Your guide to 2020 UCare Prepaid Medical Assistance Program (PMAP)
Numbers to know

**UCare PMAP Customer Service**
612-676-3200 or 1-800-203-7225
TTY 612-676-6810 or 1-800-688-2534
8 am – 5 pm, Monday – Friday

**UCare Behavioral Health Services**
For questions about mental health or substance use disorder services.
612-676-6533 or 1-833-276-1185
TTY 1-800-688-2534
8 am – 5 pm, Monday – Friday

**UCare Dental Connection**
651-768-1415 or 1-855-648-1415
TTY 612-676-6810 or 1-800-688-2534
7 am – 7 pm, Monday – Friday
ucare.org/dentalconnection

**UCare Mobile Dental Clinic**
1-866-451-1555
TTY 1-800-627-3529
8 am – 4:30 pm, Monday – Friday
ucare.org/mdc

**UCare 24/7 Nurse Line**
1-800-942-7858
TTY 1-855-307-6976

**UCare’s Health Ride**
612-676-6830 or 1-800-864-2157
TTY 612-676-6810 or 1-800-688-2534
7 am – 8 pm, Monday – Friday
In case of a medical emergency: 911
ucare.org/healthride

**Pregnancy Advisor Nurse Line**
612-676-3326 or 1-855-260-9708
TTY 711

**Other aids and services**
(interpreters, accessible format)
612-676-3200 or 1-800-203-7225
TTY 711
24 hours a day, seven days a week

**Tobacco quit line**
1-855-260-9713
TTY 711
myquitforlife.com/ucare

**Mental Health**
If you are in crisis, call the Suicide Prevention Hotline: 1-800-273-TALK
Support Groups
National Alliance for Mental Illness (NAMI) – Minnesota
1-888-NAMI-HELPS
TTY 711
Contents

Welcome! ................................................................. 2
  Online member account ........................................... 2
  UCare PMAP Customer Service .................................. 2
  Your UCare member identification (ID) card .................... 3
Understand your coverage .............................................. 4
  Provider and prescription drug online search tool ............. 4
  Prescription drug benefits ........................................ 5
Where to get care ....................................................... 6
Make the most of your benefits ....................................... 7
  Transportation options ............................................ 7
  Behavioral Health Services ....................................... 7
  Fitness and wellness benefits .................................... 8
  Pregnancy resources .............................................. 10
  Disease management support .................................. 10
  Other aids and services ......................................... 10
  Dental resources .................................................. 11
  Quit Smoking Program .......................................... 12
  Share your opinions ............................................. 12
Member Feedback Community ...................................... 13
Living Well Kids Kits ................................................ 15
Welcome to UCare!

We're very happy to have you as a member of Prepaid Medical Assistance Program (PMAP) in Minnesota.

This guide will help you learn about and use the many benefits and features of your PMAP plan. Read it carefully, keep it handy and refer to it often.

PMAP offers many opportunities for you to improve your health. We hope you'll take advantage of the many helpful wellness benefits and perks that are yours with this plan.

As always, we welcome your questions because we value your UCare membership. Thank you for trusting us with your health coverage needs.

Online member account

Set up your secure online member account at ucare.org. Once you’ve registered, you’ll be able to:

• Send questions securely to Customer Service
• Re-order your member ID card
• See your PMAP materials
• Send a medical message to our WebNurse service
• Receive coverage updates and important health and wellness information
• Keep your contact information up to date

Customer Service

Call our Customer Service representatives for answers to your membership, benefit and service questions.

612-676-3200 or 1-800-203-7225
TTY 612-676-6810 or 1-800-688-2534
8 am – 5 pm, Monday – Friday

Although we understand your family is concerned about you, we cannot release information to family members calling on your behalf without a signed Statement of Authorized Representation showing the family member(s) have your consent. Visit ucare.org or call Customer Service to learn more.
Your UCare member identification (ID) card — your key to coverage

Your member ID card is key to helping you get the care you need. This important tool helps providers understand your health care coverage.

