

UCare health and wellness resources

UCare Health Promotion programs for Prepaid Medical Assistance Program (PMAP), MinnesotaCare, Minnesota Senior Care Plus (MSC+) and UCare Connect (SNBC)

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 and 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 and Teen Checkups (C&TC) incentives

PMAP, MinnesotaCare and UCare Connect members only

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

Management of Maternity Services (MOMS) program with incentives

PMAP, MinnesotaCare 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

PMAP, MinnesotaCare and UCare Connect members only

Members who are pregnant (starting at 7 months' gestation) and members up to age 9 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 and UCare Connect members only

UCare offers 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 and to request your copy, 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 the UCare [benefits and perks page](#) to see a member's options.

Grocery discounts

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 discounts, members swipe 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).

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 age 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 ucare.org/quit 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 carecenter2@2harvest.org.

Disease management

Members can call the UCare Disease Management Line at 612-676-6539 or 1-866-863-8303 or can visit ucare.org/manage-hlth for more information about disease management programs.

Asthma: Members age 5 – 64 with an asthma diagnosis may participate in our asthma program. Members receive asthma education and support through telephone calls with a UCare health coach.

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.

Mental health and substance use services

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

Dental health

Eligible members can earn a \$25 reward for dental visits.

Members should call DentaQuest if they have dental questions or need help managing their dental care, coordinating transportation and/or interpreter services for dental appointments. Medical Assistance (Medicaid) and MinnesotaCare plan members can call 1-888-227-3310 (TTY users call 1-800-466-7566) while dual-eligible plan members can call 1-855-209-3155 (TTY users call 1-800-466-7566) 8 am – 5 pm, Monday – Friday.

Members may also access the [UCare Mobile Dental Clinic](#) for dental check-ups, cleanings and basic 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 no-cost transportation to and from covered medical, dental and pharmacy visits 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.

Contact UCare staff at ucarecountyrelations@ucare.org with any questions.

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