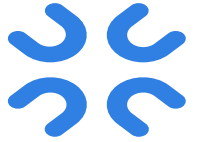




Health Promotion 2025 Programs

I-SNP 2025 Benefit & Program Updates



2025 Programs

- Healthy Benefits+
 - OTC
 - Prescription Eyewear
 - Grocery Discounts
- Caregiver Assurance
- GrandPad
- Mobile Dental Clinic
- Tobacco/Nicotine Cessation
- Wellness Kits
 - Adult Dental Kit
 - Memory Support Kit

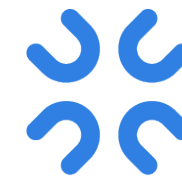


NEW! Supplemental Benefits

2025

Caregiver Assurance

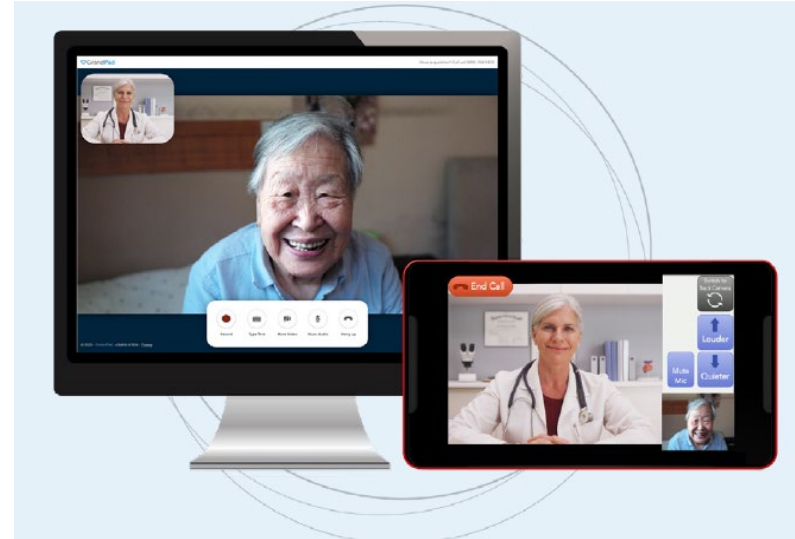
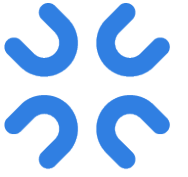
Eligible: ISNP



- Partner with a dedicated Caregiver Assurance Advisor who is a clinical professional experienced in aging and caregiving. The advisor will help address the member's top caregiving concerns, collaborate with care coordination and offer suggestions, informational resources and referrals. Advisors are available by phone M – F, 9 am – 7 pm at 612-672-7996.
- Members qualify for 12 no-cost visits per calendar year
- Examples of what's available for caregivers:
 - Stress management
 - Emotional Support
 - Self-care guidance
 - Financial resources
 - Family support
 - Resource coordination
 - Problem solving

GrandPad

Eligible: ISNP



A tablet designed for seniors offered to MSHO and ISNP members that have a depression or anxiety diagnosis.

GrandPad is a full-service solution that reduces the devastating impact of social isolation on the health and well-being of older adults. The customizable platform of GrandPad allows healthcare companies to keep patients and families engaged, and to improve clinical workflows and outcomes.

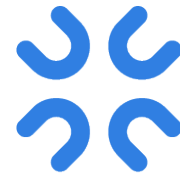
Available through care coordination or by calling 1-888-501-3273.

Key GrandPad Features for the User:

- ✔ Super-simple interface (for any age / ability)
- ✔ Keep in contact w/ loved ones (help prevent loneliness)
- ✔ Remote setup: customize from website and app anywhere
- ✔ Personalized support 24/7, just one button away
- ✔ Ideal for those who'd struggle w/ iPhones / iPads etc.
- ✔ No need for WiFi (cloud based, 4G LTE internet included)
- ✔ Take photos & videos – easily share with friends & family
- ✔ Video calls (one-to-one and multi-party connections)
- ✔ Phone calls (speak to loved ones anytime, anywhere)
- ✔ Music streaming with easy-listen playlists, ad-free
- ✔ A personal email (can restrict senders, no junk / no scams)
- ✔ Web browser: restricted to family-selected sites or with full access
- ✔ 18 games (inc. Bingo, card, word & number puzzles), ad-free
- ✔ Picture gallery w/ slideshow mode
- ✔ Stay up to date w/ curated news & articles
- ✔ Global weather (shows weather / time of contacts locations)
- ✔ Search the internet, encyclopedia or dictionary with ease
- ✔ Useful tools like a calculator, flashlight, magnifying glass
- ✔ Cable-free charging cradle, ideal for arthritic hands
- ✔ No on/off button, case wakes up and sleeps device
- ✔ Folding case, quality stylus pen, and 1 screen cleaning cloth
- ✔ Magnet with customer support contact info



