

UCare health and wellness resources

UCare's Health Promotion Programs for Prepaid Medical Assistance Program (PMAP), MinnesotaCare, Minnesota Senior Care Plus (MSC+), UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP), UCare Connect (SNBC) and UCare Connect + Medicare (HMO D-SNP).

Members can find out what they are eligible for and order health promotion kits through their online member account at member.ucare.org. After logging in, members click on Health & Wellness and go to Wellness, Rewards & Allowance for more info. Members can also get help by calling the customer service phone number on the back of their member identification (ID) card.

Child & Teen Checkups (CTC) incentives

PMAP, MinnesotaCare and UCare Connect members only

- \$50 reward for eligible members who have six CTC visits by 15 months
- \$25 reward for eligible members who have two CTC visits between 16 months and 30 months
- \$25 reward each year for eligible members 3 – 21 who have a CTC exam

Management of Maternity Services (MOMS) program with incentives

PMAP, MinnesotaCare, UCare Connect + Medicare and UCare Connect members only

- \$75 reward for eligible members for early prenatal care
- \$75 reward for eligible members who have a timely postpartum visit
- \$25 reward for eligible pregnant smokers for initial phone assessment
- A [MOMS Handbook](#) is sent to pregnant members

Breast pumps: After baby is born, members may call the customer service phone number on the back of their member ID card to order a breast pump.

Expert advice and support: The MOMS program includes pregnancy advisor nurses who can help with basic information and resources during pregnancy or after delivery. To contact the **Maternal and Child Health Program**, members call **612-676-3326** or **1-855-260-9708** (TTY 711).

UCare contacts members identified as pregnant to conduct a risk assessment and provide resources to support their pregnancy. Members determined to be high risk will have access to our high-risk perinatal nurse program for ongoing support.

SEATS Program

Members who are pregnant (starting at 7 months gestation) and members under age 8 are eligible for free car seats and car seat education. Limits apply. Details are on the [SEATS page](#).

LivingWell Kids Kit

PMAP and MinnesotaCare members age 17 or younger only

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

Kit options include:

- Fitness Fun Kit
- Youth De-stress Kit
- Child Dental Kit
- Teen/tween Dental Kit

Parents' guide

PMAP, MinnesotaCare, UCare Connect + Medicare and UCare Connect members only

UCare sends a free booklet on child safety and health at each stage of development to parents of newly enrolled members ages birth to six months. For more information, please visit the [UCare Caring for Your Baby page](#).

Fitness benefits

Members have fitness and wellness options to help lead healthy and active lifestyles. Benefits and programs vary by plan.

Check UCare's [fitness and wellness page](#) to see a member's options.

Grocery discount

Members can save on healthy foods like milk, whole-grain bread, lean meat, eggs, yogurt, fruits, vegetables and more at participating grocery stores. Weekly specials are pre-loaded onto their UCare Healthy Benefits+ Visa® card. To get the discount, members scan their Healthy Benefits+ Visa card when paying. To register their card and learn more, members can go to the [Healthy Benefits+ page](#) or call **1-833-862-8276** (TTY 711).

Community education classes

Members can save up to \$15 on unlimited eligible Minnesota [community education classes](#). To get the discount, members show their UCare member ID card when enrolling in a class.

Nurse Line

Members can get help any time of the day or week at no additional cost by calling the [24/7 Nurse Line](#) or by sending a secure message through their online member account.

Quit Smoking and Vaping Program

UCare members 13 and older can get [help to quit smoking](#), vaping or chewing tobacco through coaching over the phone, online or on the mobile app. Members can call the tobacco and nicotine quit line at **1-855-260-9713 (TTY 711)**, 24 hours a day, seven days a week, go to myquitforlife.com/ucare or download the Rally Coach Quit For Life mobile app.

Food access referrals

Members can connect with Second Harvest Heartland Care Center for help with applying for SNAP benefits and finding [food resources](#) in their community, including food shelves, Fare for All and more. For more information, members can contact Second Harvest Heartland by calling **651-401-1411** or **1-866-844-FOOD**, or by emailing shhcarecenter@2harvest.org.

