



# UCare Your Choice Medicare Plans

## 2025 Summary of Benefits

Our plans that offer the most freedom and cost savings available



Flexible spending allowances for dental, hearing aids and prescription eyewear



\$0 monthly premium plan also includes Medicare Part B premium giveback



Low copays in- and out-of-network for many services

# Coverage in Minnesota and beyond

## UCare Your Choice plans (PPO\*) available in Metro and Northern counties

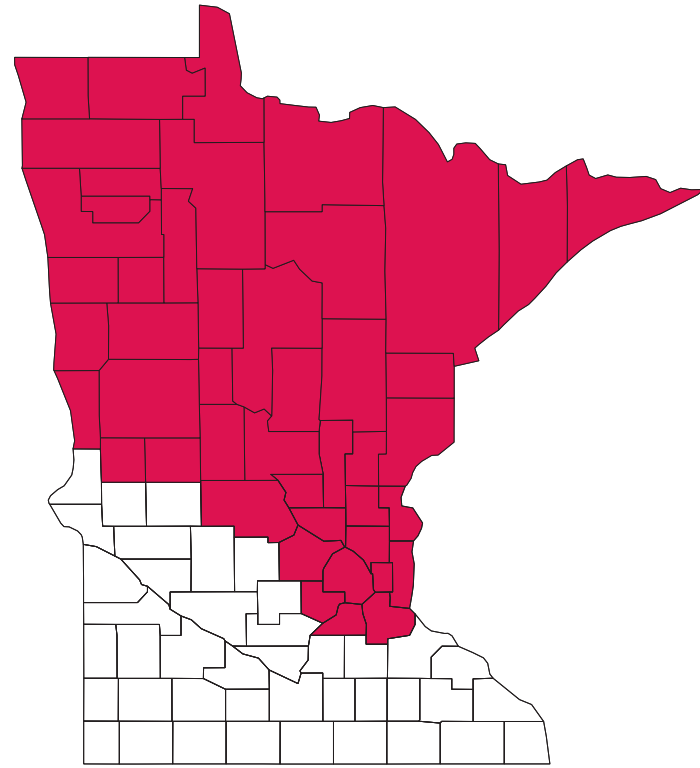
- UCare Your Choice
- UCare Your Choice Plus

For information about plans available in other counties, call us at 1-833-951-3194 (TTY users call 1-800-688-2534) 8 am – 8 pm, seven days a week (Oct. 1 – March 31), 8 am – 8 pm, Monday – Friday (April 1 – Sept. 30).

### Coverage area

UCare Your Choice plans include 97% of Minnesota medical clinics and hospitals in network.\*\*

You can go to any out-of-network provider who accepts Medicare, but you may pay more. Plus, your coverage travels with you to many out-of-state providers. So you're likely covered in the city and at the lake.



- Metro and Northern counties**  
Aitkin, Anoka, Becker, Beltrami, Benton, Carlton, Carver, Cass, Chisago, Clay, Clearwater, Cook, Crow Wing, Dakota, Douglas, Grant, Hennepin, Hubbard, Isanti, Itasca, Kanabec, Kittson, Koochiching, Lake, Lake of the Woods, Mahnomon, Marshall, Mille Lacs, Morrison, Norman, Otter Tail, Pennington, Pine, Polk, Ramsey, Red Lake, Roseau, Scott, Sherburne, St. Louis, Stearns, Todd, Wadena, Washington, Wilkin and Wright

You qualify for Medicare if you are 65 or older or meet special criteria, worked for at least 10 years and paid Medicare taxes (or your spouse did), and are a citizen and a permanent resident of the United States. To join UCare Your Choice Plans, you must be entitled to Medicare Part A, be enrolled in Medicare Part B and live in our service area, shown on the map above.

This booklet gives you a summary of what we cover and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. Some services require prior authorization. To get a complete list of services we cover, call us and ask for the Evidence of Coverage. This information is not a complete description of benefits. Call 1-833-951-3194 (TTY users call 1-800-688-2534) for more information.