Keep these tips in mind:

• Review your ID card carefully and make sure the information is correct
• Always carry it with you
• Present your current ID card when you seek care
• Have it at hand when you call Customer Service
• If you lose or misplace your ID card, order a new card through our secure member site or by calling Customer Service

Member ID number
Secure number unique to you.

Plan name
The name of your specific plan.

FOR PROVIDER USE -
MN primary claims must be submitted electronically.
For outside MN submit claims to UCare, P.O. Box 70,
Minneapolis, MN 55440-0070.
Prescription drug claims must be submitted electronically
to Express Scripts.
Submit chiropractic claims to: Fulcrum Health, Inc.,
P.O. Box 981808, El Paso, TX 79998-1808
Provider Assistance Center: 612-676-3300 or 1-888-531-1493
Express Scripts Help Desk for Pharmacies: 1-800-922-1557

ucare.org website
Access the member site and helpful information.

Health club savings
This health club savings icon shows your program eligibility.

DENTAL INFORMATION -
Call the UCare Dental Connection for help setting up
an appointment, scheduling transportation to a dental
appointment, or if you have any other dental questions.
Learn more at dentalcareforu.org.
UCare Dental Connection: 651-768-1415 or 1-855-648-1415
TTY users call State Relay 711, 7 AM to 7 PM,
Monday through Friday
Submit all dental claims: Delta Dental of Minnesota,
P.O. Box 9120, Farmington Hills, MI 48333-9120

Contact information
Numbers to know, including Customer Service and 24/7 nurse line numbers.
Understand your coverage

**Explore our provider network, find your prescription drugs using our online search tool**

Go to [ucare.org](http://ucare.org) and click on “search network” at the top of the page. Use this online tool to find:

- **People**: doctors, specialists, dentists, chiropractors and type of care you need
- **Places**: hospitals, clinics, home health care, hospice, urgent care and more
- **Pharmacies**: community, hospital, clinical and online pharmacies featured
- **Drug list**: prescription drugs covered by your plan

---

**Access your member materials**

It’s important to know what’s in our health plan. Here are a few resources that can help:

- **Member Handbook** — Gives you detailed information about your plan, including your member rights and responsibilities
- **Minnesota Health Care Programs Provider and Pharmacy Directory** — Lists the doctors, dentists, pharmacies, hospitals and chiropractors in our network
- **Minnesota Health Care Programs List of Drugs (Formulary)** — Lists what drugs your plan covers

Here’s how to get these important member materials:

**Online**

View or print the Member Handbook, Minnesota Health Care Programs Provider and Pharmacy Directory and Minnesota Health Care Programs List of Drugs (Formulary) from the [ucare.org/pmap](http://ucare.org/pmap) webpage.

**Request printed materials**

You can ask for printed copies of your plan materials in two ways:

1. **Online** — Log in to your member account and send us a request
2. **Phone** — Call Customer Service
Prescription drug benefits

Your prescription drug benefits are an important part of your health care coverage. Details on your prescription drug coverage can be found online at ucare.org/pmap, including:

1. Full details on prescription drug coverage in your Member Handbook
2. Searchable list of prescription drugs covered by your plan can be found at <ucare.org/prescriptiondrugs>. Updated monthly.

Filling prescriptions

When your doctor prescribes a drug, you have two ways to fill your prescription:

1. Your provider sends your prescription to the network pharmacy you choose
2. You take the prescription to the network pharmacy you choose

Find a network pharmacy

Go to search.ucare.org and click on “Pharmacies” to search for and find a network pharmacy near you. Remember to bring your member ID card with you to the pharmacy.

Remember to call UCare Customer Service with any questions:

612-676-3200 or 1-800-203-7225
TTY 612-676-6810 or 1-800-688-2534
8 am – 5 pm, Monday – Friday
Where to get care

1. **Primary care clinic**
   Routine care at the clinic that knows your health history and long-standing conditions.

