

Programs and savings for you

You have special programs and discounts as a **Care Core** or **Care Advantage with M Health Fairview & North Memorial** member



Welcome call

To help you get the most from your health plan, a customer service team member will call you. During this welcome call, they will ask if you received your member ID card and plan materials. They can also help schedule your annual Medicare wellness visit and help you set up your MyChart account. You can ask questions to help you use your plan and get connected with plan resources.



Save money and time with online care

Get care online anytime through OnCare. An M Health Fairview provider can treat you for common conditions such as sinus infections, pink eye and sleep apnea. You'll typically receive a diagnosis and treatment plan within an hour after your visit. Available 24 hours a day, every day. Visit oncare.org to learn more.

If you prefer an online visit with your regular M Health Fairview or North Memorial Health providers, use MyChart. You can schedule an online E-visit for \$0 and send messages or questions to your doctor. Create your account at fairview.org/mychart or northmemorial.com/mychart and schedule your visit.



Save at the pharmacy

You have two ways to save on non-prescription health items.

- 1. Wednesday savings day.** Receive 20% off every Wednesday on non-prescription health items and more at participating Fairview pharmacies. Some restrictions apply.
- 2. Over the counter (OTC) savings.** UCare helps you save on health items at participating stores. New members receive a Healthy Savings OTC Benefit Card in the mail. Every quarter, your card will be loaded with a \$25 allowance. You can use your card to buy cough drops, first aid supplies, pain relief, sinus medications, toothpaste and more. Unused funds expire at the end of each quarter. Activate your card at healthysavings.com/ucare or call Healthy Savings at 1-833-862-8276.



Eyeglasses for less

You can save 30% on eyeglasses when you buy from an optical shop located in M Health Fairview clinics. You'll save on the frame, lenses, and lens coating. Just show your UCare member ID card when you purchase your eyeglasses.

You may use this discount each time you buy eyeglasses with M Health Fairview. No quantity limits. The 30% discount cannot be combined with any other offer.

To purchase, visit:

M Health Fairview Clinics – Andover

13819 Hanson Blvd NW
763-392-4001

M Health Fairview Clinics – Brooklyn Park

10000 Zane Ave N
763-528-6999

M Health Fairview Clinics – Eagan

3305 Central Park Village Dr
651-406-8860

M Health Fairview Clinics – Fridley

6341 University Ave NE
763-586-5844



Hearing exams and hearing aids

UCare works with TruHearing® to offer hearing care. After a free routine hearing exam, you can get up to two hearing aids per year with a \$699 or \$999 copay per aid. You can control many of the hearing aid models with a smartphone app and even use them as earbuds for phone calls, music and other audio. Make a hearing exam appointment with TruHearing at 1-833-725-6518, TTY 711.



Food to help you lose weight

You can get 10% off all Bariatrix food products purchased through M Health Fairview when you have a written order from a Medical Weight Management physician. A written order is similar to a prescription. The Bariatrix food supplements are part of the 24-week Healthy Lifestyle Plan developed by the M Health Fairview Comprehensive Weight Management Program. The Bariatrix foods may also be used with other diet plans.

The 24-week Healthy Lifestyle Plan program fee is \$499. This fee can be reimbursed with Health Savings Account funds. The program helps you build skills for healthy, sustainable weight loss through:

- Hands-on cooking classes
- Support groups
- Diet plan options
- Dedicated, multi-disciplinary care team
- Tools and resources

Learn more

Ask your doctor about Bariatrix and M Health Fairview's weight management options or call 1-833-336-2727.



Support for caregivers

If you provide ongoing care for a loved one, help is just a phone call away.

UCare members and those caring for UCare members are eligible for support from an M Health Fairview Caregiver Advisor. You'll get up to three free consultations over the phone. Your advisor is a licensed social worker who has training and experience in caregiving. You can ask questions and get resources and recommendations tailored to your needs. Your advisor will also guide you on how to put your new plans into action.

For ongoing support, you can sign up for M Health Fairview's Caregiver Assurance program. You'll have a dedicated Caregiver Advisor who will provide guidance, resources and service referrals to help ease caregiving-related stress and help you take better care of yourself while you care for your loved one.

Request a consult

Call 612-672-CARE (2273)

Visit [caregiverassurance.com/ucare](https://www.caregiverassurance.com/ucare)

Statement of Nondiscrimination

UCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612 676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 612 676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

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