

Over-the-counter (OTC) and Healthy Food Program Guide

How to spend your benefit allowance,
where to shop and more.



Healthy Benefits+ for a healthy budget.

Use your benefit allowance to spend on items for healthy living and boost your budget.

Buy items like pain relief medicine, toothpaste, fresh fruit and veggies, bottled water and more. You'll find a selection of eligible items in this catalog, but even more are available online or in-store at participating locations.

Activate Your Benefit

If you haven't already,
**activate your card
to start spending.**

Easiest

Use the Healthy Benefits+ mobile app

Easier

Visit HealthyBenefitsPlus.com/UCare

or call 1-855-256-4620 (TTY 711)

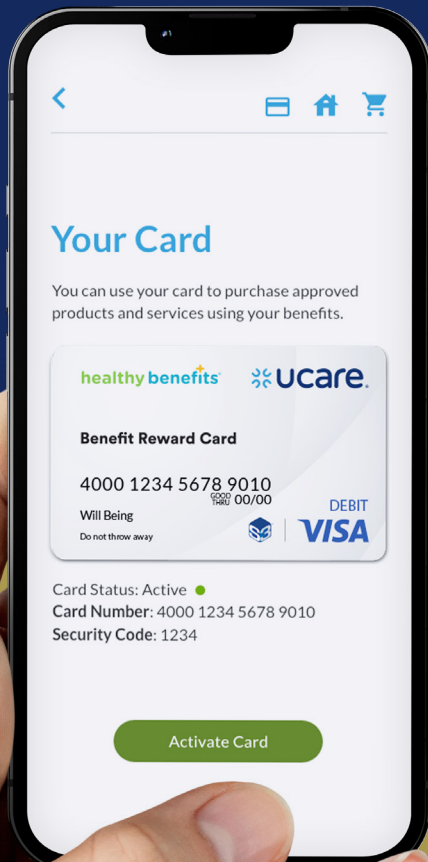


The Healthy Benefits+ App

Make shopping easier with the app.



Download the app today.



Allowance Balance

See your account details at-a-glance.



In-App Shopping

Use our in-app store to order qualified items.



Store Finder

Find participating stores, like Walmart, CVS and Kroger, and shop close to home.



Product Scanner

Scan items in-store to see if they are eligible before checkout.



Digital Card

Scan your card from your phone at checkout.



The best place to spend? Where you already shop.

Shop in-store

We've partnered with leading retailers and local stores to make sure your benefit allowance goes far so you don't have to. Shop in-store at any of our 55,000 participating locations.

Walgreens

♥ **CVS**

 **Kroger** FRESH FOR EVERYONE™

Baker's City Market Publix FreshMarket Fry's GoGo!      

Walmart 

and more

Shop online

Order directly at HealthyBenefitsPlus.com/UCare or in the **Healthy Benefits+ mobile app**. Or, for fast delivery, you can shop with one of our partners.

Uber Eats

Walmart 

and more

Shop by phone

Find items using this catalog.

Call **1-833-862-8276 (TTY 711)** to place an order.

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Allergy and Sinus

Find even more items online



Allegra
24hr Adult Non-Drowsy Allergy Relief Fexofenadine Hydrochloride Tablets, 180mg, 30ct

\$19.96

#15529219



Allegra
24hr Adult Non-Drowsy Allergy Symptom Relief Tablets, 180mg, 90ct

\$29.49

#879620290



Equate
Fexofenadine Hydrochloride USP Non-Drowsy Allergy Relief Tablets, 180mg, 30ct

\$12.98

#271274443



Equate
Fexofenadine Hydrochloride USP Non-Drowsy Allergy Relief Tablets, 180mg, 30ct

2pk

\$19.66

#571480286



Benadryl
Cold and Allergy Relief Antihistamine Ultratabs, 25mg, 48ct

\$8.88

#10294029



Benadryl
Cold and Allergy Relief Antihistamine Ultratabs, 25mg, 100ct

\$14.88

#31956102



Equate
Allergy Relief Tablets with Diphenhydramine Hydrochloride Antihistamine, 25mg, 365ct

\$7.42

#170669688



Claritin
24hr Allergy Relief Antihistamine Tablets, 10mg, 30ct

\$21.97

#51409747



Zyrtec
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 30ct

\$19.97

#10452571



Zyrtec
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 90ct

\$33.74

#224749468



Equate
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 90ct

\$17.46

#10898797



Afrin
No Drip Severe Congestion Pump Mist Nasal Spray, 1.0fl oz

2pk

\$16.46

#714749714



Arm & Hammer
Simply Saline Nasal Mist, 3.1oz

\$5.88

#17325136



Flonase
24hr Allergy Relief Non-Drowsy Metered Nasal Spray, 144 Sprays

\$27.98

#752393566



Equate
Non-Drowsy Fluticasone Propionate Allergy Relief Nasal Spray, 50mcg, 72 Sprays

\$9.88

#128562409



Vicks
Sinex Severe, Original Ultra Fine Mist Nasal Spray, 265 Sprays

\$9.96

#52785149



Equate
Phenylephrine Hydrochloride 1% Nasal Spray, 1.0fl oz

\$3.32

#10325040



Vicks
VapoStick, No Mess Non-Medicated Solid Balm, Soothing Vapors, 1.25oz

\$9.96

#758739695



Vicks
VapoInhaler, Portable Non-Medicated Nasal Inhaler, Menthol

2pk

\$11.97

#127783889

Bathroom Safety

Find even more items online



Equate

Durable Transfer Shower Bench with Back Rest, 350lb Capacity, Black

\$82.00

#14179104



Equate

Bath and Shower Chair with Back, 350lb Capacity, Black

\$39.98

#14179130



Equate

Raised Toilet Seat with Handles, 5" Toilet Seat Riser with Arms, Fits Most Toilets

