

Healthy Food Program Guide

How to spend your healthy food allowance, where to shop and more.



Healthy Benefits+ for a healthy budget.

Use your healthy food allowance to spend on items for healthy living and boost your budget.

Buy things like fresh fruit and veggies, bottled water, wheat sandwich loaves, milk and more. You'll find a selection of eligible items in this catalog, but even more are available online or in-store at participating locations.

Activate Your Benefit

If you haven't already,
**activate your card
to start spending.**

Easiest

Use the Healthy Benefits+ mobile app

Easier

Visit HealthyBenefitsPlus.com/UCare

or call 1-855-256-4620 (TTY 711)

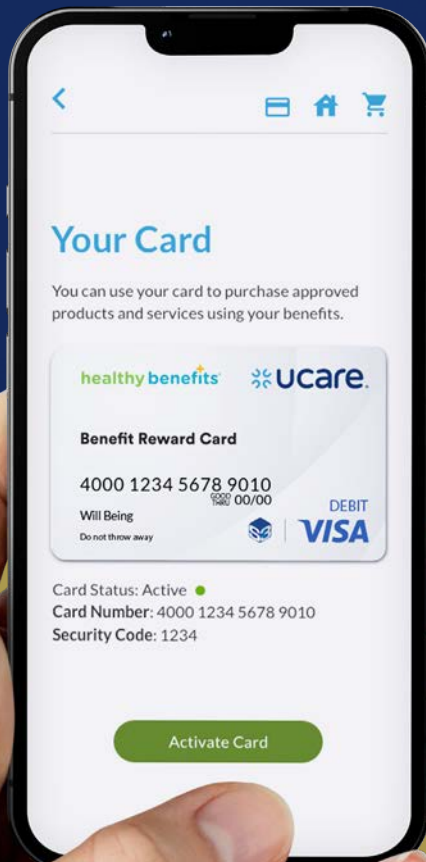


The Healthy Benefits+ App

Make shopping easier with the app.



Download the app today.



Allowance Balance

See your account details at-a-glance.



In-App Shopping

Use our in-app store to order qualified items.



Store Finder

Find participating stores, like Walmart, CVS and Kroger, and shop close to home.



Product Scanner

Scan items in-store to see if they are eligible before checkout.



Digital Card

Scan your card from your phone at checkout.



The best place to spend? Where you already shop.

Shop in-store

We've partnered with leading retailers and local stores to make sure your benefit allowance goes far so you don't have to. Shop in-store at any of our 55,000 locations.



and more

Shop online

Order directly at HealthyBenefitsPlus.com/UCare or in the **Healthy Benefits+ mobile app**. Or, for fast grocery delivery, you can shop with one of our partners.



and more

Shop by phone

Find items using this catalog.
Call **1-833-862-8276 (TTY 711)** to place an order.

