



## 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:

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

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

## 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](https://ucare.org/healthride)**.

## UCare 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](https://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.

## 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](https://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).

## Strong and Stable Kit

The Strong and Stable Kit is a wellness package that provides tools to help you stay strong and prevent falls. The kit includes:

- Resistance band strength kit
- Tip sheets with helpful fall prevention advice
- Tub grips to make your bathtub or shower safer
- Nightlight to keep a bathroom or another area of your home well-lit at night
- Medication box to help take medications correctly

To order the kit, contact your care coordinator. Must be an eligible member at the time of the order. Limit one kit per year per member. Kit contents may be subject to change. Please allow 4 – 6 weeks for delivery.