\$42.42

#14179132



Mainstays

Grab Bar with Concealed Screws, 12", Stainless Steel

\$17.24

#878349797



Mainstays

Grab Bar with Concealed Screws, 16", Stainless Steel

\$19.77

#312147590



Safe-er-Grip

Bathtub and Shower Grab Bar, 12", Chrome

\$17.20

#487817937



Safe-er-Grip

Bathtub and Shower Assist Bar, 16", White

\$13.04

#10848474



Waterpik

5+ Mode PowerPulse Massage Shower Head, White

\$49.92

#2565116616



Waterpik

6-Mode PowerPulse Massage Shower Head, Chrome

\$20.88

#861067077

Braces and Supports

Find even more items online



ACE

Reversible Splint Wrist Brace, Adjustable, One Size, Grey

\$17.56

#23598249



Mueller

Reversible Compression Glove, One Size, Black

\$7.92

#600107436



Mueller

Adjustable Hinged Knee Brace, One Size, Black

\$21.97

#10533465



Equate

Adjustable Knee Brace, One Size, Black

\$11.08

#397972356



Nufabrx

Unisex Pain Relieving Lower Leg Compression Sleeve, One Size, Black

\$19.48

#578001224



Nufabrx

Unisex Pain Relieving Ankle Compression Socks, One Size, Grey

\$19.48

#418876017



Truform

Firm Strength Compression Socks, Knee High, Closed Toe, M, Beige

\$14.86

#443347762



Truform

Firm Strength Compression Socks, Knee High, Closed Toe, L, Black

\$14.86

#233759827



Copper Fit

Unisex Rapid Relief Back Support Brace with Hot and Cold Therapy, Adjustable

\$28.47

#721598773

Cold, Cough and Flu

Find even more items online



Alka-Seltzer Plus
Severe Cold PowerFast Fizz Effervescent Tablets, Sparkling Original, 36ct

\$13.48

#860418363



Advil
Multi-Symptom Cold and Flu Relief Ibuprofen Coated Tablets, 20ct

\$9.48

#421960486



Coricidin HBP
Cold and Flu Relief Tablets, High Blood Pressure, 20ct

\$8.46

#17324929



Mucinex
12hr Guaifenesin with Relief of Chest Congestion Expectorant Extended-Release Tablets, 600mg, 20ct

\$14.97

#12018745



Luden's
Throat Drops, Sore Throat Relief, Wild Cherry, 90ct

\$4.54

#40076110



Ricola
Soothing Cough Drops, Throat Relief and Cough Suppressant, Original Herb, 45ct

\$4.98

#10805242



Equate
Cough Drops with Menthol, Honey Lemon, Value Size, 160ct

\$4.48

#54320956



Equate
Sugar-Free Cough Drops, Honey Lemon, 140ct

\$4.48

#234523956



Vicks
VapoRub Topical Chest Rub and Analgesic Ointment, 3.53oz

\$9.97

#10416120

Daily Living Aids

Find even more items online



Equate
Ultra Pill Splitter and Pill Cutter with Retracting Blade Guard

\$4.12

#291086762



Equate
AM/PM Weekly Pill Planner, L

\$4.12

#755395012



Equate
Foam Ring Cushion, Black

\$12.97

#838318146



Equate
Memory Foam Coccyx Cushion, Black

\$25.23

#228156630



General Electric
UltraBrite LED Motion-Activated Night Light, Dusk to Dawn

2pk

\$16.38

#934572952



Equate
Folding Reaching Tool, 32"

\$14.88

#977292742



Vicks
ComfortFlex Oral Digital Thermometer

\$12.48

#3049265229



Equate
Fingertip Pulse Oximeter, Oxygen Level and Pulse Rate*

\$36.62

#2289047664



Equate
Wrist Blood Pressure Monitor, 4500 Series*

\$39.98

#506668200

Diabetes OTC

Find even more
items online



CeraVe
Diabetics'
Dry Skin
Moisturizing
Body Cream,
8oz

\$9.97

#777091083



Gold Bond
Diabetics'
Dry Skin
Moisturizing
Body Lotion,
4.5oz

\$5.94

#39778494



Gold Bond
Diabetics' Dry
Skin Relief Body
Lotion with
Aloe, 21oz

\$12.98

#2223022128



Dr. Scholl's
Men's Diabetes
and Circulatory
Crew Socks,
Size 7-12

6pk

\$12.98

#967758523



Dr. Scholl's
Men's Diabetes
and Circulatory
Crew Socks,
Size 13-15, White

6pk

\$12.98

#480386634



Dr. Scholl's
Women's
Diabetes and
Circulatory
Crew Socks,
Size 4-10

6pk

\$12.97

#976726353



Glucocil
Premium Blood
Sugar Support
Supplement
Softgels, 60ct*

\$24.97

#433000582



ReliOn
Glucose
Chewable
Tablets, Fruit
Punch, 50ct

\$4.24

#564577731



ReliOn
Sterile Alcohol
Swabs, 200ct

2pk

\$3.82

#911903437

Digestive Health

Find even more items online



Alka-Seltzer
Extra Strength Effervescent Heartburn Relief Tablets, 24ct

\$5.78

#124769667



Nexium
24hr Acid Reducer Heartburn Relief Capsules with Esomeprazole Magnesium, 20mg, 42ct

\$25.28

#35284453



Equate
Acid Reducer Esomeprazole Magnesium Delayed-Release Caplets, 20mg, 14ct

3pk

\$14.97

#8457196



Prilosec OTC
Omeprazole Heartburn Relief and Acid Reducer Tablets, 20mg, 42ct

\$22.98

#10312057



Equate
Omeprazole Delayed-Release Capsules, 20mg, 14ct

3pk

\$14.97

#14706053



Tums
Smoothies, Extra Strength Chewable Antacids, Assorted Fruit, 750mg, 140ct

\$9.98

#43337007



Equate
Ultra Strength Antacid Tablets for Heartburn, Assorted Berries, 1000mg, 160ct

