

Free Member Benefit For Families

Are you caring for a child with a learning, social, or behavioral challenge, or a developmental disability?

Rethink is a member benefit that gives families 24/7 access to tools and resources to help you and your support team understand, teach, and communicate better with your child who has special needs.

- Schedule ongoing teleconsultations with a behavior expert
- Learn from how-to videos & access printable resources
- Teach your child crucial skills in socialization, language, self-help, academics, and employment
- Decrease problem behaviors and improve the home environment
- Collaborate more effectively with school and other caregivers
- No diagnosis needed and no age restrictions
- Not a part of your health plan (no fees or claims)
- 100% confidential and HIPAA compliant
- Available beginning January 1, 2019

Enroll today:

<http://kehpr.rethinkbenefits.com>

Code: KEHP

Questions?

Contact 800.714.9285

or support@rethinkbenefits.com

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BENEFITS



Kentucky Employees'
Health Plan



Frequently Asked Questions

Q: What is offered with the Rethink Member Benefits Program?

- Step-by-step videos showing how to teach hundreds of skills
- Written lesson plans & printable materials
- Data and progress tracking
- Behavior support planning tools
- Child activity center
- Peer support forums
- 14 hours of remote consultations with clinician
- Live and archived webinars

Q: Do I or my child need to meet certain criteria to be eligible?

No, there is no diagnosis or age range requirement to use Rethink. While the program is best suited for children or young adults with developmental disabilities (e.g., autism spectrum disorder, ADHD, intellectual or learning disabilities, etc.), anyone who needs support learning could benefit from Rethink.

Q: Do I need to use my personal health insurance to use Rethink, submit a claim, or pay out of pocket?

No, Rethink does not require medical insurance, open enrollment, or health benefits from the employer. It is also completely free to the member and all costs are covered by the employer!

Q: Is my or my child's information shared with anyone?

No, Rethink takes confidentiality and HIPAA compliance very seriously. No identifying information is shared with anyone inside or outside your employment.

Q: Who are the remote consultations for?

Consultations, or "parent coaching" hours, are for you as the parent/caregivers to assist with addressing any questions/concerns about lessons you are working on, troubleshooting skills you are teaching, preparing for IEP meetings, navigating the Rethink website, and more!

Q: How do I meet with the therapist with whom I will be speaking?

Consultations are done remotely, in a variety of ways- Skype, Phone, or VSee (online screen sharing / video chat).

Q: What is the benefit of doing a remote consultation?

The benefit is that you can schedule a time to speak at your convenience, avoid drive time, and access skilled clinicians even if you don't live near one (all are board certified behavior analysts with either a master's or doctorate). Also, clinical consultations are free of charge, making access to best practice support available to all members regardless of financial need.

Q: Am I limited to the number of children I can use Rethink for or number of adults I give access to?

No, you can add multiple children onto Rethink and create profiles for each of them. Also, you may grant anyone access to your child's profile (i.e., grandparents, aunt/uncle, teacher, baby sitter, therapist, etc.). All you need to do is make them a team member and give them their own login!

Q: My child already gets outside ABA services. Is this the same thing? What else can Rethink provide for me that I don't already have?

While in-home ABA services directly impact your child's learning, Rethink is an online tool for you as a parent/caregiver to not only learn how to better address behavior challenges, and communicate and interact with your child when the in-home provider is not there, but also supports you in collaborating with the in-home provider. Since they can use Rethink too, you can communicate more efficiently through the Rethink program, work on the same skills, and even share data if you wish.

Q: When will this benefit be available to members?

January 1, 2019

Q: Where do I sign up?

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How Rethink Can Support You

Use Case Scenarios



Scenario 1

Who: Kristy is a mother of 3 children. Her oldest son, Timmy, is 9-years-old and diagnosed with autism spectrum disorder. He is struggling with making friends, and his teacher reports he doesn't seem to know how to start or maintain conversations with peers. Kristy is worried this will only get worse as he gets older.

How Rethink can provide support: Kristy can access a variety of lessons in the Rethink lesson library to learn how to teach Timmy stronger social skills (sample lesson titles include: sustaining conversation on a topic, introducing yourself, and joining an ongoing conversation). She can watch short how-to videos, read lesson plans, and print out materials to help her feel confident teaching these skills and providing him with extra practice at home.

Scenario 2

Who: Mohammad has a 12-year-old son, Tarek, who is struggling to start and stay focused on homework after school. Mohammad is spending more than 2 hours a night sitting next to Tarek, trying to keep him working on his homework, which is causing a lot of stress. Tarek's teacher is now reporting his inability to focus at school, as well. Mohammad is afraid that Tarek's grades will fall as he gets further into middle and high school.

How Rethink can provide support: Mohammad can take advantage of the hundreds of visual supports and printable resources Rethink has to offer to help Tarek organize himself and stay motivated for homework time (resources include: homework schedules, organizers, behavior contracts, etc.). Mohammad can also schedule free teleconsultations to discuss how these supports are going, troubleshoot, and gain additional strategies from a skilled behavior expert (Rethink's board certified behavior analysts are masters and doctoral level clinicians).

Scenario 3

Who: Raj and Priya recently picked up their youngest daughter, 10-year-old Zara, from summer camp. They notice she's acting very differently than before she went to camp. She's no longer following their rules and is talking back to them. This catches them off guard, and they are not sure how to handle this new behavior.

How Rethink can provide support: Raj and Priya can take advantage of Rethink's free teleconsultations services to speak with a behavior expert about how to address these new behavior challenges in the home. They can learn why these new behaviors are occurring, create a behavior plan (for example, provide Zara with positive reinforcement for following rules and refraining from talking back), learn how to stay consistent with a behavior plan, and how to fade the plan out over time.

Scenario 4

Who: Ramon and Christina have just received the diagnosis of intellectual disability for their daughter, Maria. They are not sure where to begin. They were given a list of places to call but need help getting organized, identifying support, and finding someone to talk with about how to best help their daughter.

How Rethink can provide support: Ramon and Christina can take advantage of Rethink's free teleconsultation services. They can speak with behavior experts who will provide them with guidance and someone to listen to their concerns, as well as suggesting Rethink lessons to begin working on while they await direct services for Maria.

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