



## Helping you lead a healthy lifestyle

Managing your health can be challenging. We're here to help. Below are just a few of the programs and tools we offer UCare Advocate and UCare Advocate Plus members.

### Healthy Benefits+ Visa card

Your UCare Healthy Benefits+ Visa® card offers the flexibility and convenience of one card for:

- Over-the-counter (OTC) allowance
- Prescription eyewear allowance
- Transportation allowance
- Grocery discounts

Your Healthy Benefits+ Visa card is reloadable each year and is valid until the expiration date or you're no longer a UCare member. Be sure to keep your card, as you won't be sent a new one each year. Allowance amounts and expiration dates vary by plan and program.

To learn more, activate your card or check your card balance, visit [healthybenefitsplus.com/ucare](https://healthybenefitsplus.com/ucare) or call 1-833-862-8276 (TTY 711). This phone number is also on the back of your Healthy Benefits+ Visa card.

### Nurse Line

The 24/7 Nurse Line gives you access to medical and health information 24 hours a day, 7 days a week, including weekends and holidays. This telephone service is available at no additional cost to members. To reach the Nurse Line, call toll-free 1-800-942-7858 (TTY 1-855-307-6976).

## Quit Smoking and Vaping Program

Learn how to stop smoking, vaping or chewing tobacco. UCare members can get help quitting at no charge through the tobacco and nicotine quit line. Nicotine patches, gum or lozenges are also available to eligible members. Get help to kick the habit from the comfort of your own home:

- Call the tobacco and nicotine quit line toll-free 1-855-260-9713 (TTY 711), available 24 hours a day, seven days a week
- Visit [myquitforlife.com/ucare](https://myquitforlife.com/ucare)
- Download the Rally Coach Quit For Life mobile app

## Wellness kits

### Strong and Stable Kit

The Strong and Stable Kit is a wellness package that provides tools to help you stay strong and prevent falls. The kit includes:

- Resistance band strength kit
- Tip sheets with helpful fall prevention advice
- Tub grips to make your bathtub or shower safer
- Nightlight to keep a bathroom or another area of your home well-lit at night
- Medication box to help take medications correctly

To order a Strong and Stable Kit, contact your care coordinator.

### Adult Dental Kit

Take care of your smile with a free dental kit from UCare. You can request an Adult Dental Kit once every three years. In the years you aren't eligible, you can request an Adult Dental Refill Kit. You're not eligible to receive the Adult Dental Refill Kit in the same year you receive the complete Adult Dental Kit.

#### The Adult Dental Kit

- Electric toothbrush and charger
- Replacement brush heads
- Toothpaste
- Dental floss

#### The Adult Dental Refill Kit

- Replacement brush heads
- Toothpaste
- Dental floss

To order an Adult Dental Kit, log in or create an online member account at [member.ucare.org](https://member.ucare.org). Go to *Health & Wellness*, then *Wellness, Rewards & Allowance* to place your order. You can also call UCare Customer Service at the number on the back of your member ID card to order by phone.