

# USE YOUR BENEFITS WISELY WITH HELP FROM UHC



We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions.

UnitedHealthcare (UHC) offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

## SECURE MEMBER WEBSITE

UHC's secure member website, [www.myuhc.com](http://www.myuhc.com), puts online tools and information at your fingertips around the clock to help you make educated health care decisions and manage your benefits. When you log on, you can:

- Print a temporary ID card or request a new one
- Learn more about your benefits and coverage
- Connect to someone who can answer benefits or health care questions
- Access a list of covered prescription drugs
- Easily find network providers and quickly compare quality and cost through the Cost Estimator tool
- Estimate treatment costs and evaluate treatment options

## TOOLS & RESOURCES

The tools and resources available on [www.myuhc.com](http://www.myuhc.com) can assist you in using your health plan and making informed health care choices by providing access to:

- **myHealthcare Cost Estimator:** This tool helps you find the right physician or medical specialty and explore cost estimates, save money by comparing in-network and out-of-network costs and learn how a procedure might affect your health account balances.
- **UnitedHealth Allies® Discount Program:** This program offers discounts on wellness products and services.

## Advocate4Me

We know that managing your health plan benefits and your health isn't always easy. From understanding your claims to estimating costs ahead of time, UHC's Advocate4Me can help. It connects you with an advocate who is supported by a team of specialists, from doctors to pharmacists. You will work with the same advocate until your problem or question is resolved.

## VIRTUAL MEDICINE PROGRAM

With Virtual Visits, you have access to U.S. board-certified doctors 24/7/365, whether you are at home, work or on the road. You can get the care you need when and where it's convenient for you via your mobile device or computer. Even better: doctors can write a prescription, if needed, that you can pick up at an in-network pharmacy. You can get confidential

medical advice within minutes for a variety of non-emergency medical issues (cold/flu symptoms, ear infections, allergies, etc.). The visit is covered by your medical plan and costs between \$XX and \$XX per consult. To find a virtual visit provider near you, log on to [www.myuhc.com](http://www.myuhc.com).

## RALLY

Move more, eat better and feel great with Rally. This program recommends customized missions, which are simple activities to help improve your diet, fitness and mood every day. As you progress, you'll earn Rally Coins, good for a chance to win rewards. You can access the Rally website and app at [www.myuhc.com](http://www.myuhc.com). Once you register via [www.myuhc.com](http://www.myuhc.com), you may access Rally at [www.werally.com](http://www.werally.com).

## HEALTH4ME™ PHONE APP

Check the status of a claim, find a physician near you, get an electronic ID card, estimate costs or speak directly with a healthcare professional—all while on the go.

## NURSELINE

Receive free, confidential healthcare advice 24/7 from a registered nurse (RN) by calling 800-401-7396 or logging into [www.myuhc.com](http://www.myuhc.com) (click "Go" in the lower right-hand corner under "Live Nurse Chat").

## BARIATRIC RESOURCE SERVICES

Enjoy access to experienced bariatric nurses who can provide information and direct you to bariatric programs offered through Bariatric Resource Services Centers of Excellence.



**More resources  
on the flip side!**

## HEALTHY BACK PROGRAM

Gain access to a clinical team of lower back pain experts who are ready to help you understand and improve your back issues.

## OPTUM® FERTILITY SOLUTIONS

This program is provided at no cost as part of the company's medical plans. It guides colleagues through the healthcare system and provides education, counseling, fertility management and access to a national Centers of Excellence (COEs) network of premier infertility treatment clinics. For more information, call 866-386-3404 or go to [www.optum.com](http://www.optum.com).

## REAL APPEAL

Real Appeal is designed to help you lose weight and improve your health through small changes over time. When you sign up, you'll have access to a Real Appeal Transformation Coach who will customize the program to fit your needs, goals and life. You'll also receive the Real Deal Success Kit, which includes:

- Real Success guides that outline the program step by step
- Real Foods nutrition guide packed with easy-to-assemble meals and fast food tips
- Personal one-shot blender to make healthy shakes and snacks
- Cooking tools including a digital food scale and the "Perfect" Portion Plate
- Real Moves guide that includes walking programs and activity tips
- Real Moves DVDs with cardio, strength, flexibility and abs workouts for all fitness levels
- Resistance bands and pedometer
- Electronic body weight scale

To sign up, go to <http://member.realappeal.com> or call 844 344-7325.

## MOTION®

Using wearable activity trackers, Motion helps you and your covered spouse track steps, set goals and earn financial incentives when you reach your daily walking targets. Simply go to [www.unitedhealthcaremotion.com](http://www.unitedhealthcaremotion.com) to create an account and select a tracker from the site or use one of your own Motion-compatible trackers. Once you've set up your device, you can start meeting your daily Frequency, Intensity, Tenacity (FIT) walking goals and earn the chance to win cash incentives that are then deposited quarterly to your HSA/HRA. You can then use these funds to pay for eligible health care expenses!



Go to [www.myuhc.com](http://www.myuhc.com) or call the number on your medical ID card to access these programs, tools and resources.