2pk

\$9.38

#40320709



Mylanta
Maximum Strength Antacid and Anti-Gas Liquid, Classic Flavor, 12fl oz

\$8.38

#5262717278



Imodium A-D
Loperamide Hydrochloride Anti-Diarrheal Softgels, 2mg, 24ct

\$14.48

#54061717



Equate
Loperamide
Tablets for
Diarrhea, 2mg,
24ct

\$3.98

#1120328



Pepto Bismol
Upset Stomach
and Diarrhea
Relief Chewable
Tablets, 30ct

\$5.28

#10317156



Pepto Bismol
Upset Stomach
and Diarrhea
Relief Liquid,
16fl oz

\$13.48

#20468141



Phillips'
Milk of
Magnesia Liquid
Magnesium
Laxative, Wild
Cherry, 26fl oz

\$8.98

#10316169



Gas-X
Extra Strength
Fast Gas Relief
Simethicone
Softgels, 125mg,
72ct

\$14.48

#10294134



Equate
Extra Strength
Gas Relief
Softgels, Value
Size, 125mg,
150ct

\$7.98

#44662550



Dulcolax
Laxative
Tablets, Reliable
Overnight Relief,
5mg, 50ct

\$9.98

#46120361



MiraLAX
Laxative Powder
for Constipation,
Stool Softener,
45 Doses

\$29.97

#197347253



Equate
ClearLax
Polyethylene
Glycol 3350
Laxative Powder
for Solution, 30
Doses

\$12.13

#14122821



MetaMucil
Sugar-Free 4-in-1
Fiber Powder,
Orange, 180
Doses

\$32.98

#13314273

Eye Care

Find even more items online



OPTI-FREE
Multi-Purpose
Contact Lens
Disinfecting
Solution, 10fl oz

\$10.87

#17325078



Equate
Multi-Purpose
Solution, 12fl oz

2pk

\$6.97

#10324537



Clear Eyes
Maximum
Redness Relief
Lubricant Eye
Drops, 1.0fl oz

\$6.29

#10533086



Clear Eyes
Redness Relief
Lubricant Eye
Drops, 0.5fl oz

3pk

\$11.46

#10324718



Refresh
Lubricant Eye
Drops, 0.5fl oz,
2ct

\$14.68

#10294098



LUMIFY
Redness Reliever
Eye Drops,
0.08fl oz

\$12.98

#193381081



Systane
Ultra Dry Eye
Care Symptom
Relief Eye
Drops, 0.33fl oz

2pk

\$19.48

#14574724



PreserVision
AREDS 2
Formula Vitamin
and Mineral
Supplement
Mini Softgels,
90ct*

\$26.58

#51209070



PreserVision
AREDS 2
Formula
Vitamin and
Mineral
Supplement
Mini Softgels,
140ct*

\$34.47

#135526423

Feminine Health

Find even more items online



AZO
Maximum Strength Urinary Pain Relief Tablets, 99.5mg, 24ct

\$8.12

#10317749



Equate
Maximum Strength Urinary Pain Relief Tablets, 99.5mg, 24ct

\$5.48

#873871339



Vagisil
Odor Block Daily Intimate Vaginal Feminine Wash, 12fl oz

\$5.67

#14706001



Vagisil
Maximum Strength Anti-Itch Cream, 1oz

\$5.58

#10317901



Vagisil
Maximum Strength Anti-Itch Medicated Wipes for Instant Relief, 20ct

\$6.47

#11973914



Equate
Adults' Hair, Skin, and Nails Gummies, 90ct*

\$6.88

#427349485



Monistat
1-Dose Yeast Infection Treatment, 1 Ovule Insert and External Itch Cream, 0.32oz

\$18.44

#23601909



Monistat
1 Day Yeast Infection Treatment for Women, 1 Tioconazole Ointment Applicator

\$13.92

#20440497



Equate
Miconazole 7-Day Vaginal Cream with Disposable Applicators, 1.59oz

\$5.97

#549962132

First Aid

Find even more items online



Johnson & Johnson
All-Purpose Portable Compact First Aid Kit, 160pc

\$18.36

#123036922



Equate
All-Purpose First Aid Kit, 140pc

\$14.98

#1568852471



Equate
Multi-Purpose Hot or Cold Gel Bead Pack, 4.5" x 7.75"

