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## Quarterly statewide check-in meetings

The UCare County & Tribal Relations Team is offering virtual statewide quarterly check-in meetings for all counties and Tribes where UCare is a Minnesota Health Care Programs option. There were 33 attendees from 16 counties at our first meeting held on March 13. See dates and meeting registration link for future meetings below:

**June 12** at 1 pm — Agenda includes updates from the UCare Appeals & Grievances team as well as information from our Health Promotion team, who will discuss rewards and the UCare SEATS program. [Register here](#)

**September 11** at 1 pm — link and agenda will be confirmed in the July County & Tribal News Brief

**December 11** at 1 pm — link and agenda will be confirmed in the September County & Tribal News Brief

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## Medicaid renewals

As we approach the final months of the Medicaid renewal unwinding period, UCare appreciates all the hard work our counties and Tribal nations are putting into process member renewals. Though renewals for Medicaid return to a regular annual cycle in June, we know the work doesn't stop then, and UCare plans to continue supporting both our members and our county and Tribal partners in the renewal process going forward.

One step we are taking is participating in the upcoming **2024 Medicaid Equity Forum: Beyond the Unwind: Centering Equity Together** hosted by the Minnesota Department of Human Services on April 12. The event will focus on Medicaid renewals, discuss plans for sustained collective health equity efforts, and elevate community-led, community-centered solutions to improve Minnesota health care programs. [Register here](#) for the in-person session.

## Medicaid renewals continued

As we look to the future, and work to identify how we can best support our partners, we'd love to hear what has worked well and what can be improved in future months. Please contact us with any ideas, issues, or trends you are seeing — your feedback is integral to shaping our future retention efforts. Feedback can be sent to [ucarecountyrelations@ucare.org](mailto:ucarecountyrelations@ucare.org).

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## UCare Foundation

In the wake of the COVID-19 pandemic, the needs of our most vulnerable Minnesota community members continue, and obstacles to achieving equitable health outcomes and well-being persist.

In response to these challenges, the UCare Foundation awarded over \$2.6 million in 2023. Of that, the Foundation awarded \$2 million in community grants for initiatives promoting mental health, preventive health, health equity and quality initiatives to forty-one non-profit organizations throughout Minnesota. Almost \$400,000 was distributed to 15 counties and Tribal governments for proposals addressing anti-racism and health equity; dental access and oral health; maternal child health; Indigenous health; mental health and substance use disorder; and rural specific needs such as transportation and healthcare workforce development. An additional \$75,000 was granted to the Camden Collective in North Minneapolis, Keystone Community Services in Ramsey County and Second Harvest-North Central Food Bank in north central Minnesota for food insecurity initiatives.

In 2024, the Foundation is continuing its work to improve the grantmaking process and foster strong relationships with its grantee partners. News about the 2024 Community Grant cycles will be posted soon at [ucare.org/about-us/ucare-foundation](https://ucare.org/about-us/ucare-foundation). If you have questions:

**UCare Foundation Email:** [ucarefoundation@ucare.org](mailto:ucarefoundation@ucare.org)

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## Snapshot of UCare-sponsored programs across Minnesota

### Health equity

[Route 1 MN](#): *Increasing Food Access within Communities of Color in the Twin Cities — a program that supports, encourages and empowers BIPOC emerging farmers.*

[Sherburne County HHS](#): *Building capacity to sustainably diversify and engage staff at all levels and deliver equity through operational practices.*

[Mewinzha Ondaadiziike Wiigaming](#): *Expanding and Evaluating Integrated Holistic Health Services for American Indian Birthing People — a program in Northwest Minnesota establishing a comprehensive and culturally relevant model of care that incorporates traditional Indigenous practices.*

## Snapshot of UCare-sponsored programs across Minnesota continued

### Mental health

[Aitkin County Public Health](#): Working to increasing awareness around mental health, accessing care and preventing suicide.

[People Incorporated](#): *Community Police Partnership* —designed to sustain and expand the impact of an embedded mental health worker program in more community police departments in the Twin Cities.

