

# UCare health and wellness resources

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](https://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 – 17 who have a C&TC exam
- \$25 reward each year for eligible members age 17 – 21 who have a C&TC exam

\*All eligible visits must start in 2026

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## 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

**MOMS Handbook:** Members can call the customer service number on the back of their UCare member ID card or send a secure message in their online member account.

**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](#).

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## Digital parents' guide

PMAP, MinnesotaCare and UCare Connect members only

UCare offers a free digital 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 view the digital booklet, please visit the [UCare caring for your baby page](#). Digital booklet available in English and Spanish.

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## Transportation

PMAP, MSC+ and UCare Connect members. Children and adults on MinnesotaCare\* also eligible.

UCare Health Ride provides members with no-cost transportation to and from covered medical, dental and pharmacy visits. To request a bus pass or schedule a ride, members can call 1-800-864-2157, 7 am – 6 pm, Monday – Friday. Members can now request a ride on the Health Ride member portal through their UCare online member account. For more information, members can visit [ucare.org/healthride](https://ucare.org/healthride).

\*For adults on MinnesotaCare, no-cost rides are limited to colonoscopy and mammogram appointments.

## 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.

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## Wellness Kits

We offer a variety of wellness kits to help members feel and be well. Kits come full of engaging tools and educational materials to help improve members' overall health. These include: LivingWell Kids Kits for PMAP and MinnesotaCare members age 17 and younger, falls prevention Strong and Stable Kit for MSC+ members, Dental Kit for UCare Connect members, and ADHD and Autism Support Kit for UCare Connect members with an autism or ADHD diagnosis.

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## 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.

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## Quit Smoking and Vaping Program

Eligible members can get help to quit smoking, vaping or chewing tobacco through the tobacco and nicotine quit line. Nicotine patches, gum or lozenges are also available to eligible members. 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.

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## 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](mailto:SHHcarecenter@2harvest.org).

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## Disease management

Members with a diagnosis of asthma, diabetes and/or heart failure are eligible for disease management programs. For more information, members can call the UCare Disease Management Line at 1-866-863-8303 (TTY 1-800-688-2534) or visit [ucare.org/manage-hlth](#).

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## 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.

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## 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) 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).

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## Interpreter services

Clinics can call UCare contracted interpreter service agencies (list is in the UCare [Provider Manual](#), starting on page 130) to arrange for interpreter services for UCare members who need them.

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## Billing questions

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

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Contact UCare staff at [ucarecountyrelations@ucare.org](mailto:ucarecountyrelations@ucare.org) with any questions.

County and Tribal reference use only. Not for member distribution.

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