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Beverages

Find even more items online



Folgers
Classic Roast
Ground Coffee,
40.3oz

\$11.97

#971362035



Great Value
Donut Shop,
100% Arabica
Medium Roast
Ground Coffee
Pods, 48ct

\$14.92

#42124215



**Horizon
Organic**
Shelf-Stable
Whole Milk Box,
8oz, 12ct

\$12.53

#819219798



Silk
Shelf-Stable
Unsweetened
Almond Milk,
1qt, 6ct

\$17.79

#144996762



**Fruit of the
Earth**
Aloe Vera Drink,
128fl oz

\$9.78

#10314798



Gold Peak
Real Brewed Tea
Bottle, 16.9fl oz,
6ct

\$7.18

#34218621



Great Value
100% Juice,
Apple, 96fl oz

\$2.84

#10415325



Ocean Spray
100% Juice,
Cranberry,
10fl oz, 6ct

\$4.98

#10447881



Great Value
100% Juice,
Orange, 10fl oz,
6ct

\$4.46

#482551311

Breakfast

Find even more items online



Cheerios

Cereal Box, Family Size, Honey Nut, 18.8oz

\$4.93

#138561797



Raisin Bran

Cereal Box, Original, 24oz

\$3.98

#582929579



Special K

Cereal Box, Red Berries, 16.9oz

\$4.98

#241868709



Cream of Wheat

Instant Hot Breakfast Cereal, 1oz, 12ct

\$4.52

#10294606



Quaker

Instant Grits, Variety Pack, 0.98oz, 22ct

\$5.68

#332548878



Quaker

Instant Oatmeal, Variety Pack, 1.1oz, 20 Packets

\$7.86

#904238215



Quaker

Instant Oatmeal, Maple and Brown Sugar, 1.51oz, 20 Packets

\$6.98

#45039255



Honey Bunches of Oats

Granola, Honey Roasted, 11oz

\$2.98

#28198786



Quaker

Granola Oats, Honey, Raisins and Almonds, 24.1oz

\$4.98

#824040924

Condiments

Find even more items online



Great Value
Raw Honey
Bottle, 32oz

\$10.97

#534160572



Jif
Natural Creamy
Peanut Butter
Spread, 40oz

\$6.97

#21096191



SKIPPY
Creamy Peanut
Butter Spread,
40oz, 2ct

\$10.53

#39243945



Smucker's
Natural Fruit
Spread,
Strawberry,
17.25oz

\$3.84

#28403811



Great Value
Concord Grape
Jelly, 30oz

\$2.62

#364924551



Heinz
Tomato Ketchup
Bottle, 32oz

\$4.76

#15529427



French's
Classic Yellow
Mustard Bottle,
20oz

\$2.72

#14089343



Hellmann's
Real Gluten Free
Mayonnaise,
30oz

\$5.48

#10312980



Hidden Valley
Ranch Salad
Dressing Bottle,
24oz

\$5.28

#10413975

Fruits and Vegetables

Find even more items online



Mariani
Dried Fruit,
Mixed, 32oz

\$10.98

#293345424



Sunsweet
Amazin, Pitted
Prunes, 24oz

\$8.98

#717822013



Del Monte
Fruit Cocktail
in 100% Juice,
Canned Fruit,
15oz, 6ct

\$9.88

#193633601



Del Monte
Fruit Cups, No
Sugar Added,
Family Pack,
4oz, 12ct

\$7.98

#21849151



Del Monte
Mandarin
Oranges Fruit
Cups in 100%
Fruit Juice, 4oz,
12ct

\$7.44

#21949967



Mott's
Applesauce
Cups, 4oz, 18ct

\$6.98

#40711131



Goya
Black Beans
Can, 29oz

\$2.68

#31003686



Goya
Pinto Beans
Can, 29oz

\$2.98

#29926993



Libby's
Sweet Peas Can,
15oz, 6ct

\$5.28

#182868751

Fresh produce? Shop with your benefit card in-store.

Shop the largest selection of qualified items available, in-store.

This catalog contains just a selection of items. For the most options available to you, shop in-store at one of our participating retailers.

Walmart 

 **Kroger** FRESH FOR EVERYONE™

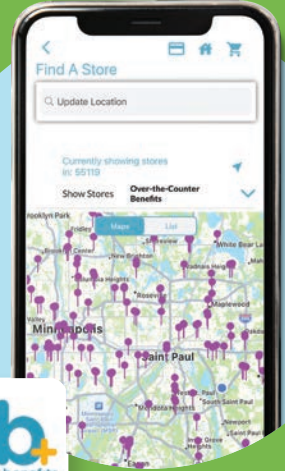
Baker's City Market Dillons Fred Meyer Fry's Gebes

Kwik Star metro market Paj Less Pick'n Save Ralphs Smiths Value

Accepted at Walmart, Kroger
and at many of your favorite
stores nationwide and near you.



Find participating
healthy food retailers
using the app.



Use the Store Finder in the app to find one of over 55K participating retailers near you. Healthy is just around the corner.



