



**Committed to care
at every turn**



For life's moments, care is here

The UnitedHealthcare HMO plan is designed to help simplify your health care experience, connect you to quality care and deliver lower costs. You'll also get access to tools, resources and services to help you take charge of your health and get more out of your plan.



Get answers to your health care questions

Navigating health care is easier when you know who to call. Your UnitedHealthcare Customer Service team is here to help you:

- Improve your health, manage a chronic condition and understand complex medical issues
- Understand how your health plan works
- Get answers about a recent claim or how much you can expect to pay
- Find a network provider, get a new health plan ID card, save on health care costs and much more

Connect from anywhere

With UnitedHealthcare, you get personalized digital tools designed to make it easier to stay on top of your benefit details.



myuhc.com

Your online hub for plan information

Built to help you manage your plan 24/7, **myuhc.com**® gives you access to all your info in one place, so you can:

- Find and price care
- See what's covered
- View claim details
- Check your plan balances
- Find network doctors



UnitedHealthcare app

Your app for on-the-go access

When your health plan's right at your fingertips, you can manage your benefits anytime, anywhere. Download the UnitedHealthcare® app to:

- Find nearby care options in your network
- See your claim details
- View and share your ID card
- Video chat with a doctor 24/7



Call **1-800-624-8822**, TTY **711** for help with questions about your health plan and benefits.

HMO benefits at a glance



Network coverage only – You may save money when you receive care for covered benefits from network providers.



Primary care physician (PCP) required* – You and each covered family member on your plan will need to choose a PCP.



Referrals required – You'll need referrals from your PCP before seeing a specialist or getting certain health care services.



Preventive care covered at 100% – There's no additional cost to you for seeing a network provider for preventive care.



Behavioral health covered – In-person and virtual behavioral health options covered by plan benefits.



One-stop call resolution – You'll have access to a dedicated call center for answers to all of your questions about care, benefits and coverage, including referrals and claims.

Stay supported with your PCP

Your PCP can help connect you to the care you need and help you avoid cost surprises. Your health plan option requires you to select a network PCP** for you and each covered family member.

More reasons to have a PCP

- They know your health history and health goals
- They provide routine care, such as annual checkups, which may help identify potential health issues earlier
- They advise you when to see a specialist and provide referrals

It's easier to browse network PCPs

Go to uhc.com/providersearch > **Medical Directory** > **Employer and Individual Plans** > **Shopping Around** (if applicable)

- Choose the name of the health plan you're considering
- Select the appropriate state tile
- Enter your location to search providers near you
- Choose **People** > **Primary Care** > **All Primary Care Providers**
 - From the provider listing, click on the name of the PCP you'd like to select and write down the 10-digit Provider ID number – you'll need it when you enroll



*Some health plans may allow you to choose a facility rather than a doctor as your PCP. Some states allow you to choose a specialist, like an OB/GYN, as your PCP.

**Some health plans may require a referral prior to seeing another network physician or specialist.

Health and wellness benefits powered by care

Once your health plan becomes active, you can sign up for wellness programs and take advantage of health support services. Here are just a few examples of what's available.



Get in. Get rewarded.

UnitedHealthcare Rewards – Provides employees with the chance to earn an annual \$300 health incentive for reaching program goals and completing one-time activities – like tracking your steps or sleep, getting an annual checkup and more. And get this: UnitedHealthcare Rewards is included in your health plan at no additional cost. The activities you go for are up to you and new ways to earn will be added throughout the year. Here are just a few ways you can earn:

- Take a health survey
- Get a flu shot
- Complete a biometric screening
- Connect a tracker and get access to even more reward activities



Healthier habits, healthier lifestyle

Real Appeal® – A personalized program designed to assist employees on their weight management journey and support long-term transformation. Real Appeal includes:

- Online coach-led group sessions with personalized support tailored to individual lifestyles
- Goal-setting tools for nutrition, physical activity and weight management, plus progress tracking through a daily dashboard
- A Success Kit with tools and resources – including weight and food scales, a portion plate and access to online fitness classes – delivered after the first live group session