\*PPO: Preferred Provider Organization

\*\*Based on 2023 CMS data

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# Plan benefit details

	UCare Your Choice		UCare Your Choice Plus	
	In-network	Out-of-network	In-network	Out-of-network
<b>2025 monthly plan premium</b> You must continue to pay your Medicare Part B premium	\$0		\$51	
Monthly Medicare Part B premium giveback	\$24		None	
Medical deductible	\$0		\$0	
Medicare Part D deductible	\$0		\$0	
<b>Maximum out-of-pocket</b> Excludes Medicare Part D and all other non-Medicare covered services and premium. <b>This is not a deductible.</b>	\$4,900 combined in- and out-of-network; then 100% covered		\$3,000 combined in- and out-of-network; then 100% covered	
<b>Hospital care</b>				
Inpatient hospital care (per admission)	\$350 copay per <b>day</b> (days 1 – 5); then 100% covered	\$500 copay per <b>day</b> (days 1 – 5); then 100% covered	\$200 copay per <b>stay</b> (not per day); then 100% covered	\$800 copay per <b>stay</b> (not per day); then 100% covered
Outpatient hospital care or procedure	\$400 copay	\$600 copay	\$200 copay	\$300 copay
Ambulatory surgery center	\$375 copay	\$600 copay	\$175 copay	\$300 copay
<b>Doctor visits — in person or telehealth for Medicare-approved services</b>				
Primary	\$0 copay		\$0 copay	
Specialist	\$40 copay		\$30 copay	
E-visits through contracted providers	\$0 copay	Not covered	\$0 copay	Not covered

	UCare Your Choice		UCare Your Choice Plus	
	In-network	Out-of-network	In-network	Out-of-network
<b>Preventive care</b>				
Routine physical exam	\$0 copay		\$0 copay	
“Welcome to Medicare” preventive visit ( <i>if in the first 12 months on Part B</i> )	\$0 copay		\$0 copay	
Annual Wellness Exam ( <i>if you’ve had Part B for more than 12 months</i> )	\$0 copay		\$0 copay	
Flu and pneumonia vaccines	\$0 copay		\$0 copay	
Mammogram screening, prostate cancer screening exam, bone mass measurement, diabetes screening, preventive colorectal cancer screening	\$0 copay		\$0 copay	
<b>Emergency/urgent care — network does not apply</b>				
Emergency care	\$100 copay		\$100 copay	
Urgently needed services	\$45 copay		\$45 copay	
<b>Diagnostic tests, radiation therapy, X-rays and lab services</b>				
Diagnostic procedures and radiology				
• Diagnostic tests/ procedures	\$25 copay	30% coinsurance	\$20 copay	30% coinsurance
• Diagnostic radiology	\$100 copay	30% coinsurance	\$75 copay	30% coinsurance
• Therapeutic radiology	\$65 copay	30% coinsurance	\$65 copay	30% coinsurance
• Outpatient X-rays	\$25 copay	30% coinsurance	\$15 copay	30% coinsurance
Lab services (e.g., Protime INR, cholesterol)	\$0 copay		\$0 copay	
<b>Hearing services</b>				
Diagnostic hearing exam	\$40 copay		\$30 copay	
Annual routine hearing exam	\$0 copay		\$0 copay	

	UCare Your Choice		UCare Your Choice Plus	
	In-network	Out-of-network	In-network	Out-of-network
<b>Dental, hearing aids and prescription eyewear allowance</b>				
Allowance for eligible dental, hearing aids or prescription eyewear at your preferred retailer	\$1,200 annual flexible benefit allowance pre-loaded to your UCare Healthy Benefits+ Visa® card		\$1,600 annual flexible benefit allowance pre-loaded to your UCare Healthy Benefits+ Visa card	
<b>Vision services</b>				
Diagnostic eye exam	\$40 copay		\$30 copay	
Annual routine eye exam	\$0 copay		\$0 copay	
Prescription eyeglasses or contact lenses after cataract surgery	\$0 copay		\$0 copay	
<b>Mental health services</b>				
Inpatient hospital stay (90-day limit per stay) Limited to 190 days in a lifetime in a psychiatric hospital	\$350 copay per <b>day</b> (days 1 – 5); then 100% covered	\$500 copay per <b>day</b> (days 1 – 5); then 100% covered	\$200 copay per <b>stay</b> (not per day); then 100% covered	\$800 copay per <b>stay</b> (not per day); then 100% covered
Outpatient mental health care	\$0 copay		\$0 copay	
<b>Skilled nursing facility care (or swing bed)<sup>1</sup></b>				
Care in a skilled nursing facility with <b>no prior 3-day hospital stay required</b>	\$0 copay per day for days 1 – 20; \$214 copay per day for days 21 – 100; per benefit period	30% coinsurance	\$0 copay per day for days 1 – 20; \$214 copay per day for days 21 – 100; per benefit period	30% coinsurance
<b>Other services</b>				
Physical therapy	\$40 copay		\$30 copay	
Ambulance (within the U.S. and its territories) Includes air and/or ground	\$300 copay		\$275 copay	
Transportation (non-emergency)	Not covered		Not covered	

