Your guide to 2021 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 Mental Health and Substance Use Disorder Services
For crisis support or ongoing help to manage a mental health or substance use condition.
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

UCare Pregnancy Advisor Nurse Line
612-676-3326 or 1-855-260-9708
TTY 711
9 am – 5 pm, Monday – Friday

Other UCare 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 and Nicotine Quit Line
1-855-260-9713
TTY 711
myquitforlife.com/ucare
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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 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 all the helpful wellness benefits and perks that are yours with this plan.

Have questions? Reach out and let us know. We always welcome your thoughts, comments and questions. Thank you for trusting us with your health coverage needs.

Online member account

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

• Send questions securely to Customer Service by clicking on “Message Us”
• See, print and order your member ID card
• See your UCare plan materials to find out what is covered
• Send a secure medical message to our 24/7 WebNurse service
• Receive coverage updates and important health and wellness information
• Do a health assessment to understand your health
• Get access to discounts on wellness services and products
• 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 member ID card carefully and make sure the information is correct. Let us know if anything is incorrect
• Carry it with you
• Present your member ID card when you seek care
• Have it at hand when you call Customer Service
• Order a new or replacement member ID card through your online member account at member.ucare.org
Understand your coverage

It’s easy to find a doctor and your prescription drugs.

Go to 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 other kinds of care
- **Places**: Hospitals, clinics, home health care, hospice, urgent care and more
- **Pharmacies**: Community, hospital, clinical and online pharmacies featured

Access your member materials

It’s important to know what’s included in your 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
- **Provider and Pharmacy Directory** — Lists the doctors, dentists, pharmacies, hospitals and chiropractors in our network, including details on specialty, medical school attended, residency completed and board certification status
- **List of Covered 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 Covered Drugs (Formulary) from the ucare.org/pmap webpage. Or log into your online member account at member.ucare.org.

**Request printed materials**

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

1. **Online** — Log in to your member account at member.ucare.org 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. Ask your pharmacy if they offer home delivery

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**
   Preventive care and minor illnesses 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

3. **Telemedicine options**
   If you are experiencing a non-emergency illness or condition, you can visit Minute Clinic online. For more information, visit [cvs.com/minuteclinic](http://cvs.com/minuteclinic).
   Many doctors and clinics are also meeting with patients online or over the phone. Call your doctor or clinic to find out how they can meet with you.

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

5. **Hospital emergency room**
   Emergency care for life-threatening symptoms requiring hospital admission.

In an emergency that needs treatment right away, either call 911 or go to the nearest emergency room.
Make the most of your benefits

Transportation to covered services

UCare Health Ride provides no-cost transportation to and from your covered medical, dental and pharmacy visits.

1-800-864-2157 | TTY 1-800-688-2534 | 7 am – 8 pm, Monday – Friday. Find out more at ucare.org/healthride. In case of emergency call 911.

Transportation options

Public bus
For members who live on a participating bus line. Monthly bus pass for qualifying members.

Light Rail
Call Health Ride 7 to 10 days before your appointment to order free passes.

Taxi or volunteer driver
For members who do not live on a bus line. Call Health Ride 2 business days before your appointment to schedule.

Mental Health and Substance Use Disorder Services

Mental health and substance use disorders are use disorders are treatable health conditions. UCare staff are available to offer support and resources.

Support for members and their families includes:

• Help during a crisis
• Referral to Mental Health and Substance Use Disorder Case Management and other services
• Consultation with Mental Health and Substance Use Disorder Case Management

• Help to find in-network and specialty care mental health and substance use providers
• Approvals and alerts for mental health and substance use services
• Connections to community resources

UCare Mental Health and Substance Use Disorder Triage Line
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 member ID card when you sign up at a participating location. Find the current list of participating health clubs at [ucare.org/healthwellness](http://ucare.org/healthwellness).

![This icon on your member ID card shows your program eligibility.](image)
*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.

- Kit 1:  Fitness fun
- Kit 2: Youth de-stress
- Kit 3: Dental kit (little kids)
- Kit 4: Dental kit (tweens/ teens)

To find out what's included in each kit and request a kit, complete and mail the form at the back of this guide or call Customer Service. Must be a PMAP 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 a well child annual physical, prenatal care, annual mammogram and annual dental visit. Visit [ucare.org/rewards](http://ucare.org/rewards) or call Customer Service to learn about earning rewards for taking care of yourself.
Vaccines
Your plan covers flu, pneumonia and childhood 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. Present the discount certificate and you’re good to go.

Discounts on healthy foods
Save up to $50 a week 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 at participating locations and get instant discounts. Or use the Healthy Savings card that will arrive in your mail. 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. Members under age 8 or pregnant members can get a car seat with safety education. Call Customer Service to find the name and phone number of a partnering agency in your county.

UCare 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). 9 am – 5 pm, Monday – Friday.

Helpful tips and rewards
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 to ensure an equal opportunity to participate in our health care programs. Call Customer Service for more information.

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

UCare Tobacco and Nicotine Quit Line
1-855-260-9713
TTY 711
myquitforlife.com/ucare
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, 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 area each year.

Find out when the 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
people powered health plans
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 PMAP 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. 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.

ما أذنحظة: إردت مساعدة مجانية لترجمة هذه الوثيقة، إلم على الرقم أعلاه.

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

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

Hubachiisa. Dokumenttiin kun tola akka siif hiikamu gargaarsa hoo feete, lakoobsa gubbatti kenneem bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la’aan ah ee tarjumaadda qoraalkan, lambarka kore kore wac.

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

Chú ý. Nếu quý vĩ 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
- religion (in some cases)
Contact the OCR directly to file a complaint:
U.S. Department of Health and Human Services’
Office for Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

**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
540 Fairview Avenue North
Suite 201
St. Paul, MN 55104
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 belief

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