GrandPad comes complete with everything needed for patients to connect with caregivers, family, and more, and the service to support it.



Wellness kits

[Member Fitness Resources for an Active Lifestyle | UCare](#)

- **Memory Support Kit (NEW!)**
 - Eligible: MSHO, ordered by care coordinator; **ISNP**
 - Photo album, memory training game, books; animatronic animals/dolls, weighted blanket, etc.
- **Adult Dental Kit**
 - Eligible: MSHO, Connect+Medicare, **I-SNP**
 - Electric toothbrush, charger, toothpaste, floss – 1 every 3 years
 - Refill kit – replacement heads, toothpaste, floss



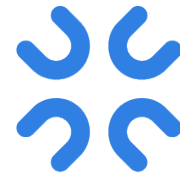
Supplemental Benefits & Value Added Programs

2025



Healthy Benefits+ Visa Card

Replacing the UCare Rewards Benefit Mastercard and the Healthy Savings card



Healthy Benefits+ Visa Card

- **The card is reloadable** - to not throw the card away
- **The card can be used anywhere a Visa debit card is accepted**
 - This card can't be used for cash or any cash equivalent
 - This card will not work at liquor, firearm and tobacco/vaping retailers
 - Other limits may apply (no Target or Amazon Purchases)
 - Walmart is back in under their S3, UPC level network
- **How do members receive a card**
 - All members with an allowance will automatically be issued a card.



Healthy Benefits+ Visa Card

- Allowances
 - OTC (semi-annual)
 - Prescription Eyewear (annual)
- Grocery Discount Program



healthy benefits+

PO Box 52
Minneapolis, MN 55440-9682
Ucare.
Important Plan Information

<<Firstname Lastname
Address 1
Address 2
City, State, Zip>>

Activate your card to start spending

Your UCare Healthy Benefits+ Visa® card is here. When your 2024 coverage begins, you'll get:

- <<\$XXX>> twice a year on over-the-counter (OTC) items
- <<\$XXX>> annually on prescription eyewear expenses
- weekly discounts on groceries

Coming to your mailbox soon. Keep an eye out for your 2024 OTC catalog.

If prompted, your PIN is the last 4 digits of your card number.

Your allowance will automatically load onto your card. Your OTC allowance expires on June 30 and December 31. Your prescription eyewear allowance expires on December 31. Allowances expire upon termination of your plan.

The easiest way to activate your card

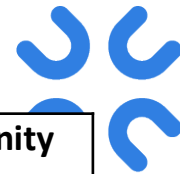
Scan the QR code to download Healthy Benefits+™ mobile app.

You can also activate your card at HealthyBenefitsPlus.com/UCare or by calling 1-855-256-4620 (TTY 711).

Shopping instructions on the back

UCR2001

Healthy Benefits+ Visa Card (2025)



Plan	OTC Allowance	Food Allowance	Rewards	Grocery Discount	Eyewear Allowance	Combined Flexible Benefit Allowance (D/V/H)	Utilities Allowance	Transportation Allowance	Community Education Allowance
UCare Medicare	\$45-\$70		X	X	\$100-\$200				\$45
EssentiaCare	\$50		X	X	\$100-\$200				\$45
Aspirus Essentials Rx	\$75		X	X	\$250				
Aspirus Elite	\$75		X	X	\$175				
ISNP	\$75			X	\$200-\$225			\$500	
Medicare PPO	\$75		X	X		\$1,200-\$1,600			
EC Access plan	\$50		X	X		\$600			
MSHO	\$70	\$75	X	X			\$55		\$100
Connect + Medicare	\$60	\$75*	X	X					\$100
Connect			X	X					\$100
PMap			X	X					\$100
MNCare			X	X					\$100
MSC+			X	X					\$100
IFP			X	X					\$45