[RECLAIM](#): *Mental Health Care for Queer and Trans Youth in Greater Minnesota* — a pilot project to hire therapists who live and work in communities in Greater Minnesota to expand access to affirming mental health care in places where these resources do not exist.

[Scott Carver Dakota CAP Agency](#): *Esperanza* — a program for Latine, New American, and refugee communities providing mental health equity support.

### Preventive health

[Way to Grow](#): *Great by Eight* — a program supporting children ages 0 – 8 from 600 of the most disadvantaged families in Minneapolis and surrounding suburbs. The program includes home visits, health screenings and health education to improve birth weights and vaccination rates.

[Catholic Charities of the Diocese of Winona-Rochester](#): *Supporting Confident Pregnancies and Stable Beginnings* — a program that aims to reduce maternal mortality and increase family well-being by providing individualized education to pregnant persons on the topics of perinatal mood disorders and post-partum care.

### Quality initiatives

[Division of Indian Work](#): *Women of Traditional Birthing Program* — helps low-income pregnant American Indian women ages 16+ in the Twin Cities refrain from drinking and using substances while pregnant, with an aftercare component that provides education, information, support and accountability tools for additional support.

[Franklin Center](#): *Open the Door* — a culturally responsive initiative aimed at providing behavior therapy to neurodiverse children in the Somali community.

[Epilepsy Foundation of Minnesota](#): Statewide program providing a Latine Community Health Worker to build relationships with healthcare providers and health and human service organizations, as well as creating epilepsy resources tailored to the Latine community and creating a Latine Outreach Committee to better meet the needs of the community.

## Snapshot of UCare-sponsored programs across Minnesota continued

### Dental access

[Isanti County Public Health](#): Offers dental hygiene and oral health through Children’s Dental Services four days a month.

[Watonwan County](#): Provides outreach for children’s dental care and dental varnish kits for home visits.

[Houston County Public Health](#): Offers dental access partnership with Children’s Dental Services.

[Nicollet County Public Health](#): Initiative to increase dental varnishes and care to local children.

[Le Sueur County Public Health](#): *Healthy Smiles* — an initiative for education and preventive dental services.

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### Disease Management (DM) asthma offerings for members

UCare offers an Asthma Education Program, as well as partnering with Cecelia Health to assist our members with managing their health through an asthma support program.

Please refer members using the form below, and our team will identify the appropriate program for the condition, review member eligibility, facilitate program enrollment and follow up regarding the referral outcome.

Members will receive telephonic support from either a UCare or a Cecelia Health registered respiratory therapist. Together, they will develop a plan to better understand the member’s health needs and help with managing their asthma. Referrals can be sent to:

**DM Email:** [disease\\_mgmt2@ucare.org](mailto:disease_mgmt2@ucare.org)

**DM Voicemail:** 612-294-6539 or 1-866-863-8303

**DM referral forms** can be found [here](#)

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### Preventing falls for UCare members

Falls are the leading cause of fatal and nonfatal injuries for older adults. Each year, one in three adults 65 or older experience falls. Because falls are all too common among older adults, many people develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility, social isolation, loss of physical fitness and an increased risk of falling. For more information on preventing falls visit [ucare.org/falls](https://ucare.org/falls).

## Preventing falls for UCare members continued

### Strong and Stable Kit

*For UCare's MSHO and MSC+ members*

UCare created the Strong & Stable Kit. Members can contact their care coordinator or case manager who can order the kit. (Kit contents may be subject to change).

- Resistance band strength kit
- Tip sheets with helpful fall prevention advice
- Tub grips
- Nightlight
- Medication box



### Juniper

*For UCare's MSHO members*

Juniper provides evidence-based health management and wellness classes. Juniper classes are offered in-person and virtually, are designed for older adults and led by certified instructors and coaches. They provide education, skills and strategies to prevent falls and promote self-management of chronic conditions. Members can register through the [Juniper](#) site or by calling the UCare Customer Service phone number on the back of their UCare member identification (ID) card.