Quit tobacco for good

Quit For Life – This clinically proven program uses physical, psychological and behavioral strategies to help employees overcome nicotine dependency, which may lead to better health and higher productivity. With a coach on your side, it may be easier to leave tobacco behind. The Quit For Life® program offers tips, tools and personal support, including:

- Online tools and resources
- Support from a Quit Coach®, who can help you create a personalized Action Plan
- Quit For Life mobile app, with 24/7 urge management support
- Text2Quit® text messages for daily tips and encouragement





Hear life to the fullest

UnitedHealthcare Hearing – Your hearing helps keep you connected to the things and people you love. If you've noticed it's harder to hear, UnitedHealthcare Hearing can help with:

- No-cost hearing exams and consultations with experienced professionals to help support next steps
- A wide selection of hearing solutions from leading prescription brands at significant savings, plus over-the-counter options available without an appointment at uhchearing.com
- Convenient access to a nationwide network of 7,000+ locations

To learn more, visit uhchearing.com



Enhancing pregnancy care

Doula Support – This benefit offers access to a doula – a non-licensed, non-clinical coach – who provides continuous emotional, informational and physical support before, during and after labor. Doula Support may include:

- Birth plan development
- Evidence-based education on pregnancy risks and warning signs
- Labor positioning, coaching and pain support
- Lactation education and support
- Social services referrals
- Trauma-informed care



Flexible fitness options

One Pass Select® – With One Pass Select, our mission is to make being healthy fun for all. No matter your current fitness level, we have a wide variety of activities to challenge you. Find a routine that's right for you and choose a membership tier that fits your lifestyle, starting at less than \$1 per day. One Pass Select includes:

- Access to a large gym network, including national fitness centers and boutique studios
- The ability to use any location within a selected network tier at no additional cost
- Flexible membership tiers that can be changed monthly to fit evolving routines
- The option to cancel a membership at any time with a 30-day notice
- The ability to add friends and family members (18+) to an account, with each selecting any membership tier and receiving a 10% discount

Where to go for care

When you need care, call your primary care physician or family doctor first

Your physician has easy access to your records, knows the bigger picture of your health and may even offer same-day appointments to meet your needs. When seeing your physician is not possible, it's important to know your quick care options to find the place that's right for you and help avoid financial surprises.

Quick care options	Needs or symptoms	Costs
 24/7 Virtual Visits Anytime, anywhere access to care for minor conditions	• Bladder infection • Bronchitis • Cold/flu • Fever • Pinkeye • Sinus problems	\$
 Convenience care Clinic treatment that's nearby	• Skin rash • Flu shot • Minor injuries • Earache	\$\$
 Urgent care center Quicker after-hours care	• Low back pain • Respiratory (cough, pneumonia, asthma) • Stomach (pain, vomiting, diarrhea) • Infections (skin, eye, ear/nose/throat, genital-urinary) • Minor injuries (burns, stitches, sprains, small fractures)	\$\$\$
 Emergency room (ER) For serious, immediate needs	• Chest pain • Shortness of breath • Severe asthma attack • Major burns • Severe injuries • Kidney stones	\$\$\$\$

Take the time to care for yourself

Like any machine, your body needs regular maintenance. Preventive care can help identify potential issues early – even before symptoms appear – when they may be easier and less costly to treat. Plus, preventive care is covered at 100% when visiting network providers.

Covered preventive services include:

- An annual exam
- Pap tests and mammography for women
- Prostate screenings for men
- Immunizations – including flu shots
- Cancer screenings
- Cholesterol and blood pressure screenings

Know which preventive care screenings you need and what's covered. Visit uhc.com/preventivecare.

