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Valuable tools to help you live a healthier life.

Tools and resources designed to make the most of your health care coverage.



myuhc.com[®]



UnitedHealthcare is committed to providing easy-to-use information and tools to help you live a healthier life. Here are ten resources that offer you access to online programs and services that are designed to help you live the healthiest life possible.

1

myuhc.com®

myuhc.com provides you with practical and personalized information to help you get the most out of your health plan benefits and coverage.

- Find a doctor in your area
- Manage your claims
- Organize your health information
- Access tools to help you manage your health

Register at myuhc.com and get started today.

2

Healthy Pregnancy Program

We want to help ensure you have a smooth pregnancy, delivery and a healthy baby. That's why we created the Healthy Pregnancy Program. By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program, at www.healthy-pregnancy.com, you'll have built-in support through every stage of your pregnancy.

3

Health Discount Program

Our health discount program helps you and your family typically save 10 percent to 25 percent on many health and wellness purchases not included in your standard health benefit plan.

Even if you already have medical, dental and vision coverage, as an enrolled health plan member, you may save even more money by using your health discount program for:

- Fitness centers
- Weight management
- Alternative care
- and more

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***Healthy Mind Healthy Body®* Monthly eNewsletter**

Healthy Mind Healthy Body® is an award-winning newsletter, providing health and wellness news in a monthly e-mail format. You will receive brief updates on relevant and timely health topics, links to additional health resources, as well as an “Ask the Doctor” segment. Go to www.uhc.com/myhealthnews and follow the instructions to sign up.

5

RALLY™ on myuhc.com – an online experience that makes it easier for you to eat better, move more and complete activities to help improve your health.

Rally is a user-friendly digital experience that will engage you in a new way by using technology, gaming and social media to help you understand, learn and find support on your health journey. With Rally we make it easier for you to get motivated to live a healthier life.

6

Use myuhc.com Wherever You Are **Download the UnitedHealthcare Health4Me® mobile app**

Health4Me provides instant access to your family’s critical health information – anytime and anywhere. Whether you want to check the status of a claim or access your health plan ID card, Health4Me is your go-to resource.

7

NurseLineSM

One toll-free number connects you with a registered nurse who will take the time to understand what is going on with your health and provide information that is right for you. NurseLine is available **24 hours a day, seven days a week**, at no additional cost to you, as part of your benefit plan.

To talk with a NurseLine nurse, call **1-800-846-4678** (TTY: 711 for the hearing impaired).

8

Preventive Care

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may be putting your health at risk. Through a preventive care exam and routine health screenings, your doctor can better determine your current health status and detect early warning signs of more serious problems. Visit www.uhcpreventivecare.com to find out which preventive care immunizations and screenings may be recommended for you and your family.

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Source4Women®

Learn more about health and wellness for you and your family, and find new ways to help you stay healthy. Source4Women offers complimentary online tools, resources, seminars and events focused on keeping you and your family healthy. Visit www.source4women and register to attend any of the one-hour seminars, held the second Tuesday of each month at 12:30 p.m. ET. The interactive seminars feature health and wellness experts, as well as time for questions with the speakers.

10

Multicultural Benefit Tools

Is English your second language or do you need health and wellness information focused on the needs of Hispanics or Asian Americans? Visit www.uhclatino.com for information in Spanish, and www.uhcasian.com for information in Chinese, Korean, Japanese and Vietnamese.

Be involved in your health care decisions. Use these tools and resources, available at no additional cost to you as part of your health care benefits, to help you maintain and improve your health.

Health plan coverage provided by or through UnitedHealthcare of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Washington, Inc. Administrative services provided by UnitedHealthcare Services, Inc., Optum Rx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH). NurseLineSM is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may be discontinued at any time. The information provided on included programs is for informational purposes only and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. The Healthy Pregnancy program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care. Healthy Mind Healthy Body[®] is a registered trademark of UnitedHealth Group Incorporated. Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. Disclosure: The Health Discount Program is administered by HealthAllies[®], Inc., a discount medical plan organization. The Health Discount Program is NOT insurance. The discount program provides discounts at certain health care providers for medical services. The discount program does not make payments directly to the providers of medical services. The discount program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773, www.unitedhealthallies.com, ohacustomer@optumhealth.com. The health discount program is offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific discounts and to encourage participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. UnitedHealthcare does not endorse or guarantee health products/services available through the discount program. This program may not be available in all states or for all groups. Components subject to change. Certain preventive care services are provided as specified by the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services are based on your age, gender and other health factors. UnitedHealthcare also covers other routine services that may require a co-pay, co-insurance or deductible.

