



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.
- Healthy food allowance — A monthly allowance to use toward approved purchases (for members with lipid disorders, diabetes or hypertension)
- Over-the-counter (OTC) allowance — A quarterly allowance to purchase eligible health items at participating retailers. Eligible items include cough drops, first aid supplies, sinus medications, toothpaste and more.
- 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/connect-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.

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. As soon as you learn you're pregnant, call the number on the back of your member ID or visit ucare.org/momsprogram to learn more.

Caregiver Assurance

Eligible members and their designated caregivers get up to 12 visits with a caregiver advisor per plan year at no cost. Caregiver advisors are licensed professionals who can make the caregiving journey a little easier. They help with care coordination, service advice and referrals, stress reduction tips and more. Support is just a phone call away.

To get help, call 612-672-7996 (TTY users call 711).

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

One Pass

One Pass is a complete fitness solution for your body and mind, available to you at no additional cost. You'll have access to more than 24,000 participating fitness locations nationwide, plus:

- Thousands of on-demand and live-streaming fitness classes
- Workout builders to create your own workouts and walk you through each exercise
- Home fitness kits for members who are physically unable to visit or reside at least 15 miles outside a participating fitness location
- Personalized, online brain training program to help improve memory, attention and focus
- Social activities, community classes and events available for online or in-person participation

Find participating locations near you at ucare.org/onepass or call toll-free 1-877-504-6830 (TTY 711), 8 am – 9 pm, Monday – Friday.

Lutheran Social Services Healthy Transitions

This program provides individualized support, education and resources for eligible members during the critical first 30 days after a hospital or short-term rehabilitation center stay. When you return home from the hospital or rehabilitation center, you are paired with a specially trained and certified community health worker. The community health worker provides two in-home and two phone visits during the 30 days. These visits cover:

- Discharge documentation
- Home safety and fall risks
- Nutrition
- Medications
- Socialization
- Appointment setting and transportation
- Short-term goal setting

Your community health worker collaborates with you and your care coordinator to ensure that all your needs are being met. To learn more and see if you are eligible, contact your care coordinator.

Activity tracker plus Personal Emergency Response System

Get an easy-to-use activity tracker plus Personal Emergency Response System (PERS) device. This device features:

- 24/7 emergency call-for-help to a support agent directly through the watch
- Step and heart rate tracking to help you reach your health goals
- Built-in GPS to support you both inside and outside your home

It's ready to use right out of the box. You don't need to set it up or pair it to a cell phone or Wi-Fi. Members with a hypertension diagnosis who use the device are eligible for a blood pressure monitor.

For more information and to see if you're eligible, contact your care coordinator. If you don't know who your care coordinator is, call the number on the back of your member ID card.

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
- Smart Home Device Kit
- ADHD and Autism Support Kit
- Weighted Blanket Kit

Adult Dental Kit

Take care of your smile with a free dental kit from UCare. You can request an Adult Dental Kit once every three years. In the years you aren't eligible, you can request an 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.

Adult Dental Kit

- Electric toothbrush and charger
- Replacement brush heads
- Toothpaste
- Dental floss

Adult Dental Refill Kit

- Replacement brush heads
- Toothpaste
- Dental floss

Medication Toolkit

Get the tools you need to help make managing medications easier, at no additional cost to you. The toolkit includes:

- Pillbox alarm, splitter and two pillboxes
- Medicine tracker with marker
- Medication record pad
- Medication bag carrier
- Detera Drug Deactivation System pouch order form

*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.