

# Healthy Food Program Guide

How to spend your healthy food allowance, where to shop and more.



# Healthy Benefits+ for a healthy budget.

**Use your healthy food allowance to spend on items for healthy living and boost your budget.**

Buy things like fresh fruit and veggies, bottled water, wheat sandwich loaves, milk and more. You'll find a selection of eligible items in this catalog, but even more are available online or in-store at participating locations.

Activate Your Benefit

# If you haven't already, activate your card to start spending.

## Easiest

Use the Healthy Benefits+ mobile app

## Easier

Visit [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare)

or call 1-855-256-4620 (TTY 711)

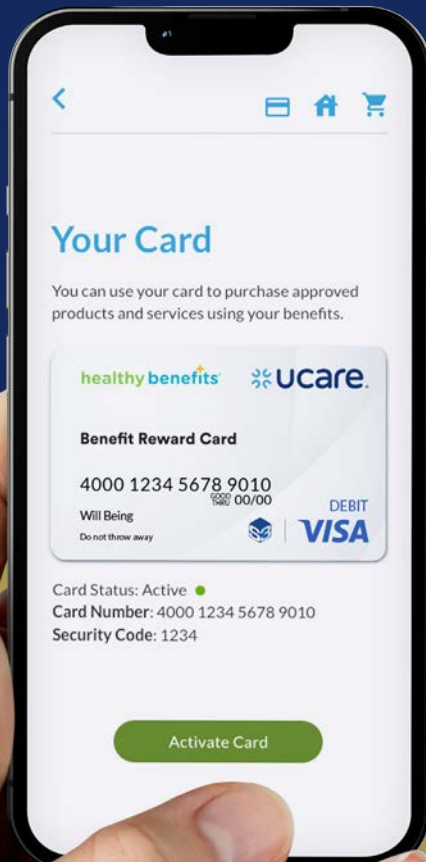


The Healthy Benefits+ App

# Make shopping easier with the app.



Download the app today.



## Allowance Balance

See your account details at-a-glance.



## In-App Shopping

Use our in-app store to order qualified items.



## Store Finder

Find participating stores, like Walmart, CVS and Kroger, and shop close to home.



## Product Scanner

Scan items in-store to see if they are eligible before checkout.



## Digital Card

Scan your card from your phone at checkout.



# The best place to spend? Where you already shop.

## Shop in-store

We've partnered with leading retailers and local stores to make sure your benefit allowance goes far so you don't have to. Shop in-store at any of our 55,000 locations.

*Walgreens*

 **CVS**

 **Kroger**  
FRESH FOR EVERYONE™  
Market Basket Publix Meijer Fred Meyer Costco  
Hannaford Publix Kroger Food Lion ALDI Smith's Target

**Walmart** 

and more

## Shop online

Order directly at [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare) or in the **Healthy Benefits+ mobile app**. Or, for fast grocery delivery, you can shop with one of our partners.

**Uber Eats**

**Walmart** 

and more

## Shop by phone

Find items using this catalog.

Call **1-833-862-8276 (TTY 711)** to place an order.