<sup>1</sup>Service requires prior authorization.

	UCare Your Choice		UCare Your Choice Plus	
	In-network	Out-of-network	In-network	Out-of-network
<b>Other services continued</b>				
Medicare Part B drugs <sup>2</sup> Generally, drugs that must be administered by a health professional	20% coinsurance	30% coinsurance	20% coinsurance	30% coinsurance
Chiropractic services through ChiroCare network <sup>3</sup> Manual manipulation of the spine to correct subluxation	\$20 copay	30% coinsurance	\$20 copay	30% coinsurance
Acupuncture All plans cover acupuncture for chronic low back pain, based on Medicare criteria	Doctor visit copays apply (see page 2)		Doctor visit copays apply (see page 2)	
Podiatry services	\$40 copay		\$30 copay	
Over-the-counter (OTC) allowance	\$75 allowance twice a year	Not covered	\$75 allowance twice a year	Not covered
Durable medical equipment <sup>3</sup> (e.g., oxygen equipment and CPAP)	20% coinsurance		20% coinsurance	
Prosthetic devices (e.g., braces, colostomy bags and supplies)	20% coinsurance		20% coinsurance	
Fitness options One Pass or Health Club Savings program	\$0 basic gym membership plus more or \$30 gym membership reimbursement	Not covered	\$0 basic gym membership plus more or \$30 gym membership reimbursement	Not covered
Diabetic supplies • Continuous blood glucose monitors • Other glucose monitors, test strips, lancets, inserts and shoes <i>(insulin and syringes covered under Medicare Part D)</i>	20% coinsurance		20% coinsurance	
	20% coinsurance		20% coinsurance	

<sup>2</sup>Service requires prior authorization. Certain drugs may have a lower coinsurance. You will not pay more than \$35 for a one-month supply of Part B insulin.

<sup>3</sup>Service requires prior authorization.

	UCare Your Choice	UCare Your Choice Plus
<b>Worldwide emergency care (outside the U.S. and its territories)</b>		
Emergency care including post-stabilization	\$100 copay	\$100 copay
Ground ambulance to the nearest hospital for emergency care	\$300 copay	\$275 copay
<b>Medicare Part D coverage — included with these plan options at no additional premium</b>		
<b>Deductible:</b> No deductible means your plan coverage begins right away.	\$0	\$0
<b>Initial coverage phase:</b> You stay in this phase until you reach the \$2,000 out-of-pocket maximum.		
<b>Your cost by tier (retail)<sup>4</sup></b>		
<b>Tier 1</b> Preferred generic drugs	<b>Retail</b> — 30-day supply \$0 copay	<b>Retail</b> — 30-day supply \$0 copay
<b>Tier 2</b> Generic drugs	<b>Retail</b> — 30-day supply \$12 copay	<b>Retail</b> — 30-day supply \$10 copay
<b>Tier 3</b> Preferred brand drugs Insulin: \$35 copay	<b>Retail</b> — 30-day supply \$47 copay	<b>Retail</b> — 30-day supply \$47 copay
<b>Tier 4</b> Non-preferred drugs Insulin: \$35 copay	<b>Retail</b> — 30-day supply \$100 copay	<b>Retail</b> — 30-day supply \$100 copay
<b>Tier 5</b> Specialty drugs	<b>Retail</b> — 30-day supply 33% coinsurance	<b>Retail</b> — 30-day supply 33% coinsurance
<b>Catastrophic coverage</b>		
Once you have reached \$2,000 in annual prescription drug spending (excluding UCare's cost), you pay \$0.	\$0 copay	\$0 copay

**Note:** Only emergency coverage is worldwide. You may want to consider purchasing a separate travel policy while traveling outside the U.S. for services such as air ambulance.