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## One Pass fitness program

*For UCare's MSHO, UCare Connect + Medicare and UCare Connect members*

One Pass is a complete fitness solution for body and mind, available to members at no additional cost. Members have access to more than 24,000 participating fitness locations nationwide, plus:

- Thousands of on-demand and live-streaming fitness classes
- Workout builders to create personalized workouts
- Home fitness kits
- Personalized, online brain training program to help improve memory, attention and focus
- Social activities, community classes and events available for online or in-person participation

Members can find participating locations at [ucare.org/onepass](https://ucare.org/onepass).

## Health Club Savings

*For MinnesotaCare and Prepaid Medical Assistance Program (PMAP) members aged 18 or older*

To participate, members show their UCare ID card when they sign up at a participating location. Members can earn up to \$30 a month towards their health club membership fees each month. Online fitness classes at participating Health Club Savings locations may count toward their monthly visit requirement of 12 visits. Classes must meet certain guidelines found [here](#).

Participating clubs include:

- [Life Time Fitness](#)
- [YMCA Twin Cities](#)
- [SNAP Fitness](#)
- [Healthy Contributions](#)
- [National Independent Health Club Association \(NIHCA\)](#)

Members can learn more about participating in Health Club Savings [here](#).

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## LivingWell Kids Kit

*For UCare MinnesotaCare and PMAP members aged 17 or younger*

UCare offers fitness and wellness kits to help kids feel well and be well. Each kit includes engaging tools to help improve health and wellness — at no cost!

Members can call the UCare Customer Service phone number on the back of their member ID card to order the kit. Members choose one of the following kit options (kit contents are subject to change):

### Fitness Fun Kit

- Fitness tracker
- Frisbee
- Fitness dice
- Hacky sack



### Youth De-stress Kit

- Coloring book
- Coloring pencils
- Fidget toys



## LivingWell Kids Kit continued

### Child Dental Kit

- Toothbrush
- Floss picks
- Toothpaste
- Timer
- Tracker
- Book
- Kit bag



### Tween/Teen Dental Kit

- Spin toothbrush
- Toothpaste
- Floss picks
- Kit bag



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## Health Improvement Team (HIT) Cologuard Kits

March is National Colorectal Cancer Awareness Month. UCare has partnered with Cologuard's exclusive vendor, Exact Sciences, to provide Cologuard test kits to eligible UCare members. The Cologuard test kit is done in the home and is intended for any UCare member of average risk with no family history of colorectal cancer. This in-home testing kit is available at no cost to members who are due for a colorectal cancer screening. Members can request a test kit through their health provider or through [Cologuard.com](https://www.Cologuard.com). If you have questions regarding Cologuard, email [ucarequality@ucare.org](mailto:ucarequality@ucare.org).

UCare's Health Improvement Team is available to provide member support such as finding in-network providers, scheduling medical appointments, and connecting them to community resources that address social and economic needs.

If you need help to assist a member, please reach out to the Health Improvement Team:

**HIT Email:** [outreach@ucare.org](mailto:outreach@ucare.org)

**HIT Hotline:** 612-676-3481



## UCare's Mobile Dental Clinic is on the road!

Check our Mobile Dental Clinic [schedule](#) and note these upcoming dates and locations below:

### **April 1 – 5**

Blaine  
Christ Lutheran Church  
641 89<sup>th</sup> Ave. NE

### **April 8 – 11**

Duluth  
First United Methodist Church  
230 E Skyline Pkwy

### **April 15 – 19**

Apple Valley  
Dakota County Western Services Center  
14955 Galaxie Ave.

### **April 22 – 25**

Roseville  
Anpétu Téča Education Center  
1910 County Road B

### **April 29 – May 3**

Minneapolis South  
Diamond Lake Church  
5760 Portland Ave. South

### **May 13 – 17**

Austin  
Our Savior's Lutheran Church  
1600 W Oakland Ave.

### **May 20 – 24**

Forest Lake  
Faith Lutheran Church  
886 North Shore Drive