2. **UCare 24/7 Nurse Line**
   Expert advice from experienced nurses on what to do and where to go when you have a health concern.
   
   1-800-942-7858, TTY 1-855-307-6976, 24 hours a day, seven days a week
   
   In an emergency that needs treatment right away, either call 911 or go to the nearest emergency room.

3. **Walk-in clinic and urgent care**
   Care clinics for non-emergency injury or illness that needs immediate attention.
   - Retail locations
   - Urgent care centers

4. **Hospital emergency room**
   Emergency care for life-threatening symptoms requiring hospital admission.
Make the most of your benefits

Transportation to covered services
UCare Health Ride provides no-cost transportation to and from services covered by your UCare plan.

Enjoy your independence
• Take the bus, light rail or train. Call Health Ride 7 to 10 days before appointment to order free passes.
• Drive yourself, and get your mileage reimbursed. Contact your County Human Services to get started.

Get a little extra help
If public transportation doesn’t work for you or if you need more assistance, Health Ride has special options for you.
• Specialized transportation services
• Taxi cabs and volunteer driver programs
Health Ride is open 7 am – 8 pm, Monday – Friday. Please schedule your ride two days before your appointment.

UCare Health Ride
Find out more at ucare.org.healthride
612-676-6830 or 1-800-864-2157
TTY 612-676-6810 or 1-800-688-2534
In case of a medical emergency: 911

Behavioral Health Services
UCare’s Behavioral Health Services team has care managers to help you get the care you need. Our Behavioral Health Care Managers work with your care coordinator to help arrange care, find or change providers and make referrals.

UCare Behavioral Health Services
612-676-6533 or 1-833-276-1185
TTY 1-800-688-2534
8 am – 5 pm, Monday – Friday
Fitness and wellness benefits

Health Club Savings
Join a class, work with weights, swim some laps, or try something new. UCare’s Health Club Savings offers the variety you want and flexibility you deserve.

UCare members age 18 and older who belong to a participating health club can receive a reimbursement of up to $20 in their health club membership fees each month.* A minimum of 12 visits is required to qualify for reimbursement. Simply show your UCare ID card when you sign up at a participating location. Find the current list of participating health clubs at ucare.org/healthwellness.

This icon on your member ID card shows your program eligibility.

*It may take up to two months to begin receiving your health club dues reimbursement.

LivingWell Kid Kits for members age 17 and younger
Choose one of four different fun kits designed for kids. Each kit includes tools that make it easy for you and your family to keep healthy at home. Choose one kit per member, per calendar year.

To order your kit, complete and mail the form at the back of this guide or call Customer Service. Must be a PMAP Plan member and age 17 or younger at time of order. Kit contents are subject to change. Please allow 3 – 6 weeks for delivery.
Take a class, get a discount
You can receive up to $15 off most course fees for community education classes. Choose from cooking, fitness, social activities, painting or other classes that interest you.

Check your area community education catalog or contact your local school district for class times and locations. Show your UCare member ID card when enrolling in a class to get the discount.

Rewards
UCare offers gift card incentives for completing some important tests or exams, such as your child’s annual physical, prenatal care, annual mammogram and annual dental visit. Visit ucare.org/rewards or call Customer Service to learn about earning rewards for taking care of yourself.

Vaccines
Your plan covers flu and pneumonia vaccines. Talk with your doctor or other health care provider to see if you need these or other shots.

Preventive health services
Your coverage includes many important preventive screenings to help you be well. They’re offered at no cost to you. They include an annual physical exam, diabetes exams, cholesterol tests, mammograms and colon cancer screenings.

Health and wellness savings
Take advantage of WholeHealth Living™ Choices and its easy, online access to health and wellness discounts and alternative medicine practitioners. Discounts apply to non-UCare-covered benefits such as acupuncture, massage and many more services. Check your Member Handbook for covered services.