<sup>4</sup>Cost sharing may differ based on pharmacy type or status (mail-order, retail, long-term care (LTC), home infusion) or whether the prescription is a 30-, 60-, or extended supply up to 100 days as prescribed by your provider. Drugs on Tiers 1 – 3 are available for just two copays for a three-month supply on mail-order.

**Additional requirements or limits on covered drugs** — Some covered drugs may have additional requirements or limits on coverage. These may include: Prior Authorization (PA), Quantity Limits (QL) or Step Therapy (ST). Visit [ucare.org/medicare123](https://ucare.org/medicare123) to find out if your drug has any additional requirements or limits. You can also ask us to make an exception to these restrictions or limits. Details on how to make these requests are in the formulary and in the UCare Your Choice Medicare Plans Evidence of Coverage.

### Medicare Prescription Payment Plan

Members with Part D coverage can enroll in the Medicare Prescription Payment Plan at no additional cost. This program allows you to pay your out-of-pocket prescription drug costs monthly instead of paying at the pharmacy. If you sign up, you'll get a monthly bill from UCare for your medications.

### Part D vaccines

Our plans that include Part D cover most Part D vaccines at no cost to you, even if you haven't paid your deductible.

### Extra Help for Medicare Part D

You may be able to get Extra Help to help pay for your prescription drug premium and costs.

To see if you qualify, call:

- 1-800-MEDICARE (TTY users call 1-877-486-2048), 24/7
- Social Security Administration at 1-800-772-1213 (TTY users call 1-800-325-0778), 7 am – 7 pm, Monday – Friday
- Your State Medicaid Office or County Human Services Office
- Senior LinkAge Line at 1-800-333-2433

Some people will pay a higher premium for Medicare Part D coverage because their yearly income is over certain amounts.

# Plans at a glance



**Jane**

Jane likes the freedom of a \$1,200 combined flexible benefit allowance to spend on what she needs most. And she'll get \$288 of her Medicare Part B premium back each year. Jane saves even more with no monthly premium, \$0 copay for preferred generic prescriptions and no deductible on all drug tiers.



**Bill**

Bill wants a flexible plan option that won't restrict him to a network when going to the dentist or buying his glasses. UCare Your Choice Plus gives Bill a generous combined allowance of \$1,600 per year for eligible dental, hearing aids and eyewear, giving him peace of mind paired with lower copays.

	UCare Your Choice	UCare Your Choice Plus
Monthly plan premium You must continue to pay your Medicare Part B premium	\$0	\$51
Monthly Medicare Part B premium giveback	\$24	None
Medical and hospital	✓	✓
Fitness programs	✓	✓
Annual flexible benefit allowance to use toward eligible dental, hearing aids and prescription eyewear	\$1,200	\$1,600
Over-the-counter (OTC) allowance	✓	✓
Medicare Part D prescription drug coverage	✓	✓
Coverage when traveling	✓	✓
Combined maximum in- and out-of-network for medical services	\$4,900	\$3,000

# Enrollment

## Forms by mail

We must receive your enrollment application by (not postmarked by) the end of the month prior to when you want coverage to start (except during the Annual Election Period — must be received by 12/7 for a 1/1 effective date).

## Once we receive your enrollment application, you:

- May receive a call from us if any required information is missing from the enrollment form
- Will get a letter within 15 days to verify your enrollment
- May receive a letter from us if you did not have a Medicare Part D plan from the date you were first eligible
- May receive a letter from us if you are leaving an employer group plan to join our plan
- Will get a new member packet
- Will get a UCare member identification card that you can begin using on your effective date

Should you require medical services or prescription drugs before you receive your ID card, please call customer service at 1-833-951-3183 (TTY users call 1-800-688-2534).