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# Beverages

Find even more items online



**Folgers**  
Classic Roast  
Ground Coffee,  
40.3oz

\$11.97

#971362035



**Great Value**  
Donut Shop,  
100% Arabica  
Medium Roast  
Ground Coffee  
Pods, 48ct

\$14.92

#42124215



**Horizon  
Organic**  
Shelf-Stable  
Whole Milk Box,  
8oz, 12ct

\$12.53

#819219798



**Silk**  
Shelf-Stable  
Unsweetened  
Almond Milk,  
1qt, 6ct

\$17.79

#144996762



**Fruit of the  
Earth**  
Aloe Vera Drink,  
128fl oz

\$9.78

#10314798



**Gold Peak**  
Real Brewed Tea  
Bottle, 16.9fl oz,  
6ct

\$7.18

#34218621



**Great Value**  
100% Juice,  
Apple, 96fl oz

\$2.84

#10415325



**Ocean Spray**  
100% Juice,  
Cranberry,  
10fl oz, 6ct

\$4.98

#10447881



**Great Value**  
100% Juice,  
Orange, 10fl oz,  
6ct

\$4.46

#482551311



# Breakfast

Find even more items online



**Cheerios**  
Cereal Box, Family Size, Honey Nut, 18.8oz

\$4.93

#138561797



**Raisin Bran**  
Cereal Box, Original, 24oz

\$3.98

#582929579



**Special K**  
Cereal Box, Red Berries, 16.9oz

\$4.98

#241868709



**Cream of Wheat**  
Instant Hot Breakfast Cereal, 1oz, 12ct

\$4.52

#10294606



**Quaker**  
Instant Grits, Variety Pack, 0.98oz, 22ct

\$5.68

#332548878



**Quaker**  
Instant Oatmeal, Variety Pack, 1.1oz, 20 Packets

\$7.86

#904238215



**Quaker**  
Instant Oatmeal, Maple and Brown Sugar, 1.51oz, 20 Packets

\$6.98

#45039255



**Honey Bunches of Oats**  
Granola, Honey Roasted, 11oz

\$2.98

#28198786



**Quaker**  
Granola Oats, Honey, Raisins and Almonds, 24.1oz

\$4.98

#824040924

# Condiments

Find even more items online



**Great Value**  
Raw Honey  
Bottle, 32oz

**\$10.97**

**#534160572**



**Jif**  
Natural Creamy  
Peanut Butter  
Spread, 40oz

**\$6.97**

**#21096191**



**SKIPPY**  
Creamy Peanut  
Butter Spread,  
40oz, 2ct

**\$10.53**

**#39243945**



**Smucker's**  
Natural Fruit  
Spread,  
Strawberry,  
17.25oz

**\$3.84**

**#28403811**



**Great Value**  
Concord Grape  
Jelly, 30oz

**\$2.62**

**#364924551**



**Heinz**  
Tomato Ketchup  
Bottle, 32oz

**\$4.76**

**#15529427**



**French's**  
Classic Yellow  
Mustard Bottle,  
20oz

**\$2.72**

**#14089343**



**Hellmann's**  
Real Gluten Free  
Mayonnaise,  
30oz

**\$5.48**

**#10312980**



**Hidden Valley**  
Ranch Salad  
Dressing Bottle,  
24oz

**\$5.28**

**#10413975**

# Fruits and Vegetables

Find even more items online



**Mariani**  
Dried Fruit,  
Mixed, 32oz

\$10.98

#293345424



**Sunsweet**  
Amazin, Pitted  
Prunes, 24oz

\$8.98

#717822013



**Del Monte**  
Fruit Cocktail  
in 100% Juice,  
Canned Fruit,  
15oz, 6ct

\$9.88

#193633601



**Del Monte**  
Fruit Cups, No  
Sugar Added,  
Family Pack,  
4oz, 12ct

\$7.98

#21849151



**Del Monte**  
Mandarin  
Oranges Fruit  
Cups in 100%  
Fruit Juice, 4oz,  
12ct

\$7.44

#21949967



**Mott's**  
Applesauce  
Cups, 4oz, 18ct

\$6.98

#40711131



**Goya**  
Black Beans  
Can, 29oz

\$2.68

#31003686



**Goya**  
Pinto Beans  
Can, 29oz

\$2.98

#29926993



**Libby's**  
Sweet Peas Can,  
15oz, 6ct

\$5.28

#182868751

# Fresh produce? Shop with your benefit card in-store.

Shop the largest selection of qualified items available, in-store.

This catalog contains just a selection of items. For the most options available to you, shop in-store at one of our participating retailers.