Convenient care from anywhere

24/7 Virtual Visits

With 24/7 Virtual Visits, you can connect to a doctor by phone or video* through myuhc.com or the UnitedHealthcare app. Doctors can treat a wide range of health conditions, from flu and pinkeye to migraines and more, and may even prescribe medication** as needed. 24/7 Virtual Visits can treat many of the same conditions as an ER or urgent care, so it may be a good option to use as an alternative – particularly in times when your primary care provider isn't available.

24/7 Virtual Visits are good for common conditions such as:

- Cough
- Headache
- Sore throat
- Fatigue/weakness
- Nasal discharge
- Difficulty sleeping
- Congestion/sinus pain
- Fever
- Loss of appetite

Behavioral health virtual visits

Reaching out may be hard – especially if you don't want anyone to know you're hurting. From the privacy of home and the convenience of your mobile device* or computer, you can receive caring support from a licensed therapist.

Virtual therapy offers confidential counseling and includes:

Private video sessions

Get 1-on-1 support – in your home and at a time that's convenient for you.

Help with coping – for children, teens and adults

Your licensed therapist may provide a diagnosis, treatment and medication if needed.

Similar standard of care as in-person visits

You can see the same therapist with each appointment and establish an ongoing relationship.

Virtual therapy is designed to help treat conditions like:

- ADD/ADHD
- Anxiety
- Mental health disorders
- Addiction
- Depression



*Data rates may apply.

**Prescription services may not be available in all states as per state telehealth rules and regulations. Certain prescriptions may not be available, and other restrictions may apply.

Support for emotional well-being

Program/ service name	Benefit overview	Access information
Live and Work Well	Creating a healthy work-life balance can be challenging. Live and Work Well offers support for stressful situations such as: • Anxiety and stress • Alcohol and drug use • Grief and loss • Marital problems • Eating disorders • Compulsive spending or gambling • Medication management	Visit liveandworkwell.com
Behavioral health support	From everyday challenges to more serious issues, receive confidential help from a psychiatrist or therapist for: • Depression, stress and anxiety • Substance use and recovery • Eating disorders • Parenting and family problems You can schedule a visit in person or virtually.	Virtual behavioral health visits: • Sign in to liveandworkwell.com • Select Find a Resource > Virtual Visits > Get Started In person: Search for a provider near you on liveandworkwell.com
Calm Health	This app provides employees with 24/7 access to digital content for sleep, stress and mindfulness, enhanced with evidence-based modules created by psychologists. Work toward well-being goals like: • Better sleep • Building skills to manage stress • Developing resiliency • Starting and building a mindfulness habit	Get started at myuhc.com
ABA therapy	Applied behavior analysis (ABA) therapy – included as part of your benefits – uses behavioral principles to teach children skills and behaviors they may not otherwise learn on their own.	Call 1-800-624-8822 , TTY 711
Substance use disorders	If you or someone you love is struggling with substance use, call the Substance Use Treatment Helpline. It's available 24/7 as part of your benefits and is completely confidential – you can even remain anonymous.	• To speak with a recovery advocate who will listen, provide support and develop a personalized recovery plan, call 1-855-780-5955 • You can also visit liveandworkwell.com/recovery to find care options and resources
988 Suicide & Crisis Lifeline	Free and confidential emotional support 24 hours a day, 7 days a week for anyone in suicidal crisis or emotional distress.	Call or text 988 or visit 988lifeline.org

Ready for the days ahead?

Review your option(s)

Now that you've had some time to review all the details, it's time to enroll in the benefits that best fit your needs.

Get ready for coverage to begin

While waiting for your plan to start, you can search the network for providers near you at uhc.com/providersearch.

Say hello to your benefits

Watch the mail for your **welcome kit and ID card** — then go to myuhc.com and download the UnitedHealthcare app to stay connected.

Get the most out of your plan throughout the year

- Schedule an annual checkup, flu shot or other preventive screening service
- Take advantage of resources and programs to help you stay healthier and save money
- View average costs before you get care, see what's covered, find network doctors and pharmacies and more using myuhc.com or the UnitedHealthcare app



Visit www.uhc.com/legal/required-state-notice to view important state-required notices.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

We share available contact information (e.g., name, address, phone number) with your assigned PCP office, and they may contact you with additional information on how they can help coordinate your care.