## How to pay your premiums

You can choose to pay your monthly premium:

- By check
- Automatic payment/Electronic Funds Transfer (EFT)
- Social Security or Railroad Retirement Board withdrawal
- Online at [member.ucare.org](https://member.ucare.org)

Please do not send payment with your enrollment form.

# Additional information

## Provider network coverage

While you are a member of our plan, you must use network providers to get your medical care and services covered at in-network cost-share levels. Exceptions to this include emergency care, urgent care, out-of-area dialysis services, lab services, Medicare-covered preventive screenings, and cases in which the plan authorizes use of out-of-network providers. You can obtain certain covered services from out-of-network providers at different cost-share levels.

Out-of-network/non-contracted providers are under no obligation to treat UCare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

## Case Management

UCare Case Management is a short-term (3 – 6 month) telephonic program for members who have multiple chronic health conditions. We offer care management to members with select diagnoses who transition to home from a hospital or skilled nursing facility. The Case Management team consists of registered nurses whose primary focus is on assisting our members with medical case management needs such as health decision support and disease specific education. The Case Management team also works with internal and external resources to provide the member with needed support and help with attaining best health outcomes. They conduct care management by phone during business hours.

## Understanding utilization management

### Prior authorization

One way that UCare ensures excellent care is by collaborating with your health care professionals to evaluate specific services and procedures. Our goal is to ensure that you receive the best possible care for your individual needs. This Summary of Benefits provides information on the types of care or services that require notification or authorization. It's important to note that this list may change periodically. For instance, some examples of services that require prior approval include spine surgery and vein procedures.

We offer coverage for certain services listed in the benefits chart only when your doctor or provider obtains advance approval from us. These approved services include inpatient rehabilitation services, genetic and molecular diagnosis tests, lumbar spine surgery, bariatric surgery, vein procedures, spinal cord stimulators and cranial nerve stimulation, including the vagus nerve and hypoglossal nerve. Other services that require prior authorization and/or notification are marked with a <sup>1,2,3</sup> in the chart.

### Authorization and notification

One of the ways UCare makes sure you get excellent care is by partnering with your doctors to review certain types of services and procedures. We want you to get the care that is best for your needs.

This Summary of Benefits notes which types of care or services require notification or authorization. This list may change from time to time. Some examples include spine surgery and vein procedures.

### Notification

Health care providers must notify UCare if you are admitted to a hospital, long-term acute care (LTAC), acute inpatient rehabilitation (AIR), skilled nursing facility or swing bed. UCare's clinical team will collaborate with your health care professionals to ensure you receive the necessary care. If needed, UCare may set up post-hospital care.

### Prior authorization/pre-service review

Before any services can be covered, your health care provider must obtain approval from UCare. This applies to providers who are part of the UCare network as well as those who are out-of-network. To determine coverage, UCare's clinical team assesses whether the service is medically necessary, appropriate and effective for your specific needs. Prior authorization, also known as pre-service review, requires your provider to submit information to UCare and request approval before you receive the service. If pre-approval is necessary for the specific service, coverage will only be provided if approval has been granted.

### Urgent/concurrent review

During your stay in a long-term acute care (LTAC), acute inpatient rehabilitation (AIR), skilled nursing facility or swing bed, urgent concurrent and concurrent reviews may occur. UCare will assess whether your care needs to continue for a longer duration or if alternative care is necessary.

### Post-service review

Post-service review is necessary in case your doctor did not request a pre-service review. It is possible that your claim has already been denied because authorization is required for coverage. Once your doctor submits a review, UCare will carefully evaluate your situation and care plan to ensure that you receive the coverage you are entitled to as a UCare member.

### Appeal

If we deny a request made by you or your doctor for medical services or pharmaceuticals, you or your doctor have the option to appeal our decision. At the time of filing an appeal, you or your doctor may include additional documentation that is relevant to your case. Appeal requests undergo a thorough review by physicians, who assess them considering current medical evidence and your benefit plan. If your appeal is turned down, you will receive guidance on how to proceed with a second-level appeal.

### Learn more

Go to [ucare.org](https://www.ucare.org) and click on "plan documents." UCare members can also look up services in their Evidence of Coverage and Annual Notice of Changes documents. These documents note if notification and authorization are required. Every renewal year, members receive an Annual Notice of Changes that explains any changes to their plan benefits.

