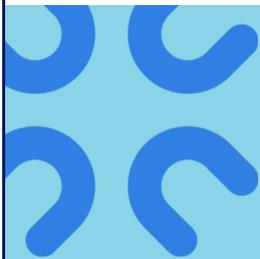


From: Hello hello@ucare.org
Subject: [EXTERNAL][Test] Welcome to UCare
Date: February 19, 2026 at 11:22 AM
To: Tina Mortimer tmortimer@ucare.org



CAUTION: This email originated from outside the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



We're happy you're here

Whether you're a new member or have been with UCare for years, thanks for choosing us. Over the next few weeks, we'll be sending you a series of emails that help you get the most out of your health plan. These emails will help you set up your online member account, access your network, take advantage of benefits and programs and more.

Learn more about your plan

You can find everything you need in the member center, including what's new with your plan, review your plan documents, prepare for Medical Assistance (Medicaid) renewal and more.

[Explore the member center](#)

Questions? Call [UCare Customer Service](#).

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UCare | 500 Stinson Blvd NE | Minneapolis, MN 55413

From: Hello hello@ucare.org
Subject: [EXTERNAL][Test] Take a health risk screening
Date: February 19, 2026 at 11:22 AM
To: Tina Mortimer tmortimer@ucare.org



Help us help
you stay on top
of your health

A health screening is a questionnaire that helps us learn about your medical history and understand your current health status. You typically take a screening when you first become a member, and every year after that, so we can stay on top of any changes to your health. UCare's health screening tool helps us give you personalized recommendations for services and programs that can improve your health in the year ahead.

Complete your health screening today

- Sign in to your online member account
- Select "health screening" to get started
- If you haven't set up an account, [you'll need to create one](#) to take your screening

Get started

Questions? Send a secure message in your online member account or call the customer service number on the back of your member ID card.

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UCare | 500 Stinson Blvd NE | Minneapolis, MN 55413

From: Hello hello@ucare.org
Subject: [EXTERNAL][Test] Everything you need to know about your plan
Date: February 19, 2026 at 11:22 AM
To: Tina Mortimer tmortimer@ucare.org

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CAUTION: This email originated from outside the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



Get the most
out of your
health plan

Whether you're a new member or have been with UCare for years, thanks for choosing us. As a member, you can easily access your plan documents and more. Get started today:



Set up your secure online member account

With an online member account, you can:

- **Download** a PDF of your member ID card or request a replacement
- **View** your claims
- **Check** your coverage and benefit information
- **Select** accessibility preferences

[Create an online member account](#) →



Review important plan documents

Find your [plan documents](#) in one place. Easily look through your member guide, member handbook and the provider and pharmacy directory to find coverage

information, understand your benefits, search for providers and more.

Questions? Call [UCare Customer Service](#).

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UCare | 500 Stinson Blvd NE | Minneapolis, MN 55413

From: Hello hello@ucare.org
Subject: [EXTERNAL][Test] Save money and stay healthy
Date: February 19, 2026 at 9:17 AM
To: Tina Mortimer tmortimer@ucare.org



Take advantage of your benefits

Your plan includes special programs and benefits to help you save money and live well:



Save with your Healthy Benefits+ Visa card

UCare makes it easy to access your eligible discounts, rewards or allowances with the Healthy Benefits+ Visa[®] card. If you have not received a card, call the customer service number on the back of your member ID card.

[Get discounts](#) →



Focus on fitness

Being active and eating a balanced diet are key to staying healthy. Discover programs to help you get fit and eat well.

[Explore fitness programs](#) →



Get a ride

UCare Health Ride provides no-cost transportation to and from



covered medical visits. Depending on your plan, you might be eligible for rides to even more places.

[Request a ride](#) →

Questions? Call [UCare Customer Service](#).

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