



2019 UCare Resources for PMAP/MinnesotaCare

UCare health and wellness programs help members use and enjoy quality health care and services.

Health Promotion Programs

Health Promotion Program questions?

Contact Nicole Lier, Health Promotion Manager, at nlier@ucare.org or 612 676-3281.

Child & Teen Checkups (CTC) incentives

- \$50 gift card for eligible members who have six CTC visits by age 15 months
- \$25 gift card each year for eligible members age 3-6 who have CTC exam
- \$25 gift card each year for eligible members age 12-21 who have CTC exam

MOMS (Management of Maternity Services) Program with incentives

- \$75 gift card for eligible members for early prenatal care
 - \$75 gift card for eligible members who have a timely postpartum visit
 - \$25 gift card for eligible pregnant smokers for initial phone assessment
- A **MOMS Handbook** is sent to pregnant women

Parents' Guide

Free booklet on child safety and health at each stage of development. [The Caring for Your Baby](#) book is sent to parents of newly enrolled members ages birth to six months.

Breast pumps: After baby is born, members may call the Customer Services phone number on the back of their ID card to order a breast pump.

Expert advice and support: The MOMS program includes Pregnancy Advisor nurses who offer expert advice, support, answers to your pregnancy questions, and referrals to additional resources. To get contact information for a Pregnancy Advisor nurse, members should call Customer Services at the number on the back of their member ID card.

UCare contacts members identified as pregnant to conduct a risk assessment and provide resources to support their pregnancy. Members determined to be high risk will have access to our high-risk perinatal nurse program for ongoing support.

Healthy Savings

PMAP, MinnesotaCare, MSHO, Connect, Connect + Medicare, Individual and Family Plans, UCare Medicare, and EssentiaCare members are eligible to save up to \$200 a month on pre-qualified healthy foods including milk, lean meats, eggs, fruits and vegetables. Members can get the free app and scan at check-out to get instant discounts. Check out the [Healthy Savings](#) website to learn more.

SEATS Program

Members who are pregnant and children under age 8 are eligible for free car seats and car seat education. Limits apply. Details are on the [SEATS](#) web page.

Community Education

Up to a **\$15 discount** per class through school district programs.

Fitness Benefits

Members have [fitness and wellness](#) options to stay active and well, such as health club savings for eligible members age 18 and older, and fitness kits for eligible members age 17 and younger.

Tobacco Quit Line

Available to all UCare members at no charge. Includes [help to quit smoking](#) or chewing tobacco, including e-cigarettes and vaping, through counseling over the phone. Members can call the tobacco quit line at 1-855-260-9713. The Tobacco Quit Line is available 24 hours a day, seven days a week.



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Health Promotion Programs, cont.	UCare 24/7 Nurse Services Available to all UCare members at no charge online or over the phone. Members can get advice from experienced nurses on what to do and where to go for any health concern. WholeHealth Living™ Choices Access to discounts for brand-name health products and services not covered by our plan.
Disease Management	Asthma: Members with asthma may participate in our Asthma Action Program. Our asthma team provides an in home visit to assess asthma symptoms followed up with one year of asthma support, education and tools to assist with asthma management. Members receive a \$10 gift card for each phase of the program and a \$25 gift card for program graduation. Call 612-676-6539 or 1-866-863-8303 toll free to enroll. Diabetes and Heart Failure: Members 18 and older can work one-on-one with a health coach over the phone to learn more about their chronic condition, set goals for self-management and receive expert coaching support throughout the program.
Dental Health	New in 2019, PMAP, MinnesotaCare, Connect, Connect + Medicare , MSHO and MSC+ members are eligible for a \$25 gift card for dental visits. UCare sends vouchers to eligible members with no dental visits in the last 12 months. County staff working with UCare members should call the Delta Dental Government Programs Access Unit at 651-994-5198 or 1-866-303-8138. Members should call the UCare Dental Connection at 651-768-1415 or 1-855-648-1415 if they need help managing their dental care, coordinating transportation and/or interpreter services for dental appointments, or if they have other dental questions . This number is on the back of the member ID cards for easy reference. Members may also access the UCare Mobile Dental Clinic for dental check-ups, cleanings and simple restorative care. Check the schedule to see where the Mobile Dental Clinic visits. Members may call the University of Minnesota School of Dentistry to make an appointment at 1-866-451-1555 or TTY 1-800-627-3529.
Mental/Behavioral Health	Members have coverage for mental health and substance abuse services. County staff may call UCare Customer Services at 612-676-3200 or 1-800-203-7225 toll free for provider information.
Transportation	Members can call the UCare Health Ride Transportation program to arrange for transportation to and from medical and dental clinic appointments 1-800-864-2157.
Interpreter Services	Clinics can call UCare contracted interpreter service agencies (list is in the UCare Provider Manual , Chapter 28) to arrange for interpreter services for UCare members who need them.
Billing Questions	Contact the UCare Provider Assistance Center with billing questions 612-676-3300 or 1-888-531-1493.

Contact Annie Halland, MPH, County Manager, UCare, with questions: ahalland@ucare.org or 612-676-3317. County reference use only. Not for member distribution.