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Easy Read Edition

# **A Self-Advocate's Guide to **Managed Long-Term Services and Supports****

Part 1: To Start

# Words to Know in Part 1



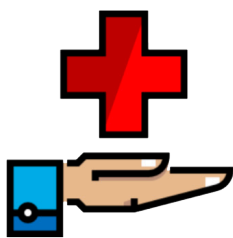
## long-term services and supports (LTSS)

Services that help disabled people live our everyday lives. Some kinds of LTSS are job coaches or in-home helpers.



## managed long-term services and supports services (MLTSS)

When a health insurance company runs a Medicaid LTSS program.



## Medicaid

A health care program in the United States. It gives health care to people who can't pay for health insurance.

# 1. To Start

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This toolkit is about **Managed Long Term Services and Supports**.



We call them “Managed LTSS” or “MLTSS” for short.

This toolkit will help answer these questions:



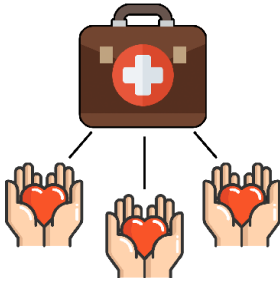
- What is **Medicaid**?



- What is health insurance?



- How does Medicaid pay for health care?



- What is managed care?



- How can states switch how they pay for Medicaid?



- What are long-term services and supports (LTSS)?



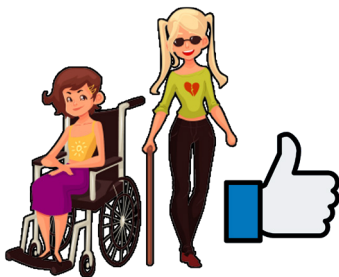
- What are Managed LTSS?



- What are the good things about Managed LTSS?



- What are some things to watch out for about Managed LTSS?



- How can people who get LTSS help make sure that Managed LTSS works for them?