



UCare supports your healthy lifestyle

To learn more and sign up for health coaching or education, visit ucare.org/healthcoaching. Questions? Call 612-676-6539 or 1-866-863-8303 (TTY 612-676-6810).

Member phone calls. A UCare representative may call you with information about our health programs. To comply with privacy laws and confirm your identity as a member, we will ask for your name, address and date of birth. We will never ask for your social security number or financial information.



No English?

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

Discrimination is against the law. UCare does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.



PO Box 52
Minneapolis MN 55440-0052
Health and wellness information



Live your healthiest life

Health and wellness programs
for UCare members



UCare offers health plans for people of all ages and incomes. Use the color circles below to see what programs are available under your plan. UCare's health coaching and education programs are voluntary and will not impact your current plan coverage.

● ● ● Medicaid plans

For people of all ages with lower incomes, people with disabilities and those who qualify for both Medicaid and Medicare.

● ● Medicare plans

For adults 65 and older who are eligible for Medicare Part A and Part B.

● Individual and family plans

For individuals and families who buy health coverage on their own when they don't qualify for a Medicare or Medicaid plan.

Diabetes support

Available to members 18 and older with a diabetes diagnosis.

● ● ● Phone and text support

Receive regularly scheduled interactive phone calls or text messages providing diabetes education.

● ● ● Work with a diabetes health coach

Receive personalized health coaching, education, guidance and support to help you manage your diabetes.

● ● ● Virta Health Diabetes Reversal Program

Virta is a virtual nutrition therapy clinic that offers you personalized care plans and support from medical providers, coaches and digital health tools. To learn more and check if you're eligible, visit ucare.org/virta.

● ● ● Heart failure support

Available to members 18 and older with a heart failure diagnosis.

Get personalized health coaching, education, guidance and support to help you manage heart failure. Eligible Medicare members may also get two weeks of free meals after a hospital discharge.

Asthma and COPD support

Asthma programs are open to children and adults ages 5 – 64 with an asthma diagnosis. COPD support is available to members 18 and older with a diagnosis of chronic obstructive pulmonary disease (COPD).

● ● ● COPD phone support

Get support from a registered respiratory therapist. Together you'll develop a plan to better understand your health needs and help manage your COPD. Visit ucare.org/COPDprogram to learn more.

● ● Phone and text support for asthma*

Enrolled members receive regularly scheduled interactive phone calls or text messages providing asthma education and tips.

● ● Work with an asthma educator*

Learn how to manage your asthma triggers, symptoms and medications over the phone with the help of an asthma educator.

● ● ● Chronic kidney disease support

Available to members with chronic kidney disease (CKD).

Get support from a registered dietitian, including guidance on how to slow or prevent the progression of CKD through healthy eating and exercise. Visit ucare.org/CKDprogram to learn more.

● Migraine support**

Available to eligible members 18 and older with a migraine diagnosis.

Partner with a UCare health coach over the phone to identify migraine triggers, ease migraine symptoms and reach your health goals.

Other resources

● ● ● Health Club Savings

Members 18 and older can save money on monthly membership fees. Join a class, work with weights, swim laps or try something new. Visit ucare.org/fitness to learn more.

● ● ● Quit Smoking and Vaping Program

Learn how to stop smoking, vaping or chewing tobacco. Nicotine patches, gum and lozenges are available to eligible members. Visit myquitforlife.com/ucare to learn more.

● ● ● Healthy lifestyle support

The Brook Health Companion app connects you to dietitians and health coaches to help you turn your health goals into healthy habits. Visit ucare.org/brook to learn more.

● UCare Health Ride

Eligible members can get no-cost rides to and from covered medical, dental and pharmacy visits. Visit ucare.org/health-ride to learn more.

● ● ● Healthy Benefits+ Visa card

The UCare Healthy Benefits+ Visa® card offers the flexibility and convenience of one card for your health plan's eligible discounts, allowances and rewards. To learn more or check your card balance, visit healthybenefitsplus.com/ucare or call 1-833-862-8276 (TTY 711). This phone number is also on the back of your Healthy Benefits+ card.



* UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP) and Minnesota Senior Care Plus (MSC+) members are not eligible.

** MSHO members are not eligible.