Where available, members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. Please refer to the Website or Mobile application terms of use under Benefits & Costs to access a cost estimate, and under Find Care to search for care. Level Funded and Neighborhood Health Partnership members can access average cost data online or on the mobile app. None of the average costs are intended to be a guarantee of your costs or benefits. Your actual costs may vary. Please refer to the Website or Mobile application terms of use under Benefits & Costs to access average cost data, and under Find Care to search for care.

Refer to your health plan coverage documents for information regarding your specific benefits. Specific information about network and out-of-network facility-based physicians can be found at myuhc.com or by calling the toll-free member phone number that appears on your health plan ID card.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

If there is a difference between this communication and your plan documents, the terms of your plan documents will apply. Your health plan ID card is for identification only. Your provider will need to verify your eligibility for coverage. Please note that the following abbreviations may be used on your ID card:

Office = Office Visit; **PCP** = Primary Care Provider; **Spec** = Specialty Care; **UrgCare** = Urgent Care; **ER** = Emergency Room; **InPtHosp** = Inpatient Hospital; **Ded** = Deductible; **Coins** = Coinsurance; **OON** = Out of Network; **OOPM** = Out of Pocket Max; **Rx** = Pharmacy; **IND** = Individual; **FAM** = Family; **INN** = In Network; **OOPM - NoMax** = No Out of Pocket Maximum. Your ID card may show a subset of these terms due to state and federal regulations.

We do not treat members differently because of sex, age, race, color, disability or national origin.

If you think you weren't treated fairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator:

Mail: UnitedHealthcare Civil Rights Grievance
P.O. Box 30608, Salt Lake City, UT 84130

Online: UHC_Civil_Rights@uhc.com. You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call the toll-free member phone number listed on your health plan ID card.

You can also file a complaint with the U.S. Dept. of Health and Human Services:

Online: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at
<https://www.hhs.gov/ocr/complaints/index.html>.

Phone: Toll-free 1-800-368-1019, 1-800-537-7697 (TDD)

Mail: U.S. Dept. of Health and Human Services,
200 Independence Avenue, SW Room 509F, HHH Building
Washington, D.C. 20201

ATTENTION: Free language assistance services and free communications in other formats, such as large print, are available to you. Call the toll-free number on your member identification card. (TTY 711).

ማሳሰቢያ፡ አማርኛ (Amharic) የግንኙነት ከሆነ፣ የጥንቃቄ አገልግሎቶች እና የተግባባዮች እንደ ትልቅ እትም ባሉ ሌሎች ቅርፀቶች ለአርስዎ ይገኛሉ። በአባልነት መታወቂያ ካርድዎ ላይ ያለውን የአባልነት ቁጥር ይደውሉ።

ملاحظة: إذا كنت تتحدث اللغة العربية (Arabic) ، ستوفر لك خدمات المساعدة اللغوية المجانية والمراسلات المجانية بتسيقات أخرى، مثل الطباعة بأحرف كبيرة. اتصل بالرقم المجاني المدون على بطاقة تعريف العضو خاصتك.

দেখুন: আপনাবিদ্যাবাংলায় (Bengali-Bangala) কথা বললে, তাহলে বনিমূল্যে ভাষা সহায়তা পরষিবে। এবং বড় মুদ্রণের মত। অন্যান্য ফরম্যাটে যে গায়ে। গালা আপনার জন্য বনিমূল্যে উপলব্ধ। আপনার সদস্যের পরিচয়পত্রের কার্ডের টে লি-ফর্ম নিম্নবরে কল করুন

ចំណាំ: ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ (Cambodian-Mon-Khmer) សំរាប់និយាយភាសា ភាសាភីតថុល្លី និងការចែកចំនែកភាសាភីតថុល្លីភាសាខ្មែរនិងសមាជិក ម្ចាស់ ពុម្ពពាក្យសមាជិក មានសម្បត្តិអ្នក ទូរសព្ទមកសំខេត្តភាសាភីតថុល្លីនៃលើលើបណ្តា សម្បត្តិសមាជិកសមាជិកសមាជិក

