

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 virtual care

You can request a phone or online video primary care or specialist visit when you call to make an appointment. If you want care right away, try OnCare. An M Health Fairview provider can treat you for common conditions such as sinus infections, pink eye and sleep apnea. You'll answer a few interview questions about your symptoms online, and then your provider will send you a diagnosis and treatment plan within an hour after your visit. You'll pay the same copays you'd pay for a regular office visit. Available 24 hours a day, every day. Visit oncare.org to learn more.

If you want to send a message or ask questions to your regular M Health Fairview or North Memorial Health providers, use MyChart. You can also look up your prescriptions, and see test results. Create your account at fairview.org/mychart or northmemorial.com/mychart and schedule your visit.



Save on non-prescription health items

Two ways to save:

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 eligible health items at participating stores. New members receive a Healthy Savings OTC Benefit Card in the mail. Semi-annually, your card will be loaded with a \$50 allowance. You can use your card to buy cough drops, first aid supplies, pain relief, sinus medications, toothpaste and more. Unused funds expire June 30 and December 31. 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

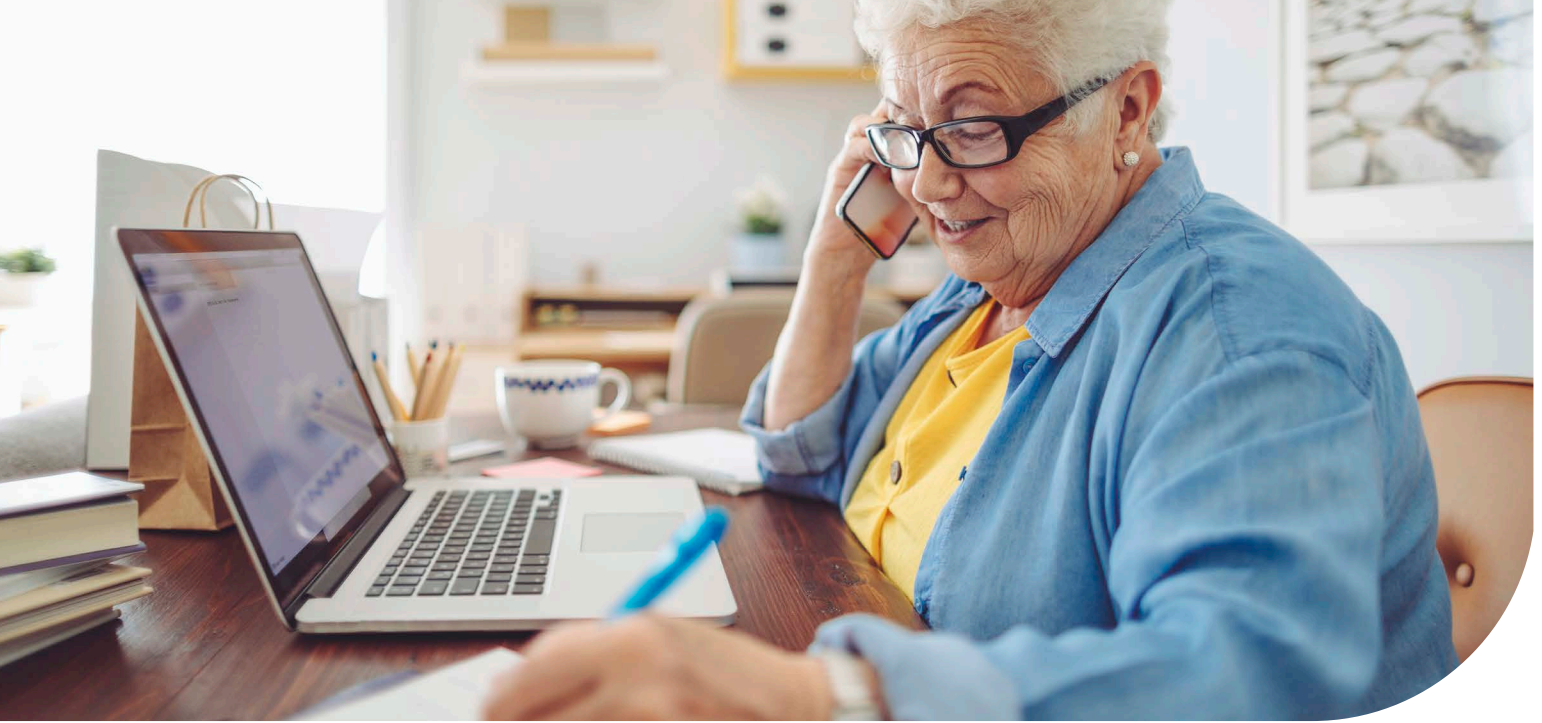
M Health Fairview Clinics –
Eagan
3305 Central Park Village Dr
651-406-8860

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. Care Core members pay \$699 or \$999 per aid, and Care Advantage members pay just \$599 or \$899 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.



Support for caregivers

Care Core members, Care Advantage members, and those caring for members are eligible for M Health Fairview's Caregiver Assurance™ program. You'll get up to three free phone consultations with a dedicated M Health Fairview Caregiver Advisor. You will receive guidance, resources and service referrals tailored to your situation and needs. These resources will also help you take better care of yourself while you care for your loved one. Caregiver Advisors are licensed social workers with training and experience in caregiving and aging.

Request a consult

Caregiver Assurance:
612-672-7995
[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).

Healthy Savings is a registered trademark of Solutran, Inc. TruHearing® is a registered trademark of TruHearing, Inc.

UCare Wellness Advisor

You can speak with a dedicated wellbeing expert through the UCare Wellness Advisor program. Your advisor will offer support, counseling and resources to help you manage your emotional wellness and improve your overall health. Conversations are completely confidential. Provided in partnership with M Health Fairview.

Learn more

Wellness Navigator
612-672-7995
[wellbeingadvisor.org/ucare](https://www.wellbeingadvisor.org/ucare)