\$5.98

#872327



Band-Aid
Flexible Fabric Adhesive Bandages, Assorted Sizes, 100ct

\$8.48

#22156370



Equate
Antibacterial Flexible Fabric Bandages, Assorted Sizes, 100ct

\$4.97

#744521299



Equate
Antibacterial Heavy Duty Fabric Bandages, L, 60ct

\$4.97

#191616103



New-Skin
Liquid Bandage, Waterproof Bandage for Scrapes and Minor Cuts, 0.3fl oz

\$3.98

#143805486



Equate
Self-Adhering Elastic Bandages, 2", 2ct

\$6.27

#3770903296



Equate
Self-Adhering Sports Wrap, 3", 2ct

\$7.47

#405394946



Equate
Paper Tape, 1",
2ct

\$3.18

#180345854



Equate
Rolled Gauze,
3" x 2.5yd, 5ct

\$5.78

#191193830



Equate
Gauze Pads,
4" x 4", 25ct

\$4.94

#400745681



Q-Tips
Cotton Swabs,
500ct

2pk

\$7.74

#5387306691



Equate
Jumbo Cotton
Balls, 400ct

\$3.78

#280043267



Neosporin
Neosporin plus
Pain Relief Dual
Action First
Aid Antibiotic
Cream, 1oz

\$8.82

#42087741



Neosporin
Original First
Aid Antibiotic
Bacitracin
Ointment, 1oz

\$6.88

#10294303



Equate
First Aid Triple
Antibiotic
Ointment,
Infection
Protection, 1oz

2pk

\$4.87

#20659621



Cortizone 10
Intensive
Healing Anti-
Itch Crème, 2oz

\$7.98

#1220714814



Equate
Maximum
Strength
Hydrocortisone
Cream, 2oz

2pk

\$7.12

#878549159



2pk

Vaseline
Original
Petroleum Jelly,
13oz

\$9.98

#322019371



6pk

Equate
3% Hydrogen
Peroxide Liquid
Antiseptic,
32fl oz

\$5.98

#1257780502



\$7.81

Equate
First Aid Iodine
Antiseptic
Liquid, 8fl oz

#236247392



6pk

\$20.58

Equate
91% Isopropyl
Alcohol
Antiseptic
Liquid, 32fl oz

#1859034246



\$1.08

ReliOn
Sterile Alcohol
Swabs, 100ct

#934213386



\$5.88

Equate
Original Hand
Sanitizer, 32fl oz

#1291145618



\$14.97

Equate
Nitrile Exam
Gloves, One
Size, 100ct

#260948218



\$9.97

Equate
Vinyl Exam
Gloves, L/XL,
100ct

#104014220



\$5.74

Dr Teal's
Pure Epsom
Salt Soak,
Therapeutic,
Fragrance Free,
6lb

#17325251



\$6.64

Equate
Epsom Salt,
Unscented, 8lb

#690032288

Foot Care

Find even more items online



Arm & Hammer
Invisible Spray
Foot Powder,
7oz

\$7.48

#120941774



MagniLife DB
Diabetes Pain
Relieving Foot
Cream for
Burning and
Tingling, 4oz

\$16.48

#46342073



Gold Bond
Maximum
Strength
Medicated
Talc-Free Foot
Powder, 1%
Menthol, 10oz

\$7.97

#856146965



Lamisil
Athlete's Foot
Antifungal
Cream, 1oz

\$16.14

#10294287



Lotrimin
Athlete's Foot
Antifungal
Powder Spray,
4.6oz

\$8.77

#1649719982



Equate
Athlete's Foot
Antifungal
Cream, 2oz

\$6.84

#10324685



Kerasal
Nighttime
Renewal Fungal
Nail Patches,
14ct

\$18.58

#2106627153



Silka
Maximum
Strength Toenail
Antifungal
Liquid, 0.45fl oz

\$10.97

#5195244253



Compound W
Maximum
Strength One
Step Plantar
Wart Remover
Foot Pads, 20ct

\$8.26

#46068797

Incontinence

Find even more items online



Aquaphor
Healing Ointment
Advanced Therapy Skin
Protectant,
1.75oz

\$6.28

#14284656



Cottonelle
Ultra Fresh
Flushable
Wipes, 42ct

4pk

\$7.78

#782523046



Cottonelle
Fresh Care
Flushable
Wipes, 168ct

\$7.77

#38192980



Equate
Flushable
Wipes,
Fresh Scent,
Resealable
Packs, 48ct

5pk

\$6.98

#873764



Equate
Flushable
Wipes, Fresh
Scent, 48ct

3pk

\$4.97

#873057



Equate
Witch Hazel
Flushable
Hemorrhoidal
Medicated
Wipes, 48ct

\$4.24

#439527226



Equate
Everyday
Clean Wipes,
Hypoallergenic,
Fragrance Free,
240ct

\$5.28

#15754317



Assurance
Premium
Disposable
Washcloths, XL,
192ct

\$9.97

#5258490555



TENA
ProSkin Ultra
Adult Wipes,
48ct

\$5.58

#546749362



Assurance
Unisex Premium
Quilted
Underpad,
Maximum
Absorbency, XL,
30ct

\$16.86

#167121557



Always Discreet
Women's
Incontinence
Pads, Moderate
Long, 54ct

\$13.88

#37892484



Always Discreet
Women's
Ultimate
Extra Protect
Incontinence
Pads, Ultimate
Absorbency,
42ct

\$21.47

#560589946



Equate
Women's
Options
Incontinence
Pads, Ultimate
Absorbency,
Long, 51ct

\$14.97

#480909321



Poise
Women's Daily
Incontinence
Liners,
Very Light
Absorbency,
Long, 81ct

\$9.96

#50160163



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 36ct

\$14.34

#1708693108



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 54ct

\$23.27

#309525299



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, L,
36ct

\$14.34

#1260106765



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, L,
54ct

\$23.27

#293491517



Depend
Women's Night
Defense Adult
Incontinence
Underwear,
Overnight
Absorbency, S,
16ct, Blush

\$14.88

#315199488



Depend
 Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, M, 15ct, Blush

\$13.74

#693664532



Depend
 Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, XL, 12ct, Blush

\$13.74

#50160174



Depend
 Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, L, 14ct, Light Pink

\$13.74

#50160154



Assurance
 Women's Incontinence Underwear, Maximum Absorbency, XL, 36ct

\$20.44

#1192975968



Assurance
 Women's Incontinence Underwear, Maximum Absorbency, XXL, 54ct

\$23.27

#518469943



Assurance
 Men's Incontinence Underwear, Maximum Absorbency, S/M, 36ct

\$14.34

#1935841408



Assurance
 Men's Incontinence Underwear, Maximum Absorbency, L/XL, 36ct

\$14.34

#1589317356



Depend
 Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, S/M, 16ct, Grey

\$14.88

#373184535



Depend
 Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, L, 14ct, Grey

\$14.88

#450954355



Depend
 Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, XL, 12ct, Grey

\$14.88

#220896172

Oral Care

Find even more items online



Fixident
Plus Scope
Secure Denture
Adhesive
Cream, 2oz

\$5.97

#10321912



Super Poligrip
Original Denture
and Partial
Adhesive
Cream, 2.4oz

3pk

\$13.97

#481336870



Polident
Overnight
Whitening
Antibacterial
Denture
Cleanser
Tablets, 120ct

\$6.44

#20470702



Equate
Fresh
Antibacterial
Denture
Cleanser
Tablets, Mint,
120ct

2pk

\$8.52

#35019168



Oral-B
Glide Pro-Health
Deep Clean
Dental Floss,
Cool Mint, 40m

3pk

\$9.97

#181753009



Plackers
Micro Line Dental
Floss Picks, Fold-
Out FlipPick,
Fresh Mint, 300ct

\$7.68

#394522932



Equate
HydroClean
Cordless Water
Flosser with
Removable
Tank, White

\$19.47

#758474404



Reach
Essentials
Toothbrush,
Medium Bristles

6pk

\$2.84

#912145446



Colgate
Toothbrush with
Tongue and
Cheek Cleaner,
Medium Bristles

2pk

\$9.95

#10311661



4pk

Oral-B
CrossAction All-in-One Manual Toothbrush, Deep Plaque Removal, Soft Bristles

\$11.97

#169937888



Oral-B
Vitality FlossAction Electric Rechargeable Toothbrush

\$19.97

#961533300



Crest
Premium Plus Scope Outlast Toothpaste, Long Lasting Mint, 5.2oz

\$8.99

#938805589



2pk

Colgate
Total Deep Clean Whitening Toothpaste, Mint, 5.1oz

\$7.96

#416279940



Parodontax
Complete Protection Gingivitis Toothpaste, Pure Fresh Mint, 3.4oz

\$6.98

#810980013



Sensodyne
Pronamel Intensive Enamel Repair Sensitive Toothpaste, Extra Fresh, 3.4oz