請注意：如果您說中文 (Chinese-Traditional)，您可以獲得免費語言協助服務和大字體等其他格式的免費通訊。請致電您的會員身份卡上的免付費電話號碼。

ATTENTION: Si vous parlez français (French), des services d'assistance linguistique et des communications dans d'autres formats, notamment en gros caractères, sont mis à votre disposition gratuitement. Appelez le numéro gratuit figurant sur votre carte de membre.

ATANSYON: Si w pale Kreyòl Ayisyen (French Creole-Haitian Creole), gen sèvis lang gratis ak kominikasyon nan lòt fòm la disponib, tankou sa ki enprime ak gwò let. Rele nimewo gratis ki sou kart idantifikasyon manm ou an.

ACHTUNG: Falls Sie Deutsch (German) sprechen, stehen Ihnen kostenlose Sprachassistentendienste und kostenlose Kommunikation in anderen Formaten, wie zum Beispiel große Schrift, zur Verfügung. Rufen Sie die gebührenfreie Nummer auf Ihrer Mitgliedskarte an.

ΠΡΟΣΟΧΗ: Εάν μιλάτε ελληνικά (Greek), υπάρχουν διαθέσιμες δωρεάν υπηρεσίες γλωσσικής βοήθειας και δωρεάν επικοινωνία σε άλλες μορφοποιήσεις, όπως μεγάλα γράμματα. Καλέστε τον αριθμό χωρίς χρέωση στην κάρτα μέλους σας.

ધયાન આપો: જો તમે ગુજરાતી (Gujarati) બોલતા હો તો વાની મૂલ્યે ભાષાકીય મદદરૂપે સેવાઓ અને અન્ય ફોર્મેટમાં વાની મૂલ્યે સંચાર, જેમ કે મોટી પ્રિન્ટ, તમારા માટે ઉપલબ્ધ છે. તમારા સભ્ય ઓળખ કાર્ડ પરના ટોલ-ફ્રી નંબર પર કોલ કરો.

ध्यान दे: यदिआप हंदी (Hindi) बोलते हैं, तो आपके लिए मुफ्त भाषा सहायता सेवाएँ और अन्य प्रारूपों में मुफ्त संचार, जैसे कि बड़े फ़ॉन्ट, उपलब्ध हैं। अपने सदस्य पहचान पत्र पर दिए गए टोल-फ्री नंबर पर कॉल करें।

LUS TSEEM CEEB: Yog tias koj hais lus Hmoob (Hmong), muaj cov kev pab cuam txhais lus thiab muaj kev sib txuas lus pab dawb ua lwm hom ntawv, xws li luam ua ntawv loj rau koj. Thov hu rau tus xov tooj hu dawb ntawm koj daim npav ID.

PANANGIKASO: No agsasakoa iti Ilocano (Ilocano), magun-odmo dagiti libre a serbisio ti tulong iti pagsasao ken libre a komunikasion iti dadduma a pormat, kas ti dadakkel a letra. Tawagan ti awan-bayadna a numero a masarakan iti kard a pakabigbigam kas miembro.

ATTENZIONE: Se parla italiano (Italian), può usufruire di servizi di assistenza linguistica gratuiti e comunicazioni gratuite in altri formati, come ad esempio la stampa a caratteri grandi. Chiami il numero verde riportato sul Suo tesserino identificativo.

注意事項：日本語 (Japanese) を話される場合、無料の言語支援サービスや、拡大文字など他の形式での無料のコミュニケーションをご利用いただけます。会員登録に記載されているフリーダイヤルにお電話ください。

알림사항 : 한국어 (Korean) 를 사용하시는 경우 무료 언어 지원 서비스와 대형 활자체 등 다른 형식으로 된 의사 소통 매체를 이용하실 수 있습니다 . 회원 ID 카드에 나와 있는 무료 전화번호로 전화해 주십시오 .

