

Preventive care for UCare members at every age.*

Children and teens

Child and Teen Checkups (C&TC) are recommended for children from birth through age 20. Keep this list handy to help make sure your child is up-to-date.

Every child and teen UCare member needs to have a C&TC screening at these ages:

Infants	Preschoolers	School Age	Teens
^ 0-1 month	^ 15 months	◆^ 5 years	◆ 14 years
^ 2 months	^ 18 months	◆ 6 years	◆^ 16 years
^ 4 months	◆● 24 months	◆ 8 years	◆ 18 years
^ 6 months	◆ 3 years	◆ 10 years	◆ 20 years
9 months	◆ 4 years	◆^ 12 years	
◆^● 12 months			

^ Immunizations are due.

◆ Regular dental exam is due.

● Blood lead test is due.

Adults

- **Every 6 to 12 months:** Dental check-ups.
- **Every year:** Regular preventive health visits, including screenings for blood pressure, height/weight, and hearing and vision. Flu shot in the fall.
Women — Breast exams (every year), mammograms starting at age 50 (every 2 years; earlier if at risk),** and routine Pap smears (every year).**
- **Every 5 years:** Cholesterol tests — men starting at age 35 and women at age 45.
- **Every 10 years:** Tetanus/diphtheria (Td) shot.
- **Age 50:** Colon cancer screenings.**
- **Age 65:** Pneumococcal shot.**
- Testing for sexually transmitted infections (STIs) like chlamydia, gonorrhea, and syphilis, if you're sexually active.
- Preventive Aspirin Therapy (discuss with your doctor).

Pregnant women

- Please **notify** your county financial or MinnesotaCare worker as soon as you know you are pregnant, and right after your baby is born. It's important to make sure your baby has health coverage.
- Go to your doctor for a check-up as soon as you think you may be pregnant. **Prenatal care** is vital in the first 3 months of your pregnancy.
- Schedule a **postpartum check-up** with your doctor about six weeks after you give birth.

*Source for all health care guidelines here: Institute for Clinical Systems Improvement at www.icsi.org.

**Talk to your doctor about the age you should begin screening, and how frequently you should be screened.

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This information is available in other forms to people with disabilities by calling: 612-676-3200 (voice) or toll free at 1-800-203-7225 (voice), 612-676-6810 (TTY) or toll free at 1-800-688-2534 (TTY); or through the Minnesota Relay at 711 or toll free direct access at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).



UCare and You

HEALTH AND WELLNESS PROGRAMS

Get on the path to better health today!

From babies to seniors, UCare has programs to help you and your family stay safe and healthy.



PMAP MnCare MSC+ SNBC H2456_120911 DHS Approved (12222011) CMS File&Use (01022012)
H2459 H4270_120911 CMS File&Use (01022012)
H2459 H4270 Group_120911 IA (12092011)



FIND THE RIGHT HEALTH AND WELLNESS PROGRAM FOR YOU.

If you're a UCare member and you want to find out more about these great programs, check out www.ucare.org or call UCare Customer Services.



Health care that starts with you.®

UCare member Gerard Dols lost more than 100 pounds in 2010, a big step on the way to a healthier life. He credits his success in part to *UCare Connect's* ActiveU program: "I figured that if UCare was willing to pay for my YMCA membership to help me feel better, then I could work out to prove them right."

M.O.M.S. (Management of Maternity Services)

Get your baby and you off to a good start with UCare's M.O.M.S. program. M.O.M.S. can offer you nurse

support by phone, home visits, pregnancy education classes, and breast pumps – all at no charge! Also, earn gift certificates when you go to your prenatal and postpartum doctor visits. Call UCare Customer Services when you find out you're pregnant to enroll in M.O.M.S.

C&TC Rewards

You can earn gift certificates by taking your child to Child and Teen Checkups (C&TC) screenings, and keeping up-to-date on immunizations (shots) and blood lead tests.

S.E.A.T.S. (Seats, Education, and Travel Safety)

UCare's S.E.A.T.S. program provides car seats and safety education at no charge to eligible UCare members who are either pregnant or are children up to age 8. Call Customer Services for the name and phone number of a partnering agency in your county to schedule an appointment.



Asthma and diabetes camps

School-age children who are UCare members and have asthma or diabetes can go to summer camp for no charge.

Ready, Get, Fit! Kits

UCare MinnesotaCare members have a choice of free fitness kits with engaging tools and resources to get fit at home.

ActiveU and Connect to Fitness

Members of UCare's MSHO (HMO SNP) and *UCare Connect* can receive free memberships to the YMCA with no monthly dues. There are also free fitness kits available to help you work out at home. Please call Customer Services for more information on how to join these programs.



UCan! UCare Activity Network

UCare offers flexible fitness options for *UCare for Seniors* members, too. You can receive a membership discount at a participating health club, and attend EnhanceFitness® exercise classes at no charge. You can also purchase one of two *Do-It-Yourself Kits* for the convenience of working out at home or away.



Weight Watchers Online discount

UCare members are eligible for special pricing for the Weight Watchers Online program. Call Customer Services for the UCare discount code.

Please note: The service described above is neither offered nor guaranteed under our contract with the Medicare program. In addition, it is not subject to the Medicare appeals process. Any disputes regarding this service may be subject to the UCare grievance process.

Mayo Clinic Tobacco Quitline (MCTQ)

UCare members who want to quit smoking or chewing tobacco can get support over the phone from Mayo Clinic nurses at the MCTQ. Nicotine patches, gum, or lozenges are also available at no charge. When you're ready to quit, call the MCTQ at 1-888-642-5566 (toll free). TTY: 1-866-257-2971 (toll free).

You can join UCare's Minnesota Senior Health Options (MSHO) (HMO SNP) if you are 65 years of age or older, receive Medical Assistance from the state and have both Medicare Parts A and B, and live in the service area. You can join the *UCare Connect* plan if you have a certified disability, are at least age 18 and under age 65, receive Medical Assistance from the state, and live in the service area. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information, contact the plan. Benefits may change on January 1, 2013. UCare Minnesota and UCare Wisconsin, Inc. are health plans with Medicare contracts. UCare's MSHO is a coordinated care plan with a Medicare Advantage contract and a contract with the Minnesota Medicaid program. UCare® is a registered service mark of UCare Minnesota and UCare Wisconsin, Inc.