*With eligible chronic condition

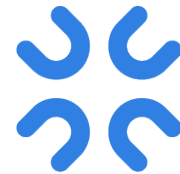
Gray = quarterly allowance. Expires at the end of March, June, September, and December

Yellow = semi-annual allowance. Expires June 30 and December 31

Blue = monthly allowance. Expires at the end of each month

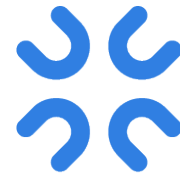
Red = annual allowance. Expires at the end of each calendar year

Program & Allowance Descriptions



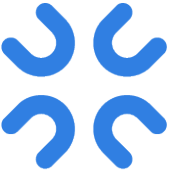
OTC Allowance

- Eligible
 - **ISNP:** \$75 Semi-annual. Expires June 1st and December 31st
- Unused funds expire and do not roll over into the next allowance period.
- Can be used in store, online, or over the phone
- Must be a participating location (S3)
- Eligible item categories include
 - Allergy & Sinus
 - Cold, cough, & flu
 - Oral care
 - Ear & eye care
 - First aid
 - Pain relief & management
 - PPE
 - Skin & sun care
 - Vitamins & supplements
 - Digestive health
 - Stop smoking
 - Weight management



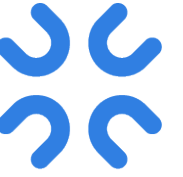
Prescription Eyewear Allowance

- Eligible
 - **ISNP UCare Advocate Choice:** \$200 annual allowance
 - **ISNP UCare Advocate Plus:** \$225 annual allowance
- Expires at the end of each year
- Can be used at prescription eyewear retailers that Visa is accepted
 - Walmart is included
 - Receipt reimbursement available for members



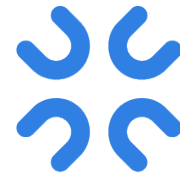
Transportation Allowance

- Eligible
 - All ISNP members
- \$500 annually to use on approved health related transportation
- Allowance expires at the end of the year. Unused funds do not carry next allowance period.
- Runs through Visa network on allowable MCCs
- Receipt reimbursement available



Grocery Discounts

- Can only be used in store only at participating locations (S3)
- Similar to digital coupons
- Change weekly and are automatically loaded to the card
- Discounts can be found online or in the app
- For those with only grocery discounts (no allowance)
 - Member will receive a Healthy Benefits+ card and the grocery discount program will activate when they earn a reward OR they can call CS to request activate the grocery discount program and request a new card.

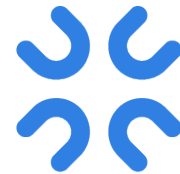


Mobile Dental Clinic

Eligible: All UCare plans, except Aspirus

- Offers basic dental care – checkups, cleanings, simple restorative care
- 15 locations across MN
- Operates 48 weeks of the year
- Check ucare.org/mdc for calendar and scheduling info.





Mobile Dental Clinic

Seven outstate sites

- Duluth
- Rochester
- Mankato
- Winona
- Walker
- St. Cloud
- Austin

Eight metro sites

- South Minneapolis
- North Minneapolis
- Blaine
- Forest Lake
- West St. Paul
- Eden Prairie
- Roseville
- Apple Valley

Healthy benefits of quitting

20 MINUTES

Your heart rate drops.

12 HOURS

Carbon monoxide level in your blood decreases to normal.

48 HOURS

Nerve endings start to regrow and the ability to smell and taste is enhanced.

14 TO 90 DAYS

Your heart attack risk drops and lung function begins to improve.

1 TO 9 MONTHS

You may cough less and you don't get short of breath as easily.

1 YEAR ♥

The excess risk of coronary heart disease is half that of a continuing smoker.



Tobacco/Nicotine Cessation

Eligible: All UCare plans

- Call **1-855-260-9713** or visit **myquitforlife.com/ucare** (or /aspirus or /essentiacare)
- 1-on-1 quitting support with a coach via phone or web support
- Free Patches and Gum support to help with quitting
- 4 programs: Adult, Pregnancy, Behavioral Health, & Youth (ages 13-17)
- Mobile app, text support
- Message coaches online, member-only
- Website/resources/workbooks
- E-cigarette/Vaping support

Questions?