\$6.98

#398181015



2pk

Sensodyne
Repair and Protect Whitening Sensitive Toothpaste, 3.4oz

\$12.48

#289197571



OraCoat
XyliMelts, Dry Mouth Adhering Discs, Mild Mint, 40ct

\$8.47

#27255382



biotène
Moisturizing Dry Mouth Oral Rinse Mouthwash, Fresh Mint, 33.8oz

\$10.98

#16785061



biotène
Dry Mouth Alcohol-Free Breath Freshener Spray, Gentle Mint, 1.5fl oz

\$6.98

#10448044

Pain Relief and Management

Find even more items online



Advil
Liqui-Gels Pain and Headache Reliever
Ibuprofen, Liquid Filled Capsules, 200mg, 80ct

\$10.98

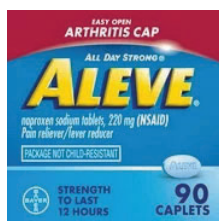
#1111813



Equate
Ibuprofen Mini Softgel Capsules, 200mg, 300ct

\$15.48

#841902147



Aleve
Pain Reliever and Fever Reducer, Naproxen Sodium Caplets with Easy Open Arthritis Cap, 90ct

\$11.67

#565501760



Aleve PM
Pain Reliever and Nighttime Sleep Aid Caplets with Easy Open Cap, 80ct

\$15.27

#500450218



Bayer
Low-Dose Pain Reliever, Aspirin Regimen Enteric Coated Tablets, 81mg, 300ct

\$14.97

#12444555



Bayer
Low Dose Pain Reliever Aspirin Chewable Tablets, Orange, 81mg, 108ct

\$7.97

#10316158



Excedrin
Extra Strength Pain Reliever and Headache Medicine Caplets, 100ct

\$12.78

#10294261



Tylenol
8hr Arthritis and Joint Pain Acetaminophen Caplets, 650mg, 100ct

\$12.47

#10294215



Equate
8hr Arthritis Pain Reliever, Acetaminophen Extended-Release Caplets, 650mg, 225ct

\$9.96

#544602928



Tylenol
Extra Strength
Acetaminophen
Rapid-Release
Gels, 500mg,
225ct

\$22.97

#192897472



Equate
Extra Strength
Acetaminophen
Rapid Release
Gel-Caps,
500mg, 225ct

\$9.94

#652312238



Tylenol PM
Extra Strength
Pain Reliever
and Sleep Aid
Caplets, 150ct

\$19.31

#54061719



Blue-Emu
Maximum
Strength Pain
Relief Cream
for Arthritis,
Muscles, and
Joints, 3oz

\$13.98

#46921310



Nervive
Maximum
Strength Pain
Relieving
Cream, 3oz

\$12.47

#672055589



Biofreeze
Pain Relief Gel,
3oz

\$11.98

#100692660



Icy Hot
Original
Medicated Pain
Relief Liquid
with No Mess
Applicator,
2.5fl oz

\$6.98

#13263176



Voltaren
Topical Arthritis
Pain Relief
Medicine Gel,
1.7oz

\$10.98

#637717150



Biofreeze
Menthol Pain
Relief Roll-On,
2.5fl oz

\$11.98

#185197840



Theraworx
Relief Muscle
Cramp and
Spasm Relief
Foam, 7.10fl oz

\$18.96

#436094803



Preparation H
Hemorrhoid Itching, Burning and Discomfort Relief Ointment, 2oz

\$12.48

#121675431



Theraworx
Relief Fast Acting Spray for Leg and Foot Cramps and Muscle Soreness, 7.10fl oz

\$18.96

#294881697



Aspercreme
Maximum Strength Lidocaine Patches, Odor Free, 5ct

\$9.98

#51258775



Icy Hot
Original Pain Relief Patches for Back or Large Area, L, 5ct

\$6.98

#10307673



Salonpas
8hr Pain Relieving Patches, 60ct

\$10.34

#47041345



Salonpas
Maximum Strength Lidocaine Pain Relieving Gel Patches, 6ct

\$10.34

#54902233



ThermaCare
Lower Back and Hip Pain Relief Heat Wraps, L/XL, 2ct

\$5.96

#608834585



Equate
Weighted Heating Pad, 12" x 24"

\$24.98

#5332722125



Equate
Reusable Hot or Cold Pack, L, 8" x 12"

\$9.98

#474335291



Sunbeam
Heating Pad with Compact Storage, 12" x 24"

\$32.98

#907620094

Skin and Sun Care

Find even more items online



Banana Boat
Travel Sunscreen Lip Balm with Aloe Vera and Vitamin E, SPF 45, 0.15oz

\$3.97

#11027886



Blistex
Moisturizing Medicated Lip Balm, SPF 15, 0.15oz

5pk

\$4.98

#137330522



Aveeno
Stress Relief Lotion with Prebiotic Oat, Lavender, 18fl oz

\$10.67

#13274543



CeraVe
Intensive Moisturizing Body Lotion with Hydro-Urea for Dry Skin plus Itch Relief, 12fl oz