Learn about the practitioners, offers and discounts through your online UCare member account at member.ucare.org. Then print the discount certificate and you’re good to go.

Discounts on healthy foods
Save up to $200 a month on pre-qualified healthy foods including milk, lean meats, eggs, fruits, vegetables and more through the Healthy Savings® program. Download the free app, scan it at check-out and get instant discounts. Or use the Healthy Savings card that will arrive in the mail to each household. Learn more at healthysavings.com/ucare or by calling Customer Service.
Pregnancy resources

Car seat program
You may be eligible for a free car seat through UCare’s Seats, Education and Travel Safety (SEATS) program. Pregnant members can get a car seat with safety education training. Call Customer Service to find the name and phone number of a partnering agency in your county.

Pregnancy advisor nurse line
Nurses can offer expert advice, support, answers to your pregnancy questions and referrals to additional resources over the phone. Call 612-676-3326 or 1-855-260-9708 (TTY 1-800-688-2534).

Guides and resources for pregnant members
Learn about rewards, resources, and tips to help you stay healthy during and after pregnancy through our Management of Maternity Services (MOMS) program. Receive information about breast feeding, childbirth and pregnancy education classes. For more information, call Customer Service or go to ucare.org/healthwellness.

Disease management support
Members with certain health conditions can receive help from our disease management programs. UCare offers Health Coaching services to members with diabetes, chronic kidney disease or heart failure.

UCare disease management line
612-676-6539 or 1-866-863-8303
TTY 612-676-6810 or 1-800-688-2534

Other aids and services
UCare provides additional aids and services, such as qualified interpreters or information in accessible formats, free of charge and quickly to ensure an equal opportunity to participate in our health care programs. Call Customer Service for more information.
Dental resources

You’ll find a list of covered dental benefits in your plan’s Member Handbook. These benefits include many diagnostic, preventive and restorative services.

UCare Dental Connection

Our UCare Dental Connection helps you manage dental care with one phone call. Call to:

• Find a dental provider or dental home
• Schedule dental appointments for general, follow-up and specialty care
• Coordinate rides to, and interpreter services for, dental appointments
• Get answers to dental benefit and claim questions

UCare Dental Connection
651-768-1415 or 1-855-648-1415
TTY 612-676-6810 or 1-800-688-2534
7 am – 7 pm, Monday – Friday
ucare.org/dentalconnection

UCare Mobile Dental Clinic

Members with limited access to quality dental care can receive dental check-ups, cleanings and simple restorative care aboard the UCare Mobile Dental Clinic (MDC). All services are provided by faculty-supervised students from the University of Minnesota School of Dentistry.

The MDC is a specially designed, wheelchair-accessible, 43-foot dentist’s office on wheels. It visits several sites in the metro and Greater Minnesota each year.

Find out when MDC will be in your area at ucare.org/mdc.

MDC appointment line
1-866-451-1555
TTY 1-800-627-3529
8 am – 4:30 pm, Monday – Friday
ucare.org/mdc
Quit Smoking Program

Get started on a tobacco-free life! UCare tobacco quit line counselors help you learn to live without tobacco or nicotine at no charge. Counselors provide personalized coaching, online tools, quit aides (such as nicotine patches and gum) and more.

**Tobacco quit line**

1-855-260-9713
TTY 711
myquitforlife.com/ucare

---

**Share your opinions**

UCare’s Member Feedback Community is an important source of opinions and ideas for UCare. Participants share their views about many health plan matters through online surveys and member focus groups.

You can join this community by completing and returning the UCare Member Feedback Community self-mailer form on the next page. Or, sign up online at ucare.org/getengaged. Participation is optional and you can cancel at any time by sending written notice to feedback@ucare.org or to:

UCare
ATTN Market Research Department
PO Box 52
Minneapolis, MN 55440-0052
UCare Member Feedback Community members are an important and influential source of opinions and ideas for UCare. Members of this group share their views about their health plan experiences, member communications and other health plan matters. They do this through online surveys or member focus groups.