ໝາຍເຫດ: ຖ້າຖືກໜ້າໜ້າພາສາລາວ (Lao), ທ່ານສາມາດໃຊ້ບໍ່ການຊ່ວຍເຫຼືອດ້ານພາສາພຣີດ ແລະ ການສື່ສານໃນຮູບແບບອື່ນໆ ໄດ້: ການພົວພັນກັບການຊ່ວຍເຫຼືອດ້ານພາສາພຣີດ ໃຫ້ທ່ານໄດ້ພົວພັນກັບການຊ່ວຍເຫຼືອດ້ານພາສາພຣີດຂອງທ່ານ.

ध्यान दनिहोसः यदतिपाईले नेपाली (Nepali) बोलनुहुन्छ भने, निशुल्क भाषा सहायता सेवाहरू र अन्य ढाँचाहरूमा निशुल्क संचारहरू, जस्तै ठूलो छाप, तपाईंका लागि उपलब्ध छन्। आफ्नो सदस्य पहिचान कार्डमा रहेको टोल फ्री नम्बरमा कल गर्नुहोस्।

توجه: اگر به زبان فارسی (Persian-Farsi) صحبت می‌کنید، خدمات رایگان کمک زبانی و ارتباطات رایگان در قالب‌های دیگر، مانند چاپ بزرگ، در دسترس شما هستند. با شماره رایگان مندرج روی کارت شناسایی عضویتان تماس بگیرید.

UWAGA: Dla osób mówiących po polsku (Polish) dostępne są bezpłatne usługi pomocy językowej i bezpłatne komunikaty w innych formatach, takich jak duży druk. Prosimy zadzwonić pod bezpłatny numer podany na karcie identyfikacyjnej.

ATENÇÃO: se você fala português (Portuguese), tem à sua disposição serviços gratuitos de assistência linguística e comunicações gratuitas em outros formatos, como caracteres grandes. Ligue para o número gratuito que se encontra no seu cartão de identificação de membro.

ਪ੍ਰਮਾਣ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ, (Punjabi) ਬੋਲਦੇ ਹੋ, ਤਾਂ ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਅਤੇ ਹੋਰ ਫਾਰਮੈਟਾਂ ਵਿੱਚ ਮੁਫਤ ਸੰਚਾਰ, ਜਿਵੇਂ ਕਿ ਵੱਡੇ ਅੱਖਰ, ਤੁਹਾਡੇ ਵਸਤੇ ਉਪਲਬਧ ਹਨ। ਤੁਹਾਡੇ ਮੈਂਬਰ ਪਹਿਚਾਣ ਕਾਰਡ 'ਤੇ ਦਿੱਤੇ ਟੋਲ-ਫਰੀ ਨੰਬਰ 'ਤੇ ਕਾਲ ਕਰੋ।

ВНИМАНИЕ! Если вы говорите на русском языке (Russian), вам доступны бесплатные услуги языковой поддержки и бесплатные материалы в других форматах, например, напечатанные крупным шрифтом. Звоните по бесплатному номеру телефона, указанному на вашей идентификационной карте участника.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas y comunicaciones en otros formatos como letra grande, sin cargo, a su disposición. Llame al número gratuito que figura en su tarjeta de identificación de miembro.

PAUNAWA: Kung nagsasalita ka ng Tagalog (Tagalog), may makukuha kang mga libreng serbisyo ng tulong sa wika at libreng komunikasyon sa ibang mga format, tulad ng malalaking print. Tawagan ang walang bayad na numero na nasa iyong ID card ng miyembro.

