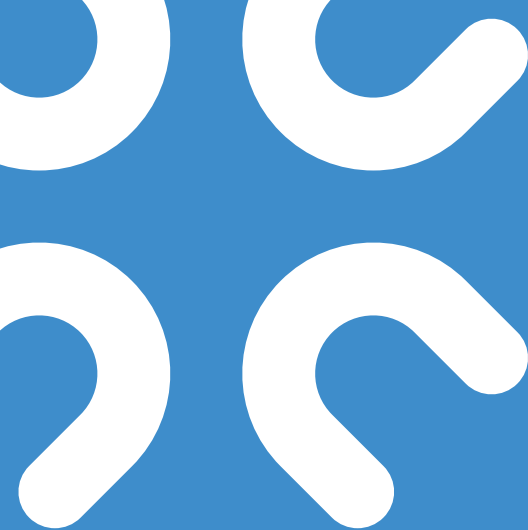


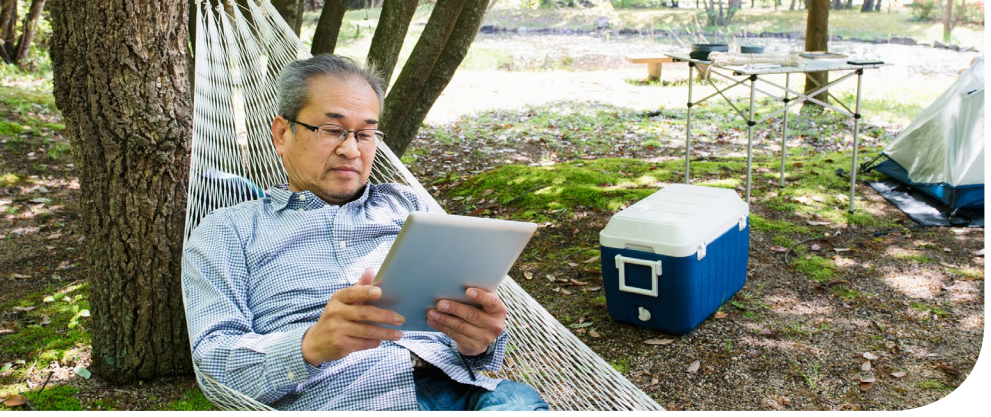
Be your healthiest

Medicare member extras





Your people powered Medicare plan offers more than health coverage. It comes with lots of extras — like programs and services that can help you save on keeping fit, eating right and reaching your health goals. Get to know the perks that come with your plan so you can start making the most of them right away.



Perks that come with your plan

As a UCare member, you can take advantage of healthy extras and discounts. From free gym memberships to quitting tobacco programs, choose the extras you want to keep healthy and fit.

Save on prescriptions

Preferred pharmacies

Fill your prescriptions at a preferred pharmacy and pay less for your drugs. Preferred pharmacies include CVS, Cub, Costco, Walmart, Sam's Club and many others. To find a preferred pharmacy near you, use the "search network" tool at [ucare.org](https://www.ucare.org).



Mail-order pharmacy

You can save on 90-day supplies of many drugs when you use mail-order pharmacy. Call or visit Express Scripts to sign up.

Express Scripts

1-877-567-6320

7:45 am – 5 pm | Monday – Friday

[express-scripts.com](https://www.express-scripts.com)

Save on hearing aids

You can see doctors and licensed audiologists in the EPIC Hearing Healthcare Network. You can also order hearing aids through EPIC. Prices may be as much as 60% below retail cost, and up to 35% lower than most discount offers.

EPIC Hearing Healthcare Network

1-866-956-5400 | TTY 711

[epichearing.com/registration](https://www.epichearing.com/registration)

UCare AnywhereSM gives you peace of mind when you travel

When you travel within the U.S., you'll have the same level of coverage and pay the same copay you would in Minnesota. Visit any provider that accepts Medicare and show your UCare member ID card to receive benefits. You also have emergency coverage worldwide.

Save on healthy living

SilverSneakers[®] fitness program

Enjoy a free, basic fitness membership at more than 13,000 clubs nationwide, with 500 in Minnesota — including the YMCA, Anytime Fitness, LA Fitness, Snap Fitness

and Lifetime Fitness (participating locations only) and many community centers. The SilverSneakers program also provides:

- Classes at convenient locations
- Online tools to help you reach your fitness goals
- Fitness kits to use at home or when you travel

SilverSneakers[®]

1-888-423-4632 | TTY 711

7 am – 7 pm | Monday – Friday

silversneakers.com

Health Club Savings program

If your club isn't in the SilverSneakers network, you may be eligible for our Health Club Savings program:

- Get a monthly reimbursement up to \$20 each month
- Start receiving your credit two months after you sign up

Save on classes

Save on most community education classes in Minnesota. Get up to three \$15 discounts each calendar year (one per class enrollment). To get your discount, simply show your UCare member ID card when you enroll.

WholeHealth Living™ Choices

Get discounts on alternative care services like acupuncture, massage, Tai Chi and nutrition counseling. WholeHealth Living also offers:

- Discounts on name brand health products
- Easy online access to discount certificates
- No referrals, pre-authorizations or claims to file

Healthy Savings®

Save up to \$200 a month on healthy foods like milk, whole-grain bread, lean meat, eggs, yogurt, fruits and vegetables. Each week, you'll find savings and specials in your Healthy Savings account. Sign up at healthysavings.com/ucare and enter the Healthy Savings card number you receive in the mail.

LifeSprk Senior Care Navigation Service*

LifeSprk offers guidance to help you navigate life. Whether you are wondering about health issues, senior living, or talking with your kids about your wishes, LifeSprk can help.

**LifeSprk is a free service for UCare Members and is offered as an added value to plan members. They are not benefits guaranteed under your UCare plan.*

LifeSprk

1-877-345-3319 | TTY 711

24 hours a day, 7 days a week

lifesprk.com/ucare

Help to quit tobacco

Our tobacco quit line can help you give up smoking or chewing tobacco for good:

- Talk with a counselor about proven ways to change your habits
- Request free aids, like nicotine patches, gum or lozenges

Tobacco quit line

1-855-260-9713 | TTY 711

24 hours a day, 7 days a week

myquitforlife.com/ucare

**To learn more about your plan benefits
see your 2019 Evidence of Coverage.**

Where to reach us when you need help

Our problem-solvers are here for you whenever you need us. Feel free to call, stop in, or visit us online whenever you have questions about your plan or coverage.

Call Customer Services

Contact the UCare Customer Services team whenever you have questions about your plan. You can also talk with a UCare figure-outer in person to get the help you need.

612-676-3600 or 1-877-523-1515

TTY 612-676-6810 or 1-800-688-2534

24 hours a day, 7 days a week

Visit us online anytime at [ucare.org](https://www.ucare.org)

UCare Minnesota and Health, Inc. is an HMO-POS plan with a Medicare contract. Enrollment in UCare Minnesota and Health depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums, and/or copayments/coinsurance may change on January 1 of each year. The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. You must continue to pay your Medicare Part B premium.

Value-Added Items and Services (VAIS) are items and services that are not plan benefits. VAIS are non-Medicare covered services or items, typically discounts, offered by a VAIS provider to the enrollees of an MA plan.

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Notes



No English?

1-800-203-7225
1-800-688-2534 (TTY)



500 Stinson Blvd
Minneapolis, MN 55413
612-676-6500 | 1-866-457-7144
TTY 612-676-6810 | TTY 1-800-688-2534
8 am – 5 pm, Monday – Friday
ucare.org

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