If you are a member wanting to contribute ideas and opinions to UCare, join our Member Feedback Community.

☐ Yes, I agree to receive non-plan information.

Member number*  
First name*  
Last name*  
Email*

This consent will expire when I disenroll from UCare health plans, unless I cancel it.

• I have the right to cancel in writing at any time.
• If I cancel, information might have already been sent to me.
• I am not required to consent.
• My health coverage will not be affected if I do not consent.

I understand and agree to the terms in this consent form.

Signature*  
Date*

The Centers for Medicare & Medicaid Services (CMS) requires Medicare Advantage organizations to obtain their members' consent to send members non-plan or non-health related information. By completing this form, I authorize UCare to send me market research surveys. I may also receive information from UCare that may not be directly related to my health care or Medicare plan benefits.

*information required
Living Well Kids Kits

Helping kids live well
UCare offers fitness and wellness kits to help kids feel well and be well — all at no cost to you. Choose the kit you want and mail the order form to UCare.

Kits are for current MnCare members who are age 17 or younger at time of order. One kit per member per calendar year.

If you have questions, call Customer Service.
Allow 3 – 6 weeks for kit delivery. Benefits may change each year. Incomplete or ineligible forms will be returned.

Select one kit only. If you select more than one kit, a UCare team member will call to find out which one you would like.

To be completed by member

UCare Member ID Number (child) ____________________________
UCare Member Date of Birth ____________________________
UCare Member Age (must be 17 or younger) ________________
UCare Member Name ____________________________

Please tell us where to send the kit:
Name (first and last) ____________________________
Mailing Address ____________________________
City __________________ State ______ ZIP ____________
Phone ____________________________

Kit 1: Fitness fun
- Fitness tracker
- Frisbee
- Fitness dice
- Colored pencils

Kit 2: Youth de-stress
- Color book and pencils
- Fidget spinner
- Tangle
- Fidget cube

Kit 3: Dental kit (little kids)
- Toothbrush
- Floss picks
- Toothpaste
- Timer
- Tracker
- Book
- Kit bag

Kit 4: Dental kit (tweens/teens)
- Spin toothbrush
- Toothpaste
- Floss picks
- Kit bag
Attention. If you need free help interpreting this document, call the above number.

What does this mean? It means that if you need help understanding this document, you can call the number provided.

Warning: If you need free assistance interpreting this document, please contact the number above.

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Attention. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.
Civil Rights Notice

Discrimination is against the law. UCare does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Auxiliary Aids and Services. UCare provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner, to ensure an equal opportunity to participate in our health care programs. Contact UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Language Assistance Services. UCare provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. Contact UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Civil Rights Complaints
You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You may contact any of the following four agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
Contact the OCR directly to file a complaint:
Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW
Room 509F
HHH Building
Washington, DC 20201
800-368-1019 (Voice)
800-537-7697 (TDD)
Complaint Portal – https://ocrportal.hhs.gov/ocr/portal/lobby.jsf

Minnesota Department of Human Rights (MDHR)
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the MDHR directly to file a complaint:
Minnesota Department of Human Rights
Freeman Building, 625 North Robert Street
St. Paul, MN 55155
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (Fax)
Info.MDHR@state.mn.us (Email)

Minnesota Department of Human Services (DHS)
You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.

DHS will notify you in writing of the investigation’s outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact DHS directly to file a discrimination complaint:
Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (voice) or use your preferred relay service

UCare Complaint Notice

You have the right to file a complaint with UCare if you believe you have been discriminated against in our health care programs because of any of the following:

- medical condition
- health status
- receipt of health care Services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:

UCare
Attn: Appeals and Grievances
PO Box 52
Minneapolis, MN 55440-0052
Toll free: 1-800-203-7225
TTY: 1-800-688-2534
Fax: 612-884-2021
Email: cag@ucare.org