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.

Member Website & App

Learn how to use your benefits with **myUHC.com** and the UnitedHealthcare app. When you sign in, you'll access your specific health plan details and tools to help manage your benefits easily.

- Find network doctors, hospitals, labs or mental health resources and compare costs
- Compare average costs for providers and procedures in your area, look up quality ratings and reviews, and search for costs by service, condition or symptom, or provider (doctor, hospital, facility)
- Talk with a doctor by video 24/7
- See what your plan covers, view a list of covered prescriptions and print a temporary ID card to show to providers
- View the status of claims and Explanation of Benefits (EOBs)
- Track the account balance of any health savings, health reimbursement or flexible spending accounts (HSA, HRA or FSA)
- Learn about health programs and discounts, talk with an online coach and earn rewards for taking a health survey

Get started by going to **myUHC.com** and clicking on Register Now. You must have your health plan ID or Social Security number to register. To get your benefits on the go, download the UnitedHealthcare app from the App Store or Google Play.

Tools & Resources

The tools and resources available on **myUHC.com** can help you use your health plan and make informed health care choices by providing access to:

- **Health Record**: This resource pulls your medical records, lab results and prescriptions from multiple sources into one place. Get the full picture of your health so you and your doctor can make informed decisions regarding the care you need.
- **Online Health Activities**: These activities include clear action steps to help you create and maintain a healthy lifestyle.

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Advocate4Me

Navigate the health care system successfully with help from expert advocates. Advocates have a range of qualifications and access to a full team of clinicians and pharmacists on a variety of topics:

- Benefits and claims
- Provider search
- Pharmacy
- Finances
- Well-being and emotional health
- Clinical support
- Complex health care support

Families with special needs can also turn to Advocate4Me for help with their unique medical, behavioral and pharmacy concerns.

Virtual Care

Did you know you could save up to $2,000 by using Virtual Care instead of the ER? Chat with a doctor by phone or video 24/7 from your mobile device, tablet or computer. From diagnosing the flu to treating allergies to caring for migraines, Virtual Care is available for all your non-emergency medical concerns. You can even get a prescription sent to your local pharmacy. Behavioral health specialists are also available to address your mental health concerns. Here's how it works:

- Complete a brief medical history anytime at **myUHC.com/virtualvisits**
- Request a visit when you are sick
- Get a diagnosis, advice and guidance on treatment in 20 minutes or less
- You pay $XX per consult

Rally

Learn how to live healthy and adopt better habits with help from the Rally website and app. Get started by taking a health survey to get your Rally age, or measure of your overall health. Based on this benchmark, you'll receive Missions to help you eat better, increase your fitness level and improve your mood. Talk with a coach over the phone to help you complete your missions and come up with a plan that works with your lifestyle. In addition, you can compete with other Rally members and earn rewards by participating in various Challenges. For each mission and challenge you complete, you'll earn Rally coins that you can use to win rewards.

Healthy Pregnancy App

Track your pregnancy, set appointment reminders, call a registerend nurse 24/7, meditate with your baby and more with the UHC Healthy Pregnancy app.

Clinical & Disease Management Support

UHC's clinical and disease management support program can help you manage ongoing chronic health conditions, such as:

- Asthma
- Bariatric services
- Cancer resource services
- Chronic obstructive pulmonary Disease (COPD)
- Heart disease
- Diabetes
- Kidney disease
- Transplant services

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Real Appeal

Lose weight the right way by accessing online coaching, goal-setting and tracking tools, and a community of peers to support you on your weight-loss journey. Stay on track and lose weight with:

- A Transformation Coach who leads online group sessions
- Digital tools to track your food, activity and weight loss progress
- A Success Kit that includes scales, recipes and workout DVDs

Behavioral Health Services

You don't have to struggle alone. UHC has a variety of resources to help you manage anxiety, depression, stress and other mental health concerns.

- Network of behavioral health specialists
- Telehealth therapy and counseling option
- Live and Work Well website and 24/7 support phone line
- 24/7 emotional support line at 866-342-6892
- Sanvello and Talkspace emotional support and therapy mobile apps

Questions?

Go to www.myuhc.com or call the number on your medical ID card to access these programs, tools and resources.

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This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.