Walmart 

 **Kroger** FRESH FOR EVERYONE™

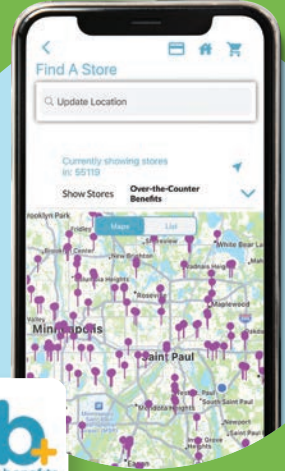
Baker's City Market Dillons Fred Meyer Fry's Gebes

Kwik Star metro market Paj Less Pick 'n Save Ralphs Smiths Value

Accepted at Walmart, Kroger  
and at many of your favorite  
stores nationwide and near you.



Find participating healthy food retailers using the app.



Use the Store Finder in the app to find one of over 55K participating retailers near you. Healthy is just around the corner.



# Meals and Sides

Find even more items online



**Barilla**  
3-Cheese  
Tortellini Pasta  
Box, 12oz

**\$5.63**

**#13908655**



**Barilla**  
Spaghetti Pasta  
Box, 16oz, 6ct

**\$11.04**

**#1411451521**



**Prego**  
Traditional  
Spaghetti  
Sauce, 24oz

**\$2.38**

**#10308233**



**Kraft**  
Macaroni and  
Cheese Cup,  
Triple Cheese,  
Microwavable,  
2.05oz, 4ct

**\$4.92**

**#14869831**



**Great Value**  
Macaroni  
and Cheese,  
Original, 2.05oz,  
8ct

**\$6.88**

**#649741595**



**Velveeta**  
Skillets, Chicken  
Pasta Dinner Kit  
with Broccoli  
and Orzo, 13.6oz

**\$3.38**

**#44981909**



**Hamburger  
Helper**  
Stroganoff,  
Pasta and  
Creamy Sauce  
Mix, 13oz, 2ct

**\$2.94**

**#49533231**



**Hamburger  
Helper**  
Cheeseburger  
Macaroni,  
13.6oz, 2ct

**\$2.94**

**#49533230**



**Campbell's**  
Condensed  
Chicken Noodle  
Soup Can,  
10.75oz, 4ct

**\$4.78**

**#43671426**

# Nutritional Drinks

Find even more items online



**Atkins**  
Shake,  
Strawberry, 15g  
Protein, 11.0fl oz,  
12ct

\$19.48

#849607426



## BOOST Glucose Control

Drink, Creamy  
Strawberry, 16g  
Protein, 8fl oz,  
6ct

\$10.18

#15543963



**BOOST**  
Drink, Rich  
Chocolate, 20g  
Protein, 8fl oz,  
15ct

\$24.12

#432779758



**Ensure**  
Shake, Vanilla,  
9g Protein,  
8fl oz, 16ct

\$27.37

#12166807



**Ensure**  
Shake,  
Strawberry, 9g  
Protein, 8fl oz,  
16ct

\$27.37

#38344814



**Premier Protein**  
Shake,  
Chocolate, 30g  
Protein, 11.0fl oz,  
12ct

\$24.97

#285037596



**Premier Protein**  
Shake, Vanilla,  
30g Protein,  
11.0fl oz, 12ct

\$24.97

#134975168



**Splenda**  
Diabetes Care  
Shake, Milk  
Chocolate, 8oz,  
6ct

\$9.94

#707488066



**Splenda**  
Diabetes Care  
Shake, French  
Vanilla, 8oz, 6ct

\$9.94

#675953438

# On-the-Go

Find even more items online



**Atkins**  
Keto-Friendly Meal Bar,  
Chocolate Peanut Butter,  
16g Protein,  
2.12oz, 8ct

\$13.48

#29559150



**Clif Bar**  
Energy Bar,  
Crunchy Peanut Butter, 11g  
Protein, 2.4oz,  
18ct

\$21.98

#182721230



**Pure Protein**  
Chocolate Deluxe, 21g  
Protein, 1.76oz,  
12ct

\$16.94

#152668820



**Quest**  
Bar, Chocolate  
Chip Cookie  
Dough, 21g  
Protein, 2.12oz,  
8ct

\$16.48

#842201028



**Quaker**  
Chewy Granola  
Bars, 3-Flavor  
Variety Pack,  
36ct

\$7.38

#580204443



**Nature Valley**  
Crunchy  
Granola Bars,  
Oats 'n Honey,  
1.49oz, 24ct,  
2pk

\$10.96

#788204005



**ReliOn**  
Maple Flavored  
Almonds, 4.25oz

\$3.98

#662944552



**Great Value**  
Omega-3 Trail  
Mix, 22oz

\$7.98

#711963269



**Wonderful**  
Pistachios in  
Resealable  
Pouch, No  
Shell Roasted &  
Salted, 12oz

\$10.38

#109915691



# Protein

Find even more items online



**Armour Star**  
Vienna Sausage  
Can, Original,  
4.6oz, 12ct

\$8.72

#44981956



**Bumble Bee**  
Snack on the  
Run!, Tuna  
Salad Kit with  
Crackers 3.5oz,  