โปรดทราบ หากคุณพูดภาษาไทย (Thai) ได้ คุณสามารถใช้บริการช่วยเหลือด้านภาษาฟรีและการสื่อสารในรูปแบบอื่น ๆ ฟรี เช่น การพิมพ์ด้วยตัวอักษรขนาดใหญ่ โทรไปยังหมายเลขโทรศัพท์สำหรับสมาชิกตามบัตรประจำตัวของคุณ

УВАГА: Якщо ви розмовляєте українською (Ukrainian), вам надаються безкоштовні мовні послуги та безкоштовні повідомлення в інших форматах, наприклад, крупним шрифтом. Зателефонуйте за безкоштовним номером телефону, позначеним на Вашій ідентифікаційній картці.

توجه دیں: اگر آپ اردو (Urdu) زبان بولتے ہیں تو آپ کے لیے زبان کی معاون خدمات اور دیگر فارمیٹ میں مفت مواصلات، جیسے بڑے پرنٹ، آپ کے لیے دستیاب ہیں۔ اپنے ممبر شناختی کارڈ پر دیئے گئے ٹول فری نمبر پر کال کریں۔

LƯU Ý: Nếu quý vị nói Tiếng Việt (Vietnamese), quý vị sẽ được cung cấp các dịch vụ hỗ trợ ngôn ngữ miễn phí và các phương tiện trao đổi liên lạc miễn phí ở các định dạng khác, chẳng hạn như bản in chữ lớn. Gọi đến số điện thoại miễn phí có trên thẻ định danh thành viên của quý vị.

Apple, App Store and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are registered trademarks of Google Inc.

UnitedHealthcare Rewards is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

The Quit For Life program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

Real Appeal is a voluntary weight management program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business - discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by One Pass Solutions, Inc. Subscription costs are payable to One Pass Solutions, Inc.

UnitedHealthcare Hearing is provided through UnitedHealthcare, offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific hearing aid discounts. This is not an insurance nor managed care product, and fees or charges for services in excess of those defined in program materials are the member's responsibility. UnitedHealthcare does not endorse nor guarantee hearing aid products/services available through the hearing program. This program may not be available in all states or for all group sizes. Components subject to change.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If you feel your condition is severe and needs attention, please contact your treating provider or mental health therapist for help. Please consult with your tax specialist to determine taxability of these offerings.

Doula Support is voluntary. The information provided under the program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional to determine what may be right for them. This program does not include a network of doulas, prescribe a doula's work or training requirements nor review a doula's qualifications. Individuals are solely responsible for selecting an appropriate doula and ensuring the doula is trained to their specifications to help meet their needs. Receiving reimbursement for incurred doula support expenses may have tax consequences. Individuals should consult an appropriate tax professional to determine whether they have any tax obligations from receiving reimbursement.

24/7 Virtual Visits is a service available with a Designated Virtual Network Provider via video, or audio-only where permitted under state law. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with applicable law and will only be used to provide health and wellness information or conduct other plan activities.

When you sign up for Virtual Behavioral Coaching, you will be asked a series of questions to ensure that this program is the right fit for you. You may be directed to another resource if your answers indicate that a different type of program may better suit your needs.

Please note that services may be available in person or via telehealth from your primary care provider, treating specialist, or from another contracting health professional, clinic, or health facility. In addition, if your health plan includes out-of-network benefits, these services may be available either via telehealth or on an in-person basis at the out-of-network cost-share, which is generally higher than the in-network cost share, however, the balance billing protections that generally apply if you seek coverage from an in-network provider will typically not apply. Please check your health plan for specific coverage details.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

This brochure includes general information about your medical benefit plan. This summary is not a plan document under which the plan is maintained and administered. Any discrepancies between this information and your plan documents will be governed by the plan documents. The benefits described are subject to change at any time.

All Fully Insured Plans In If medically appropriate care from a qualified provider cannot be provided within the Network, we will arrange for the required care with an available and accessible out-of-Network provider. You will only be responsible for paying the cost sharing in an amount equal to the cost sharing you would have otherwise paid for that service or a similar service if you had received the Covered Health Care Service from a Network provider.



We're here to help

Get even more info about your
health plan options

Visit uhc.com or call 1-800-624-8822, TTY 711

United
Healthcare®