## Consider Medicare coverage limits

The following items and services are not covered under Original Medicare or by our plan:

- Services considered not reasonable and necessary, according to the standards of Original Medicare, unless these services are listed by our plan as covered services
- Experimental medical and surgical procedures, equipment and medications, unless covered by Original Medicare or under a Medicare-approved clinical research study or by our plan. Experimental procedures and items are those determined by our plan and Original Medicare to not be generally accepted by the medical community.
- Private room in a hospital, except when it is considered medically necessary or if it is the only option available
- Personal items in your room at a hospital or a skilled nursing facility, such as a telephone or a television

- Full-time nursing care in your home
- Custodial care — care provided in a nursing home, hospice or other facility setting when you do not require skilled medical care or skilled nursing care. Custodial care is personal care that does not require the continuing attention of trained medical or paramedical personnel, such as care that helps you with activities of daily living, such as bathing or dressing.
- Homemaker services such as basic household assistance, including light housekeeping or light meal preparation
- Fees charged for care by your immediate relatives or members of your household
- Cosmetic surgery or procedures, unless covered in case of an accidental injury or for improvement of the functioning of a malformed body part. However, all stages of reconstruction are covered for a breast after a mastectomy, as well as for the unaffected breast to produce a symmetrical appearance.
- Routine chiropractic care, other than manual manipulation of the spine to correct a subluxation
- Home-delivered meals
- Routine foot care, except for the limited coverage provided according to Medicare guidelines (e.g., if you have diabetes)
- Orthopedic shoes, unless the shoes are part of a leg brace and are included in the cost of the brace, or the shoes are for a person with diabetic foot disease
- Supportive devices for the feet, except for orthopedic or therapeutic shoes for people with diabetic foot disease
- Radial keratotomy, LASIK surgery, vision therapy and other low-vision aids. Eyewear except for one pair of eyeglasses (or contact lenses) after cataract surgery and non Medicare-covered eyewear up to the allowed amount.
- Reversal of sterilization procedures, and/or nonprescription contraceptive supplies
- Acupuncture (except for Medicare-covered chronic low back pain)
- Naturopath services (uses natural or alternative treatments)

Our plan will not cover the excluded services listed above. Even if you receive the services at an emergency facility, the excluded services are still not covered.

## Notice of privacy practices

**Effective Date: July 1, 2013**

**Date of Last Review: July 20, 2022**

**This Notice describes how medical information about you\* may be used and disclosed and how you can get access to this information. Please review it carefully.**

*\*In this Notice, "you" means the member and "we" means UCare.*

### Questions?

If you have questions or want to file a complaint, you may contact our Privacy Officer at UCare, Attn: Privacy Officer, PO Box 52, Minneapolis, MN 55440-0052, or by calling our 24 hour Compliance Hotline at 612-676-6525. You may also file a complaint with the Secretary of the U.S. Department of Health & Human Services at the Office for Civil Rights, U.S. Department of Health & Human Services, 233 N. Michigan Ave., Suite 240, Chicago, IL 60601. We will not retaliate against you for filing a complaint.

### Why are we telling you this?

UCare believes it is important to keep your health information private. In fact, the law requires us to do so. The law also requires us to tell you about our legal duties and privacy practices. We are required to follow the terms of the Notice currently in effect.

### What do we mean by "information?"

In this Notice, when we talk about "information," "medical information," or "health information," we mean information about you that we collect in our business of providing health coverage for you and your family. It is information that identifies you.

### What kinds of information do we use?

We receive information about you as part of our work in providing health plan services and health coverage. This information includes your name, address, and date of birth, race, ethnicity, language, sexual orientation, gender identity, telephone numbers, family information, financial information, health records, or other health information. Examples of the kinds of information we collect include: information from enrollment applications, claims, provider information, and customer satisfaction or health surveys; information you give us when you call us about a question or when you file a complaint or appeal; information we need to answer your question or decide your appeal;

and information you provide us to help us obtain payment for premiums.

### What do we do with this information?

We use your information to provide health plan services to members and to operate our health plan. These routine uses involve coordination of care, preventive health, and case management programs. For example, we may use your information to talk with your doctor to coordinate a referral to a specialist.