Juniper health and wellness classes

UCare's MSHO members only

[Juniper classes](#) are designed for older adults and led by certified instructors/coaches. They provide education, skills and strategies to prevent falls and promote self-management of chronic conditions like diabetes and chronic pain.

Lutheran Social Services Healthy Transitions Program

UCare's MSHO members only

[This program](#) provides individualized support, education and resources for eligible MSHO members during the critical first 30 days after a hospital or short-term rehabilitation center stay.

Disease management

Members can call the **UCare Disease Management Line** at **612-676-6539** or **1-866-863-8303** for more information about disease management programs.

Asthma: Members age 5 – 64 with an asthma diagnosis may participate in our Asthma Education Program. Members receive asthma education and support through telephone calls with a UCare asthma educator. Members may be eligible to receive a reward for program participation.

Asthma or diabetes: Enrolled members receive scheduled Interactive Voice Response or text messaging chronic condition education.

Diabetes and heart failure: Members with a diabetes or heart failure diagnosis can work one-on-one with a health coach over the phone to learn more about their chronic condition, set goals for self-management and receive expert coaching support throughout the program.

Migraine: Members age 18 and older with a migraine diagnosis can work one-on-one with a health coach over the phone to learn more about migraine management, set goals for self-management and receive expert support through the program. Migraine management tools including a headache management book and migraine action plan are provided to participating members.

General wellness, diabetes or hypertension: Brook Health Companion app helps members manage their general wellness, diabetes, hypertension or other chronic condition from their smartphone. Members can engage with an app that assists members with education, healthy lifestyle, meal planning, accountability, health coaching within the app and medication reminders. Additional programs to assist in maintaining and improving health are available, including Boost for Better Health (building healthy habits), Boost for Better Blood Sugar (support for type 2 diabetes), Boost for Better Blood Pressure and Stress Management. Visit ucare.org/brook for access information.

Chronic Kidney Disease (CKD) Program: UCare is partnering with Cecelia Health to help members better manage their health through their [Chronic Kidney Disease \(CKD\)](#) support program. Eligible members will get virtual support from a Cecelia Health registered dietician. Together, they'll develop a plan to better understand the member's health needs and help manage their CKD. Members can visit the CKD Program page for more information.

Chronic Obstructive Pulmonary Disease (COPD) Program: Members with a Chronic Obstructive Pulmonary Disease (COPD) diagnosis can get virtual support from a Cecelia Health registered respiratory therapist. Together, they'll develop a plan to better understand the member's health needs and get help to manage their COPD. Members can learn more on the [COPD Program page](#).

Mental health and substance use disorder services

Members have coverage for [mental health and substance use disorder services](#). County staff may call **UCare Customer Service** at **612-676-3200** or **1-800-203-7225** for provider information.

UCare has a **Mental Health and Substance Use Disorder Triage Line**, **612-676-6533** or **1-833-276-1185**, available Monday – Friday, 8 am – 5 pm for all UCare members, providers, tribes, counties and care coordinators. This line includes an option for help scheduling, finding providers and after-hours support.

Dental health

Eligible members can earn a \$25 reward for dental visits. UCare sends vouchers to eligible members with no dental visits in the last 12 months.

County staff working with UCare members should call the **Delta Dental Government Programs Access Unit** at **651-994-5198** or **1-866-303-8138**.

Members should call the **UCare Dental Connection** at **651-768-1415** or **1-855-648-1415** if they need help managing their dental care, coordinating transportation and/or interpreter services for dental appointments, or if they have other dental questions. This number is also on the back of the member ID cards for easy reference.

Members may also access the [UCare Mobile Dental Clinic](#) for dental check-ups, cleanings and simple restorative care. Check the schedule to see where the Mobile Dental Clinic visits. Members may call the University of Minnesota School of Dentistry to make an appointment at **1-866-451-1555** (TTY **1-800-627-3529**).

Transportation

Members can call the **UCare Health Ride** transportation program to arrange transportation to and from medical and dental clinic appointments at **1-800-864-2157**.

Interpreter services

Clinics can call UCare contracted interpreter service agencies (list is in the UCare [Provider Manual](#), Chapter 28) to arrange for interpreter services for UCare members who need them.

Billing questions

Contact the **UCare Provider Assistance Center** with billing questions at **612-676-3300** or **1-888-531-1493**.