3ct

\$5.27

#47337904



**StarKist**  
Chunk Light  
Tuna in Water  
Can, 5oz, 8ct

\$7.98

#48387973



**Double Q**  
Wild Caught  
Alaskan Pink  
Salmon Can,  
14.75oz

\$4.62

#10319448



**King Oscar**  
Brisling Sardines  
in Extra Virgin  
Olive Oil Can,  
3.75oz

\$2.98

#10291156



**Great Value**  
Chunk Chicken  
Breast Can,  
12.5oz, 4ct

\$9.98

#49914752



**Spam**  
Classic Can,  
12oz, 2ct

\$6.67

#159980722



**Great Value**  
Roast Beef in  
Broth Can, 12oz

\$3.74

#40975805



**Hormel**  
Chili, No Beans,  
No Artificial  
Ingredients, 15oz

\$2.72

#10290957

# Make using your benefits a breeze.

## Download the app.

Knowing what products are covered can feel tricky. Make it easier by downloading the **Healthy Benefits+ app** today.

- ▶ Find participating stores, get directions, etc.
- ▶ Scan products to ensure they're covered before checkout.
- ▶ Scan your card from your phone at checkout.



Scan to download

Please note that the regular retail price in the store may vary. For prices that apply when you use your healthy food benefits, please consult this catalog. Benefits and features vary by plan/area. Limitations and exclusions apply. Healthy food benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. References to third-party products do not imply an endorsement or recommendation to use or purchase a specific product or brand. This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the healthy food items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. All benefits are not available on all plans. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.







# FAQ

## **Are there other items available beyond what's listed in the catalog?**

Additional items are available at participating retailers and online. For a list of qualified items and categories, visit [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare).

## **What price applies at checkout?**

Online and in-store pricing may not be the same as the prices listed in this guide and catalog. The online and in-store price applies at checkout.

## **Do I pay for sales tax?**

Yes, all orders are subject to your local state sales tax.

## **How can I check my allowance balance?**

You may check your balance by visiting [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare), downloading the Healthy Benefits+ mobile app or by calling **1-833-862-8276 (TTY 711)**.

## **What if my purchase costs more than my allowance?**

If your total is more than your available allowance on your UCare Healthy Benefits+ Visa® card, you can pay the remaining balance due out of pocket.

## **How can I get a replacement card?**

You may ask for a replacement card to be mailed to you by visiting [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare) or by calling **1-833-862-8276 (TTY 711)**.

All brands listed are trademarked by their respective manufacturers. Brands and item eligibility are subject to change. Apple and the Apple logo are trademarks of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

UCare's MSHO (HMO D-SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in UCare's MSHO depends on contract renewal.

**healthy benefits<sup>+</sup> |  UCare<sup>®</sup>**

**For questions and program details,  
visit [HealthyBenefitsPlus.com/UCare](https://HealthyBenefitsPlus.com/UCare)**

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