We also use your information for coordination of benefits, enrollment and eligibility status, benefits management, utilization management, premium billing, claims issues, and coverage decisions. For example, we may use your information to pay your health care claims.

Other uses include customer service activities, complaints or appeals, health promotion, quality activities, health survey information, underwriting, actuarial studies, premium rating, legal and regulatory compliance, risk management, professional peer review, credentialing, accreditation, antifraud activities, as well as business planning and administration. For example, we may use your information to make a decision regarding an appeal filed by you.

We do not use or disclose any genetic information, race, ethnicity, language, sexual orientation or gender identity for the purpose of underwriting.

In addition, we may use your information to provide you with appointment reminders, information about treatment alternatives, or other health-related benefits and services that may be of interest to you. We may also share information with family members or others you identify as involved with your care, or with the sponsor of a group health plan, as applicable.

We do not sell or rent your information to anyone. We will not use or disclose your information for fundraising without your permission. We will only use or disclose your information for marketing purposes with your authorization. We treat information about former members with the same protection as current members.

### Who sees your information?

UCare employees see your information only if necessary to do their jobs. We have procedures and systems to keep personal information secure

from people who do not have a right to see it. We may share the information with providers and other companies or persons working with or for us. We have contracts with those companies or persons. In those contracts, we require that they agree to keep your information confidential. This includes our lawyers, accountants, auditors, third party administrators, insurance agents or brokers, information systems companies, marketing companies, disease management companies, or consultants.

We also may share your information as required or permitted by law. Information may be shared with government agencies and their contractors as part of regulatory reports, audits, encounter reports, mandatory reporting such as child abuse, neglect, or domestic violence; or in response to a court or administrative order, subpoena, or discovery request. We may share information with health oversight agencies for licensure, inspections, disciplinary actions, audits, investigations, government program eligibility, government program standards compliance, and for certain civil rights enforcement actions. We also may share information for research, for law enforcement purposes, with coroners to permit identification or determine cause of death, or with funeral directors to allow them to carry out their duties. We may be required to share information with the Secretary of the Department of Health and Human Services to investigate our compliance efforts. There may be other situations when the law requires or permits us to share information.

We only share your psychotherapy notes with your authorization and in certain other limited circumstances.

Other uses and disclosures not described above will be made only with your written permission. We will also accept the permission of a person with authority to represent you.

In most situations, permissions to represent you may be cancelled at any time. However, the cancellation will not apply to uses or disclosures we made before we received your cancellation. Also, once we have permission to release your information, we cannot promise that the person who receives the information will not share it.

### What are your rights?

• You have the right to ask that we don't use or share your information in a certain way. *Please note that*

*while we will try to honor your request, we are not required to agree to your request.*

- You have the right to ask us to send information to you at an address you choose or to request that we communicate with you in a certain way. For example, you may request that your mailings be sent to a work address rather than your home address. We may ask that you make your request in writing.
- You have the right to look at or get a copy of certain information we have about you. This information includes records we use to make decisions about health coverage, such as payment, enrollment, case, or medical management records. We may ask you to make your request in writing. We may also ask you to provide information we need to answer your request. We have the right to charge a reasonable fee for the cost of making and mailing the copies. In some cases, we may deny your request to inspect or obtain a copy of your information. If we deny your request, we will tell you in writing. We may give you a right to have the decision reviewed. Please let us know if you have any questions about this.
- You have the right to ask us to correct or add missing information about you that we have in our records. Your request needs to be in writing. In some cases, we may deny a request if the information is correct and complete, if we did not create it, if we cannot share it, or if it is not part of our records. All denials will be in writing. You may file a written statement of disagreement with us. We have the right to disagree with that statement. Even if we deny your request to change or add to your information, you still have the right to have your written request, our written denial, and your statement of disagreement included with your information.
- You have the right to receive a listing of the times when we have shared your information in some cases. Please note that we are not required to provide you with a listing of information shared prior to April 14, 2003; information shared or used for treatment, payment, and health care operations purposes; information shared with you or someone else as a result of your permission; information that is shared as a result of an allowed use or disclosure; or information shared for national security or intelligence purposes. All requests for this list must be in writing. We will need you to provide us specific information so we can answer your request. If you request



this list more than once in a 12-month period, we may charge you a reasonable fee. If you have questions about this, please contact us at the address provided at the end of this Notice.