\$14.97

#5318449639



Eucerin
Eczema Relief Body Creme, 8oz

\$12.97

#32239571



Eucerin
Itch Relief Intensive Calming Lotion, 8.4fl oz

\$12.97

#411735746



Gold Bond
Maximum Strength Multi-Symptom Psoriasis Relief Cream, 4oz

\$9.97

#52497355



Vaseline
Rich Moisturizing Cocoa Butter Healing Petroleum Jelly, 13oz

\$10.71

#470105876



Aveeno
Positively Radiant Daily Face Lotion, SPF 15, 4fl oz

\$18.47

#458581675



Cetaphil
Face Wash,
Cleanser for
Dry to Normal
Sensitive Skin,
16fl oz

\$12.47

#549135199



Neutrogena
Age Shield,
Face Oil-Free
Sunscreen
Lotion, SPF 70,
3fl oz

\$10.68

#10309499



Banana Boat
Sport Ultra,
Sunscreen
Spray, SPF 50,
6oz

2pk

\$13.97

#50687316



Equate
Sport Broad
Spectrum
Sunscreen
Spray, SPF 50,
9.1oz

\$7.48

#639643304



Equate
After Sun
Soothing Gel
with Aloe, 20oz

\$4.72

#674535293



**head &
shoulders**
2-in-1 Dandruff
Shampoo and
Conditioner,
Classic Clean,
28.2fl oz

\$11.47

#210858376



Equate
Dandruff
Shampoo,
28.2fl oz

\$5.97

#5265054510



Selsun Blue
Maximum
Strength
Medicated
Dandruff
Shampoo,
11.0fl oz

\$7.98

#10307723



OFF!
8hr Insect
Repellent, 7.5oz

\$10.44

#2561935802



OFF!
Deep Woods
Insect Repellent,
6oz

2pk

\$11.97

#389738500

Sleeping and Snoring

Find even more items online



OLLY
Extra Strength Melatonin Sleep Supplement Gummies, L Theanine, Blackberry, 5mg, 90ct

\$16.41

#2548409435



Natrol
Melatonin Sleep Aid Gummies, Strawberry, 10mg, 90ct

\$10.98

#563770403



Spring Valley
Fast-Dissolve Melatonin Dietary Supplement Tablets, 10mg, 120ct

\$9.88

#35912856



vitafusion
Sugar-Free Melatonin Gummies, White Tea and Peach, 3mg, 140ct

\$12.48

#42294380



Unisom
SleepTabs Sleep Aid Tablets, Doxylamine Succinate, 25mg, 80ct

\$12.26

#40601489



Equate
Maximum Strength Sleep Aid Softgels, Diphenhydramine Hydrochloric Acid, 50mg, 100ct

\$9.97

#922217389



ZzzQuil
Sleep Aid Liquid Caps, Diphenhydramine Hydrochloric Acid, 25mg, 48ct

\$14.97

#20669699



ZzzQuil
Nighttime Sleep Aid Liquid, Diphenhydramine Hydrochloric Acid, Warming Berry, 50mg, 12fl oz

\$14.97

#20669704



PainQuil
Pain Relief Liquid, Acetaminophen, Black Cherry, 1000mg, 12fl oz

\$8.97

#5416864960

Vitamins and Supplements

Find even more items online



Centrum Silver
Adults' 50+
Multivitamin,
Multimineral
Supplement
Tablets, 125ct*

\$10.76

#281635433



Equate
Adults' 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 220ct*

\$8.88

#10324623



Centrum Silver
Men's 50+
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#147256912



Super Beta Prostate
Men's Prostate
Advanced
Caplets with
Beta Sitosterol,
60ct*

\$34.48

#941119423



Alive!
Women's
50+ Daily
Multivitamin
Gummies,
Mixed Berry,
130ct*

\$16.47

#191821545



Centrum Silver
Women's 50+
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#468768423



One A Day
Women's 50+
Multivitamin
Tablets, 200ct*

\$19.98

#232014885



Spring Valley
Vitamin A
Supplement
Softgels,
2400mcg,
250ct*

\$4.88

#893197



Spring Valley
Vitamin B12
Quick-Dissolve
Dietary
Supplement
Tablets, Cherry,
2500mcg,
120ct*

\$6.88

#24547733



Spring Valley
Biotin Dietary Supplement Softgels, 5000mcg, 240ct*

\$9.88

#19758124



Neuriva
Brain Health Support Supplement Capsules with Phosphatidylserine, Vitamins B12 and B6, 30ct*

\$39.97

#906497369



Neuriva
Brain Health Support Supplement Gummies, Vitamins B12 and B6, Strawberry, 50ct*

\$32.95

#905697089



Emergen-C
Daily Immune Support Vitamin C Supplement Gummies, Orange, Tangerine and Raspberry, 750mg, 45ct*

\$12.98

#318298378



Spring Valley
Vitamin C with Rose Hips Tablets Dietary Supplement, 1000mg, 250ct*

\$9.88

#10315364



Spring Valley
Calcium, Magnesium and Zinc plus Vitamin D3 Supplement Caplets, 250ct*

\$5.94

#10324581



Viactiv
Calcium plus Vitamin D3 Supplement Soft Chews, Caramel, 100ct*

\$10.54

#493843079



vitafusion
Calcium Gummies, Fruit and Cream, 80ct*

2pk

\$16.98

#340813292



OLLY
Daily Energy Gummy Supplement with B12, Tropical Flavor, 60ct*

\$12.88

#865523293



Nature Made
Vitamin D3 Softgels for Bone and Immune Health Support, 50mcg, 260ct*

\$13.97

#36168198



Nature Made
 Extra Strength
 Vitamin D3
 Softgels,
 125mcg, 100ct*

\$7.94

#36168199



Move Free
 Advanced Plus
 MSM and Vitamin
 D3 Joint Health
 Supplement Tablets
 with Glucosamine
 and Chondroitin,
 80ct*

\$17.97

#10451740



Osteo Bi-Flex
 Triple Strength
 Joint Health
 Vitamin D and
 Glucosamine
 Chondroitin
 Supplement
 Tablets, 160ct*

\$29.98

#324036387



Spring Valley
 Vitamin
 E Dietary
 Supplement
 Softgels, 180mg,
 500ct*

\$12.48

#10324579



OLLY
 Goodbye Stress
 Gummies with
 GABA and
 L-Theanine,
 Lemon Balm,
 Berry, 42ct*

\$12.88

#460769903



Spring Valley
 Iron Dietary
 Supplement
 Tablets, 65mg,
 100ct*

\$3.96

#467218893



Spring Valley
 Vitamin K2 and
 D3 Vegetarian
 Capsules, 90ct*

\$9.88

#306492394



Spring Valley
 Extra Strength
 Magnesium
 Bone and Muscle
 Health Dietary
 Supplement
 Tablets, 400mg,
 250ct*

