



Programs and tools to help you lead a healthy lifestyle

Managing your health can be challenging. We're here to help. Below are just a few of the programs and tools we offer.

Healthy Benefits+ Visa card

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

- Grocery discounts — Save money on healthy foods at participating retailers. Weekly discounts are pre-loaded to your card.
- Community education class allowance — A quarterly allowance to use toward eligible community education classes nationwide
- Rewards — Earn rewards for taking care of your health. Scan the QR code or go to ucare.org/connect2-rewards to learn more about your rewards.



SCAN WITH
YOUR PHONE'S
CAMERA

Your Healthy Benefits+ Visa 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 plan and program. If you have not received a Visa card yet, call UCare Customer Service at the number on the back of your member ID card to order one.

To learn more, activate your card or check your card balance, visit healthybenefitsplus.com/ucare or call 1-833-862-8276 (TTY 711). This phone number is also on the back of your Healthy Benefits+ Visa card.

UCare Health Ride

UCare Health Ride provides no-cost transportation to and from your covered medical, dental and pharmacy visits. To request a bus pass or schedule a ride, call 1-800-864-2157. Health Ride is open 7 am – 8 pm, Monday – Friday. For more information, visit ucare.org/healthride.

Mobile Dental Clinic

UCare offers dental check-ups, cleanings and basic restorative care aboard the UCare Mobile Dental Clinic. Call to find out when the clinic will be near you or go to ucare.org/mdc for dates and locations. Schedule your appointment by calling toll-free 1-866-451-1555 (TTY 1-800-627-3529), 8 am – 4:30 pm, Monday – Friday.

Food access help

Connect with local food resources through the Second Harvest Heartland Care Center. Members can call 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, contact Second Harvest Heartland by calling 651-401-1411 or toll-free 1-866-844-FOOD, or by emailing shhcarecenter@2harvest.org.

MOMS Program

Pregnant UCare members get extra health benefits. Call your county worker to update your eligibility status and call the UCare Maternal and Child Health Program line at 612-676-3326 to learn how UCare can support you during your pregnancy. Visit ucare.org/momsprogram to learn more.

Quit Smoking and Vaping Program

Learn how to stop smoking, vaping or chewing tobacco. UCare members can get help quitting at no charge through the tobacco and nicotine quit line. Nicotine patches, gum or lozenges are also available to eligible members. Get help to kick the habit from the comfort of your own home:

- Call the tobacco and nicotine quit line toll-free 1-855-260-9713 (TTY 711), available 24 hours a day, seven days a week
- Visit myquitforlife.com/ucare
- Download the Rally Coach Quit For Life mobile app

Nurse Line

The 24/7 Nurse Line gives you access to medical and health information 24 hours a day, 7 days a week, including weekends and holidays. This telephone service is available at no additional cost to members. To reach the Nurse Line, call toll-free 1-800-942-7858 (TTY 1-855-307-6976).

Wellness kits*

To order a kit, log in or create an online member account at member.ucare.org. Go to Health & Wellness, then Wellness, Rewards & Allowance to place your order. You can also call UCare Customer Service at the number on the back of your member ID card to order by phone.

Connect to Wellness Kit

Order a Connect to Wellness Kit to help improve your health and wellness. Each kit includes engaging tools — at no additional cost to you. Members may choose one of the following kit options:

- Fitness Kit
- Sleep Aid Kit
- Stress Relief Kit
- Dental Kit
- ADHD and Autism Support Kit

*You must be an eligible member at the time of the order. Limit one kit per year per member. Kit contents subject to change. Please allow 4 – 6 weeks for delivery.