- You have the right to receive notifications of breaches of your unsecured protected health information.
- You have the right to receive a copy of this Notice from us upon request. This Notice took effect July 1, 2013 and was last revised on July 20, 2022.

**How do we protect your information?**

UCare protects all forms of your information, written, electronic and oral. We follow the state and federal laws related to the security and confidentiality of your information. We have many safety procedures in place that physically, electronically and administratively protect your information against loss, destruction or misuse. These procedures include computer safeguards, secured files and buildings and restriction on who may access your information.

**What else do you need to know?**

We may change our privacy policy from time to time. As the law requires, we will send you our Notice if you ask us for it. If you have questions about this Notice, please call UCare Customer Service at the toll-free number listed on the back of your member card. This information is also available in other forms to people with disabilities. Please ask us for that information.

**Notice 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. UCare does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

We provide aids and services at no charge to people with disabilities to communicate effectively with us, such as TTY line, or written information in other formats, such as large print.

If you need these services, contact us at 612-676-3200 (voice) or toll free at 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

We provide language services at no charge to people whose primary language is not English, such as qualified interpreters or information written in other languages.

If you need these services, contact us at the number on the back of your membership card or 612-676-3200 or toll free at 1-800-203-7225 (voice); 612-676-6810 or toll free at 1-800-688-2534 (TTY).

If you believe that UCare has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file an oral or written grievance.

**Oral grievance**

If you are a current UCare member, please call the number on the back of your membership card. Otherwise please call 612-676-3200 or toll free at 1-800-203-7225 (voice); 612-676-6810 or toll free at 1-800-688-2534 (TTY). You can also use these numbers if you need assistance filing a grievance.

**Written grievance**

Mailing Address  
UCare  
Attn: Appeals and Grievances  
PO Box 52  
Minneapolis, MN 55440-0052  
Email: [cag@ucare.org](mailto:cag@ucare.org) Fax: 612-884-2021

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

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).

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 612-676-3200/1-800-203-7225 (телетайп: 612-676-6810/1-800-688-2534).

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚክተለው ቁጥር ይደውሉ 612-676-3200/1-800-203-7225 (መስማት ለተሳናቸው: 612-676-6810/1-800-688-2534).

ဟ်သျှ်ဟ်သး-နမ့ၢ်ကတိၤ ကညီၣ် ကျိၣ်အသိၣ်. နမ့ၢ် ကျိၣ်အတၢ်မၤစၢၤလၢ တလၢ်ဘျုးလၢ်စ့ၤ နိတမံၤဘျုးသ့ၣ်လိၤ. ကိ: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, រសវាជំនួយវីដេអូភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់ប្រើប្រាស់។ ចូរ ទូរស័ព្ទ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)។

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 612-676-3200/1-800-203-7225 (رقم هاتف الصم والبكم: 612-676-6810/1-800-688-2534).

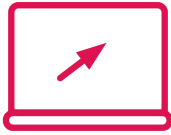
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 612-676-3200/1-800-203-7225 (ATS : 612-676-6810/1-800-688-2534).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534) 번으로 전화해 주십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).



# 3 ways to enroll



## online

**[ucare.org/medicare123](https://ucare.org/medicare123)**

fast and easy

secure data transfer

save enrollment to  
finish at later time



## by mail

fill out the enrollment  
form and mail it in the  
postage-paid envelope



## phone

call 1-833-951-3194  
to enroll with a  
licensed Medicare  
Sales Specialist

call a trusted UCare  
broker near you

If you want to know more about the coverage and costs of Original Medicare, look in your current Medicare & You handbook. View online at [medicare.gov](https://medicare.gov) or get a copy by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, seven days a week. TTY users call 1-877-486-2048.

UCare is a PPO plan with a Medicare contract. Enrollment in UCare depends on contract renewal.



500 Stinson Blvd NE  
Minneapolis, MN 55413  
1-833-951-3194 | TTY 1-800-688-2534

**[ucare.org](https://ucare.org)**