\$9.88

#35912859



Prevagen
 Regular Strength
 Memory
 Improvement
 Capsules, 30ct*

\$37.95

#1116735489



Prevagen
 Extra Strength
 Memory
 Improvement
 Supplement
 Capsules, 30ct*

\$60.00

#49131617

Beverages

Find even more items online



Folgers

Classic Roast
Ground Coffee,
40.3oz

\$14.87

#971362035



Folgers

Classic Roast
Coffee, Medium
Roast, Keurig
K-Cup Pods,
60ct

\$27.98

#134207077



**Horizon
Organic**

Shelf-Stable 1%
Low-Fat Milk
Box, Chocolate,
8fl oz, 12ct

\$12.53

#35506192



Silk

Shelf-Stable
Almond Milk,
Unsweetened
Vanilla, 32fl oz,
6ct

\$12.98

#130680705



Gold Peak

Sweetened
Black Tea, 16.9fl
oz, 12ct

\$11.98

#1098298487



Tropicana

Shelf-Stable
Juice Drink,
3-Flavor Classic
Variety Pack,
10fl oz, 24ct

\$17.79

#576128984



Mott's

100% Juice,
Original Apple,
8fl oz, 6ct

\$9.09

#36874000



Ocean Spray

Juice Cocktail,
Cranberry, 10fl
oz, 6ct

\$4.98

#10447880



Minute Maid

100% Juice,
Orange, 10fl oz,
6ct

\$7.30

#15754127

Breakfast

Find even more items online



Cheerios
Cereal Box, Family Size, Honey Nut, 18.8oz

\$4.44

#138561797



Cheerios
Heart Healthy Breakfast Cereal Box, Gluten Free, Family Size, 18oz

\$4.44

#363183524



Special K
Cereal Box, Red Berries, 16.9oz

\$4.98

#241868709



Cream of Wheat
Instant Hot Breakfast Cereal, 1oz, 12ct

\$4.52

#10294606



Quaker
Instant Grits, Variety Pack, 0.98oz, 22ct

\$5.97

#332548878



Quaker
Instant Oatmeal, Variety Pack, 1.1oz, 20 Packets

\$7.86

#904238215



Quaker
Instant Oatmeal, Maple and Brown Sugar, 1.51oz, 20 Packets

\$5.44

#45039255



Honey Bunches of Oats
Granola, Honey Roasted, 11oz

\$3.24

#28198786



Nature's Bakery
Oatmeal Crumble Breakfast Snack Bar, Strawberry, 1.41oz, 10ct

\$6.12

#338684992

Condiments

Find even more items online



Great Value
Raw Honey
Bottle, 32oz

\$10.97

#534160572



Jif
Extra Crunchy
Peanut Butter,
40oz

\$10.75

#195740788



SKIPPY
Creamy Peanut
Butter Spread,
40oz, 2ct

\$11.77

#39243945



Smucker's
Natural Fruit
Spread,
Strawberry,
17.25oz

\$3.87

#28403811



Welch's
Concord Grape
Jam, 30oz

\$4.92

#40711250



Heinz
Tomato Ketchup
Bottle, 32oz

\$3.98

#15529427



French's
Classic Yellow
Mustard Bottle,
20oz

\$2.54

#14089343



Hellmann's
Real Gluten Free
Mayonnaise,
30oz

\$4.88

#10312980



Hidden Valley
Ranch Salad
Dressing Bottle,
24oz

\$5.28

#10413975

Fruits and Vegetables

Find even more items online



Great Value
Dried Apricots,
16oz

\$5.98

#974611955



Del Monte
Fruit Cocktail
in 100% Juice,
Canned Fruit,
15oz, 6ct

\$9.88

#193633601



Del Monte
Fruit Cup
Snacks, No
Sugar Added,
Family Variety
Pack, 4oz, 12ct

\$7.98

#301801107



Del Monte
Diced Peaches
in 100% Juice
Fruit Cup
Snacks, 4oz,
12ct

\$7.98

#21849152



Mott's
Applesauce
Pouches, Variety
Pack, Apple
and Cinnamon,
3.2oz, 20ct

\$11.42

#829432899



Mott's
Unsweetened
Applesauce
Cup, 3.9oz, 18ct

\$6.98

#344273634



Great Value
Unsweetened
Pitted Prunes,
16oz

\$5.98

#1940649753



Goya
Pinto Beans
Can, 29oz

\$2.68

#29926993



Libby's
Sweet Peas Can,
15oz, 6ct

\$5.88

#182868751

Meals and Sides

Find even more items online



Great Value
Fettuccine
Pasta, 16oz

\$0.98

#12329728



Barilla
Penne and
Spaghetti Pasta,
Variety Pack,
16oz, 8ct

\$10.18

#130874598



Prego
Traditional
Spaghetti
Sauce, 24oz

\$2.48

#10308233



Kraft
Macaroni and
Cheese Cup,
Triple Cheese,
Microwavable,
2.05oz, 4ct

\$3.98

#14869831



Betty Crocker
Scalloped
Potatoes made
with Real
Cheese, 7.1oz

\$3.19

#17208740



Velveeta
Skillets, Chicken
Pasta Dinner Kit
with Broccoli
and Orzo, 13.6oz

\$3.38

#44981909



Ben's Original
Ready Rice,
Jasmine Rice
Pouch, 8.5oz

\$13.98

#1690096108



Campbell's
Condensed
Tomato Soup
Can, 10.75oz,
4ct

\$4.78

#43346748



Campbell's
Condensed
Chicken Noodle
Soup Can,
10.75oz, 4ct

\$4.78

#43671426

Nutritional Drinks

Find even more items online



Liquid I.V.
Hydration Multiplier
Electrolyte Powder Packet Drink Mix, Strawberry, 6ct

\$8.98

#270357039



BOOST Glucose Control
Drink, Creamy Strawberry, 16g Protein, 8fl oz, 6ct

\$11.42

#15543963



BOOST
Drink, Rich Chocolate, 20g Protein, 8fl oz, 15ct

\$24.12

#432779758



Ensure
Shake, Vanilla, 9g Protein, 8fl oz, 16ct

\$21.12

#12166807



Ensure
Shake, Strawberry, 9g Protein, 8fl oz, 16ct

\$27.37

#38344814



Premier Protein
Shake, Chocolate, 30g Protein, 11.0fl oz, 12ct

\$26.74

#285037596



Premier Protein
Shake, Vanilla, 30g Protein, 11.0fl oz, 12ct

\$26.74

#134975168



Splenda
Diabetes Care Shake, Meal Replacement to Help Manage Blood Sugar, French Vanilla, 8oz, 12ct

