

# Stay ahead of the game with wellness programs from UnitedHealthcare.

Workplace wellness programs can help save you money and help your employees stay healthier.



## Convenient access.

**myuhc.com**® is the first step for healthier members and easier access to benefits. With convenient access to tools, resources and programs at no extra cost to you—**myuhc.com** allows members to:

- Review coverage and manage claims.
- Select and change a primary care provider (PCP).
- Print a health plan ID card or request a new one.
- Manage their health and enroll in wellness programs.

## Fitness Reimbursement program.

The **Fitness Reimbursement program** offers money back to members who regularly check in to participating fitness centers. Here's how it works:

- Members can earn a credit of \$20 per month (up to \$240 per year for subscribers and enrolled spouses) by visiting a participating fitness center at least 12 times per month.
- Gym check-in apps allow members to access more participating facilities, conveniently report their gym visits through the Rally Health® app and receive their reimbursements faster.
- Reimbursements can be deposited directly into the member's bank account or credited to their fitness center for membership dues, depending on the fitness facility used.

## Personal Health and Wellness.

**SimplyEngaged**® for small business provides members with tools to help them make healthier lifestyle decisions that can affect their long-term quality of life. Examples of these tools include:

- Health Survey.
- Online Health Actions (Missions).
- Personal Health Records.
- Wellness Coaching and *Benefit Awareness News* eNewsletter.

**Rally**® Health and Wellness offers members a fun, interactive way to stay engaged and energized about getting and staying healthier—all on **myuhc.com** and the Rally Health app. Rally can be used to:

- Earn Rally Coins and enter drawings for great prizes.
- Track personal health records.
- Connect with others online who have similar goals.

**Advocate4Me**® helps make it easier for members to make informed health care choices, and offers employers tools and information to better manage costs. Our advocacy is built on robust data and insights that:

- Offers proactive, personal guidance.
- Simplifies the benefits experience.
- Provides access to quality care.

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The **Maternity Support Program** assists families from the time they consider expanding their family, through the first few weeks of their newborn's life. Program highlights include:

- Pre-conception care, early preparation and guidance toward a healthier pregnancy.
- Early identification of risk factors, monitoring and management.
- Postpartum educational support and parenting coaching.
- Access to the UnitedHealthcare Healthy Pregnancy® app, which delivers personalized content, tools and real-time access to an OB nurse—24/7.

**Virtual Visits** lets members and their covered family members see and speak to a doctor with a mobile device, or computer—anytime, anywhere. Benefits include:

- Member prescriptions\*\* can be sent to their local pharmacy.
- No appointment necessary.
- Costs are comparable to a typical copay and much less than urgent care.
- Full integration with the UnitedHealthcare benefit plan, provided at no additional administrative cost to the employer.

The **UnitedHealthcare® app** provides members with secure, on-the-go access to personalized health information, and helps them:

- Find nearby network care options.
- Video chat with a doctor, 24/7.
- See claim details and view progress towards their deductible.
- View and share their health plan ID card.

## Health screenings and coaching.

**Biometric Health Screenings** help eligible members and their spouses understand the bigger picture of their health. Screenings (e.g., blood glucose and cholesterol) help members to make healthier choices and maintain healthier numbers. Combined with wellness coaching, biometric screenings focus on prevention and maintaining good health, which can make a big difference to you and your employees.

**Preventive care guidelines encourage healthier choices** and healthier living. Since preventing and detecting disease early is important to living a healthier life, we provide information on age-appropriate screenings and immunizations, and encourage members to talk to their doctor about specific health questions and concerns. For more information on preventive care, [click here](#).

Telephonic wellness coaching benefits include:

- Tobacco cessation tips.
- Nutrition education and planning.
- Diabetes management and education.
- Heart health advice.

## Value added services.

UnitedHealthcare also offers the following services at no additional cost to you when you purchase qualifying medical coverage.

- Pre-Tax Premium Plan.
- COBRA/State Continuation.
- Flexible spending account (FSA).



**Contact your UnitedHealthcare representative for additional information.**



\* Data rates may apply

\*\* Certain prescriptions may not be available, and other restrictions may apply.

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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.

The UnitedHealthcare Healthy Pregnancy app is only available to eligible members of certain employer-sponsored plans. App registration is required.

Certain preventive care services, including immunizations, are provided as specified by the Patient Protection and Affordable Care Act (PPACA), with no cost-sharing to you. Some plans may require copayments, deductibles and/or coinsurance for these benefits. Always review your plan documents to determine your specific coverage.

UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company, UnitedHealthcare of California, or its affiliates to encourage their 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. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

Advocate4Me services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through Advocate services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time.

Virtual Visits and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 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.

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

SimplyEngaged® 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 with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

The information provided under the Maternity Support 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. Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

This program may not be available in all states or for all groups. Components subject to change.

Health plan coverage provided by or through UnitedHealthcare Insurance Company, UHC of California and UnitedHealthcare Benefits Plan of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC).

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