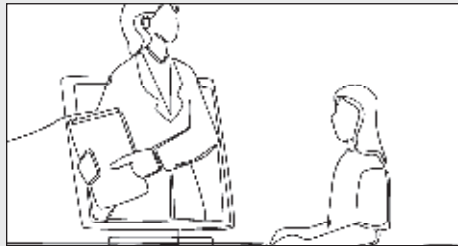
You may be referred to the Palliative Care program by a provider, or you can get started by contacting the MPTF Social Services Intake Line yourself at (323) 634-3888. Though each person's experience with Palliative Care will differ according to need, your experience will generally follow the three steps below:



### 1 Phone assessment

You can call the MPTF Social Services Intake Line at (323) 634-3888, or if your provider has referred you to the program, you will be contacted by phone for intake by either the Palliative Care social worker or RN.

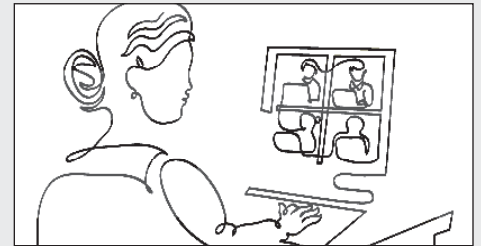
During the intake call, the social worker or RN will ask questions about your circumstances including diagnosis, symptoms, support system, entertainment industry affiliation, military veteran status, advance care planning documents, etc. You will also receive a description of what Palliative Care is and how it might benefit your current situation.



### 2 Initial Visit (virtual or in person)

The Palliative Care coordinator will call you to schedule your first visit with either the MPTF Palliative Care-certified team (social worker, chaplain, RN) alone or the MPTF team plus the UCLA Palliative Care, MD. The first visit is usually 60 minutes and may be, depending on your preference, via Zoom or in-person at the Palliative Care clinic on the MPTF's Woodland Hills, CA campus.

If a visit is going to include the UCLA Palliative Care MD, the Palliative Care RN will call you 1-2 days before your visit to get a list of the medications you are currently taking and any specific symptoms or issues you want to address at the visit.



### 3 Follow-up contacts (depending on need)

Following a visit, the Palliative Care coordinator will reach out via phone to schedule the next visit. Follow-up visits are generally 30 minutes. Frequency of follow-up visits is dependent on your situation. The RN may call to follow up on any new medications or treatments that were prescribed and answer any questions. The social worker may call or email with information about resources mentioned during the meeting. The chaplain is available for any follow-up needs.