\$18.88

#5373793782



Splenda
Diabetes Care Shake, Meal Replacement to Help Manage Blood Sugar, Milk Chocolate, 8oz, 12ct

\$18.88

#5379625479

On-the-Go

Find even more items online



Atkins

Keto-Friendly Meal Bar, Chocolate Peanut Butter, 16g Protein, 2.12oz, 8ct

\$13.48

#29559150



Nature Valley

Sweet and Salty Nut Granola Bar, Peanut, 1.2oz, 15ct

\$7.48

#216139497



Pure Protein

Bar, Chocolate Deluxe, 21g Protein, 1.76oz, 12ct

\$16.94

#152668820



Great Value

Fruit and Grain Bars, Variety Pack, 41.6oz, 32ct

\$7.44

#764659276



Harvest Snap

Baked Green Pea Snacks, Gluten Free Veggie Crisps, Lightly Salted, 6oz

\$6.63

#981420439



Nature Valley

Crunchy Granola Bars, Oats 'n Honey, 1.49oz, 24ct

\$10.96

#788204005



PLANTERS

Salted Cashew Halves and Pieces, 8oz

\$5.72

#20435162



Great Value Omega-3 Trail Mix, 22oz

\$7.98

#711963269



Wonderful Pistachios

No Shells, Roasted and Salted Nuts, 12oz

\$10.38

#109915691

Protein

Find even more items online



Armour Star
Canned Vienna Sausage,
Original, 4.6oz,
6ct

\$4.68

#44465071



Bumble Bee
Snack on the Run!, Tuna
Salad Kit with
Crackers 3.5oz,
3ct

\$5.27

#47337904



StarKist
Chunk Light
Tuna in Water
Can, 5oz, 8ct

\$7.98

#48387973



Double "Q"
Wild Caught
Alaskan Pink
Salmon Can,
14.75oz

\$4.62

#10319448



King Oscar
Brisling Sardines
in Extra Virgin
Olive Oil Can,
3.75oz

\$3.32

#10291156



Great Value
Chunk Chicken
Breast Can,
12.5oz, 2ct

\$5.00

#39098615



SPAM
Classic Can,
12oz, 2ct

\$7.48

#159980722



Great Value
Roast Beef in
Broth Can, 12oz

\$3.94

#40975805



Bumble Bee
Solid White
Albacore Tuna in
Water Can, 5oz

\$3.41

#12167149

Dual-purpose items. A dual-purpose item is one that has both a medical purpose and a general health purpose. These products are sometimes used to alleviate or treat a medical condition or they may be used to promote general health and well-being. You may purchase these item(s) after discussing with your physician and health plan who recommends the item(s) for a specific condition. Do not buy a dual-purpose item if your doctor or your health plan do not recommend the item. If your doctor and your health plan do recommend the item, you may buy the item(s) through your OTC benefit. Dual-purpose items are marked with an asterisk ().

Please note that the regular retail price in the store or online may vary. Benefits and features vary by plan/area. Limitations and exclusions apply. OTC and healthy food benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. References to third-party products do not imply an endorsement or recommendation to use or purchase a specific product or brand. This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the listed items are trademarks of each company. Item costs may change. Please review the product labeling and consult with your doctor for any health or medical questions. All benefits are not available on all plans.

FAQ

Are there other items available beyond what's listed in the catalog?

Additional items are available at participating retailers and online. For a list of qualified items and categories, visit HealthyBenefitsPlus.com/UCare

What price applies at checkout?

Online and in-store pricing may not be the same as the prices listed in this guide and catalog. The online and in-store price applies at checkout.

Do I pay for sales tax?

Yes, all orders are subject to your local state sales tax.

How can I check my allowance balance?

You may check your balance by visiting HealthyBenefitsPlus.com/UCare, downloading the **Healthy Benefits+ mobile app** or by calling **1-833-862-8276 (TTY 711)**.

What if my purchase costs more than my allowance?

If your total is more than your available allowance on your UCare Healthy Benefits+ Visa® card, you can pay the remaining balance due out of pocket.

How can I get a replacement card?

You may ask for a replacement card to be mailed to you by visiting HealthyBenefitsPlus.com/UCare or by calling **1-833-862-8276 (TTY 711)**.

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healthy benefits⁺ | **ucare**

For questions and program details,
visit HealthyBenefitsPlus.com/UCare

H2456_H5937_13199_102024_C
U13199 (10/2024)

UCR011EN25_1001_23

Toll free 1-800-203-7225, TTY 1-800-688-2534

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ያስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት የሚተረጎምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲန့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်, ကိးဘဉ် လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປຣໂປຊາບເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

Civil Rights Notice

Discrimination is against the law. UCare does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

UCare

Attn: Appeals and Grievances

PO Box 52

Minneapolis, MN 55440-0052

Toll Free: 1-800-203-7225

TTY: 1-800-688-2534

Fax: 612-884-2021

Email: cag@ucare.org

Auxiliary Aids and Services: UCare provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Language Assistance Services: UCare provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You may also contact any of the following agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services Office for Civil Rights (OCR)

You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)

Contact the OCR directly to file a complaint:

Office for Civil Rights
 U.S. Department of Health and Human Services
 Midwest Region
 233 N. Michigan Avenue, Suite 240
 Chicago, IL 60601
 Customer Response Center: Toll-free: 800-368-1019
 TDD Toll-free: 800-537-7697
 Email: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)

In Minnesota, you have the right to file a complaint with the MDHR if you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:

Minnesota Department of Human Rights
 540 Fairview Avenue North, Suite 201
 St. Paul, MN 55104
 651-539-1100 (voice)
 800-657-3704 (toll-free)
 711 or 800-627-3529 (MN Relay)
 651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

Minnesota Department of Human Services (DHS)

You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- religion (in some cases)
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. We will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.

DHS will notify you in writing of the investigation's outcome. You have the right to appeal if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact **DHS** directly to file a discrimination complaint:

Civil Rights Coordinator

Minnesota Department of Human Services

Equal Opportunity and Access Division

P.O. Box 64997

St. Paul, MN 55164-0997

651-431-3040 (voice) or use your preferred relay service