Meals and Sides

Find even more items online



Barilla
3-Cheese
Tortellini Pasta
Box, 12oz

\$5.63

#13908655



Barilla
Spaghetti Pasta
Box, 16oz, 6ct

\$11.04

#1411451521



Prego
Traditional
Spaghetti
Sauce, 24oz

\$2.38

#10308233



Kraft
Macaroni and
Cheese Cup,
Triple Cheese,
Microwavable,
2.05oz, 4ct

\$4.92

#14869831



Great Value
Macaroni
and Cheese,
Original, 2.05oz,
8ct

\$6.88

#649741595



Velveeta
Skillets, Chicken
Pasta Dinner Kit
with Broccoli
and Orzo, 13.6oz

\$3.38

#44981909



**Hamburger
Helper**
Stroganoff,
Pasta and
Creamy Sauce
Mix, 13oz, 2ct

\$2.94

#49533231



**Hamburger
Helper**
Cheeseburger
Macaroni,
13.6oz, 2ct

\$2.94

#49533230



Campbell's
Condensed
Chicken Noodle
Soup Can,
10.75oz, 4ct

\$4.78

#43671426

Nutritional Drinks

Find even more items online



Atkins
Shake,
Strawberry, 15g
Protein, 11.0fl oz,
12ct

\$19.48

#849607426



BOOST Glucose Control

Drink, Creamy
Strawberry, 16g
Protein, 8fl oz,
6ct

\$10.18

#15543963



BOOST
Drink, Rich
Chocolate, 20g
Protein, 8fl oz,
15ct

\$24.12

#432779758



Ensure
Shake, Vanilla,
9g Protein,
8fl oz, 16ct

\$27.37

#12166807



Ensure
Shake,
Strawberry, 9g
Protein, 8fl oz,
16ct

\$27.37

#38344814



Premier Protein
Shake,
Chocolate, 30g
Protein, 11.0fl oz,
12ct

\$24.97

#285037596



Premier Protein
Shake, Vanilla,
30g Protein,
11.0fl oz, 12ct

\$24.97

#134975168



Splenda
Diabetes Care
Shake, Milk
Chocolate, 8oz,
6ct

\$9.94

#707488066



Splenda
Diabetes Care
Shake, French
Vanilla, 8oz, 6ct

\$9.94

#675953438

On-the-Go

Find even more items online



Atkins
Keto-Friendly Meal Bar,
Chocolate Peanut Butter,
16g Protein,
2.12oz, 8ct

\$13.48

#29559150



Clif Bar
Energy Bar,
Crunchy Peanut Butter, 11g
Protein, 2.4oz,
18ct

\$21.98

#182721230



Pure Protein
Chocolate Deluxe, 21g
Protein, 1.76oz,
12ct

\$16.94

#152668820



Quest
Bar, Chocolate
Chip Cookie
Dough, 21g
Protein, 2.12oz,
8ct

\$16.48

#842201028



Quaker
Chewy Granola
Bars, 3-Flavor
Variety Pack,
36ct

\$7.38

#580204443



Nature Valley
Crunchy
Granola Bars,
Oats 'n Honey,
1.49oz, 24ct,
2pk

\$10.96

#788204005



ReliOn
Maple Flavored
Almonds, 4.25oz

\$3.98

#662944552



Great Value
Omega-3 Trail
Mix, 22oz

\$7.98

#711963269



Wonderful
Pistachios in
Resealable
Pouch, No
Shell Roasted &
Salted, 12oz

\$10.38

#109915691

Protein

Find even more items online



Armour Star
Vienna Sausage
Can, Original,
4.6oz, 12ct

\$8.72

#44981956



Bumble Bee
Snack on the
Run!, Tuna
Salad Kit with
Crackers 3.5oz,
3ct

\$5.27

#47337904



StarKist
Chunk Light
Tuna in Water
Can, 5oz, 8ct

\$7.98

#48387973



Double Q
Wild Caught
Alaskan Pink
Salmon Can,
14.75oz

\$4.62

#10319448



King Oscar
Brisling Sardines
in Extra Virgin
Olive Oil Can,
3.75oz

\$2.98

#10291156



Great Value
Chunk Chicken
Breast Can,
12.5oz, 4ct

\$9.98

#49914752



Spam
Classic Can,
12oz, 2ct

\$6.67

#159980722



Great Value
Roast Beef in
Broth Can, 12oz

\$3.74

#40975805



Hormel
Chili, No Beans,
No Artificial
Ingredients, 15oz

\$2.72

#10290957

Make using your benefits a breeze.

Download the app.

Knowing what products are covered can feel tricky. Make it easier by downloading the **Healthy Benefits+** app today.

- ▶ Find participating stores, get directions, etc.
- ▶ Scan products to ensure they're covered before checkout.
- ▶ Scan your card from your phone at checkout.



Scan to download

Please note that the regular retail price in the store may vary. For prices that apply when you use your healthy food benefits, please consult this catalog. Benefits and features vary by plan/area. Limitations and exclusions apply. Healthy food benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. References to third-party products do not imply an endorsement or recommendation to use or purchase a specific product or brand. This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the healthy food items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. All benefits are not available on all plans. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.



FAQ

Are there other items available beyond what's listed in the catalog?

Additional items are available at participating retailers and online. For a list of qualified items and categories, visit HealthyBenefitsPlus.com/UCare.

What price applies at checkout?

Online and in-store pricing may not be the same as the prices listed in this guide and catalog. The online and in-store price applies at checkout.

Do I pay for sales tax?

Yes, all orders are subject to your local state sales tax.

How can I check my allowance balance?

You may check your balance by visiting HealthyBenefitsPlus.com/UCare, downloading the Healthy Benefits+ mobile app or by calling **1-833-862-8276 (TTY 711)**.

What if my purchase costs more than my allowance?

If your total is more than your available allowance on your UCare Healthy Benefits+ Visa® card, you can pay the remaining balance due out of pocket.

How can I get a replacement card?

You may ask for a replacement card to be mailed to you by visiting HealthyBenefitsPlus.com/UCare or by calling **1-833-862-8276 (TTY 711)**.

All brands listed are trademarked by their respective manufacturers. Brands and item eligibility are subject to change. Apple and the Apple logo are trademarks of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

UCare's MSHO (HMO D-SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in UCare's MSHO depends on contract renewal.

healthy benefits⁺ |  UCare[®]

**For questions and program details,
visit HealthyBenefitsPlus.com/UCare**

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