

health plans ▾

medicare advantage plans

medicare supplement plans

individual & family plans

health plans > medical assistance plans > kits

Wellness kits

Getting healthy just got easier with tools and tips to help you reach your health goals — all in one package.

[search list of covered drugs](#)

Log in to your online member account to see the programs you qualify for.

[rewards and incentives](#)

[benefits and perks](#)

[healthy benefits+ visa® card](#)

[special programs and support](#)

[preventive care](#)

[classes and education](#)

health information and tips

all health and wellness topics

member center,
toothbrush, dental floss and more.
plan documents



Connect to Wellness Kit →

Improve your health with a wellness kit. Each kit focuses on a different aspect of your wellness, from sleeping better to stress relief and more.

LivingWell Kids Kit →

We offer special kits for eligible young members. Choose from kits focused on fitness, dental care or de-stressing.

Medication Toolkit →

The Medication Toolkit comes complete with medicine trackers, pill splitters, pill boxes and more.

[Skip to footer](#)

Memory Support Kit →

The Memory Support Kits were created especially for eligible members living with memory loss. Choose the kit that's right for you.

Stress and Anxiety Kit →

We have kits full of tools and tips designed for members living with stress and anxiety.

Strong and Stable Kit →

The Strong and Stable Kit is a wellness package that provides tools to help you stay strong and prevent falls in your home. The kit includes tip sheets, resistance bands, tub grips and more.



contact us

[customer service](#)

[sales](#)

other links

[non-discrimination notice](#)

[privacy notice](#)

[legal notice](#)

[data and third-party apps](#)

[no surprises act](#)

[transparency in coverage](#)

[InterQual® medical necessity criteria](#)

[compare health care costs](#) 

[sitemap](#)

about us

[careers](#)

[about UCare](#)

[counties](#)

[brokers](#)

[media](#)

[providers](#)

languages

[español](#)

[lus hmoob](#)

[af-soomaali](#)

minneapolis

500 Stinson Boulevard NE
Minneapolis, MN 55413

duluth

325 West Central Entrance, Suite 200
Duluth, MN 55811



UCare is a registered service mark of UCare Minnesota | ©2025 UCare Minnesota. All Rights Reserved.

H2456_H5937_Y0120_12443_C_032024
U12443 04/2024