



Special benefits included in your UCare Advocate health plan

UCare Healthy Benefits+ Visa card

Your UCare Healthy Benefits+ Visa® card offers the flexibility and convenience of one card for:

- Prescription eyewear allowance
- Transportation allowance
- Over-the-counter (OTC) allowance
- Grocery discounts

Your Healthy Benefits+ card is reloadable each year and is valid until the expiration date or you're no longer a UCare member. Be sure to keep your card, as you won't be sent a new one each year. Allowance amounts and expiration dates vary by program. Call or go online to register your card, check your balance and learn more.

Healthy Benefits+ member help line
1-833-862-8276, TTY 711
healthybenefitsplus.com/ucare



Prescription eyewear allowance

Pay for prescription eyeglasses or contacts at the provider of your choice with your Healthy Benefits+ card. You'll receive \$200 or \$225 annually, depending on the plan you choose.

Transportation allowance

Your plan includes a \$500 annual allowance to pay for transportation to and from eligible medical appointments. Your money is loaded onto your Healthy Benefits+ card once per year, then you pay for transportation directly with the card.

Over-the-counter allowance

You'll get an over-the-counter allowance loaded onto your Healthy Benefits+ card twice a year to purchase eligible health items at participating retailers. Eligible items include cough drops, first aid supplies, pain relief, sinus medications, toothpaste and much more!

Grocery discounts

Get discounts on healthy foods like milk, whole-grain bread, lean meat, eggs, yogurt, fruits, vegetables and more at participating grocery stores. Weekly discounts are pre-loaded onto your Healthy Benefits+ card. Simply scan your card when paying to access your discount.

Wellness kits*

We offer a variety of wellness kits full of engaging tools and materials to help you improve your health.

Adult Dental Kit

Take care of your smile with a free dental kit from UCare. You can request this kit once every three years. On the years you don't receive the Adult Dental Kit, you can request the Adult Dental Refill Kit. You're not eligible to receive the Adult Dental Refill Kit in the same year you receive the complete Adult Dental Kit. To order the kit, call the customer service number on the back of your member ID card or log into your online member account.

Strong and Stable Kit

The Strong and Stable Kit provides tools to help you stay strong and prevent falls, including a nightlight, tub grips to make your bathtub or shower safer, a resistance band strength kit and more. If you're interested in receiving this kit or if you've experienced falls in your home or the community, contact your care coordinator or case manager to order the kit for you.

Memory Support Kit

The Memory Support Kit includes helpful tools and activities if you have a dementia diagnosis. Keep track of your memories with a photo album, brain books, a weighted blanket and more, depending on the kit you choose. Contact your care coordinator or case manager to find out which Memory Support Kit option may be right for you.

Other health and wellness benefits

Get more out of your plan with these perks and benefits.

Nurse Line

Get guidance from experienced nurses any time of the day or week at no extra cost. Call the 24/7 Nurse Line toll-free 1-888-778-8204 (TTY 1-855-307-6976) or send a secure message through your online member account.

Grandpad

Offered to members with depression or anxiety, Grandpad is an electronic tablet specially designed to help you stay connected and feel less isolated. For more information and to see if you're eligible, contact customer service at the number on the back of your member ID card.

Caregiver Assurance

Get help with care coordination, service referrals, stress reduction tips and more at no extra cost with a caregiver advisor. Call 612 672-7996 (TTY 711) to get support.

Quit Smoking and Vaping Program

Get help to quit smoking, vaping or chewing tobacco with the tobacco and nicotine quit line. Nicotine patches, gum or lozenges are also available to eligible UCare members. Visit myquitforlife.com/ucare, download the Rally Coach Quit For Life mobile app or call 1-855-260-9713 (TTY 711), 24 hours a day, seven days a week.

*Must be an eligible UCare member at the time you order the kits. Kit contents may be subject to change. Limit one kit each per year per member. Please allow 4 – 6 weeks for delivery.