



All your health plan information in one place. How convenient is that?

myuhc.com[®] is your personalized member website to help you access and manage your medical, dental and vision plan details 24/7.*



Find and price care.

Find a provider and get personalized estimates for the services in your network, including doctors, dentists, hospitals, labs and convenience and urgent care clinics. For minor health concerns, register for a Virtual Visit** and pay \$50⁺ or less to see a doctor on your smartphone,^{††} tablet or computer.



See what's covered.

Easily see what your plan covers and how much it costs for common services, including preventive care visits, urgent care visits, flu vaccines, chiropractic services and more. You also have access to your plan documents, member handbook, required notices and welcome materials.



Check your plan balances.

Get quick access to review the status of your deductible, coinsurance and out-of-pocket limit. If included in your plan, you also have access to your health savings account (HSA), flexible spending account (FSA) or health reimbursement account (HRA).

CONTINUED



Sign up in minutes at myuhc.com today.

- Easily access and manage your health plan details.
- Dependents 18 and over can also create their own accounts.
- Have your health plan ID card handy.



Access claim details.

View your claims history and easily see how your claim was processed, what your plan covered and what you may owe your provider. You can also access and submit claims forms and pay your provider directly online.



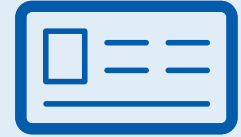
Get and stay healthier.

Discover wellness programs and activities where you can set and track health goals, and earn rewards for taking healthy actions. Access discounts on health-related products and services. Receive preventive care recommendations and appointment reminders. Connect with other members to get support and share health and wellness tips.



Easily order prescriptions and more.

Order prescription refills, compare prescription drug pricing, get cost estimates and find ways to save on your medications.



Easy access to your health plan ID cards.

- View, print or email your card when you need care.



*Experience may vary by individual plan type.

**Virtual Visits 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 Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

††Data rates may apply.

All UnitedHealthcare 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. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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Get on-the-go access to your health plan.

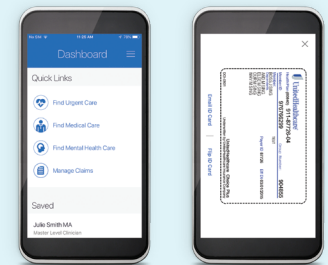
The UnitedHealthcare® app puts your plan at your fingertips.



The app has you covered.

When you're out and about, you can do everything from managing your plan to getting convenient care. Just download the app to:

- Find nearby care options in your network.
- Estimate costs.
- Video chat with a doctor 24/7.
- View and share your health plan ID card.
- See your claim details and view progress toward your deductible.



Get the app and log on with Touch ID®.



The UnitedHealthcare app is available for download for iPhone® or Android™.



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*Data rates may apply.

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Show your heart some love.



Did you know? When you stop smoking, the healthy rewards start right away. One day after you quit, your risk for heart attack begins to drop. One year later, it's cut in half.*

Most people need help to quit. As part of your UnitedHealthcare plan, you have a program available—**at no additional cost to you. Quit For Life®** is just like having a coach right at your fingertips.

- **Online support.** Get access to a website offering tools and more.
- **Quit For Life® mobile app.** 24/7 urge management support plus on-the-go access to your program.
- **Live Tobacco-Free course.** Gain skills to help prepare you to quit and stay on track — for good.
- **Personalized support.** Work with a Quit Coach® to help you create a plan tailored to your lifestyle.

Enroll in the Quit For Life program at myuhc.com®.

Visit the “Health Resources” tab and choose the “Quit For Life” tile.

Connect with tips, tools and support, anytime.

Download the Quit For Life® mobile app. Available for Android™ and iOS devices.



* Source: American Heart Association: Smoke-free Living: Benefits & Milestones. 6/11/2015. http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp#.WqvTC2cm600 (Accessed 03/16/18).

Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card.

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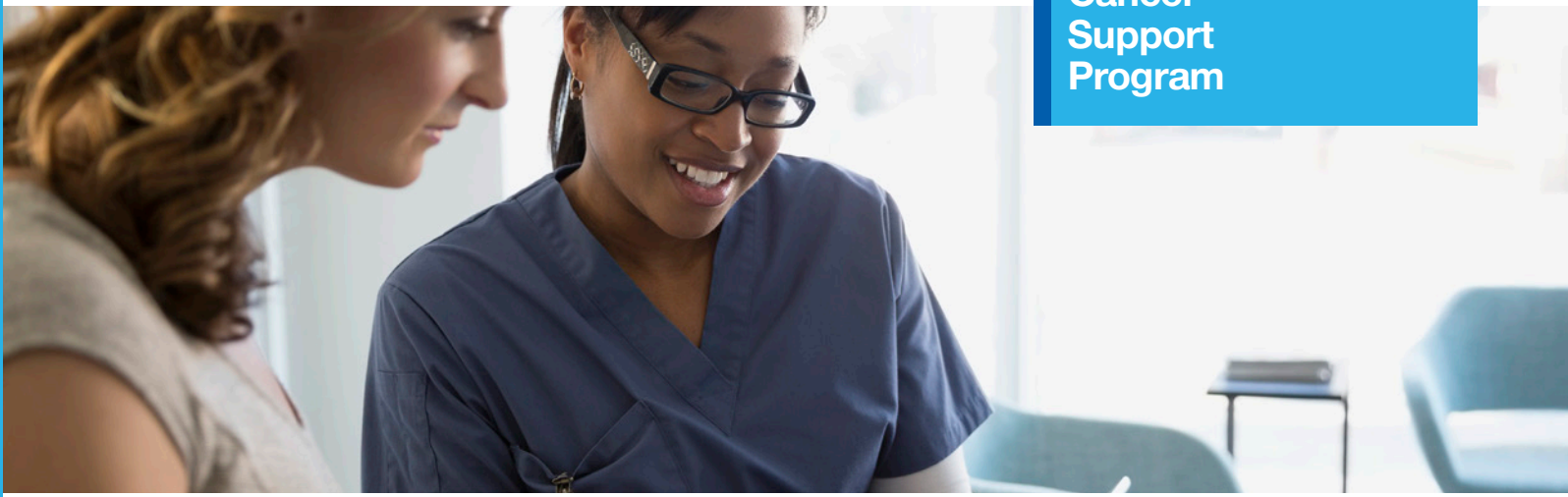
The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not 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.

The American Cancer Society name and logo are trademarks of the American Cancer Society.

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Has your life been touched by cancer? The Cancer Support Program offers caring support when you need it most.

Whether you or a family member has been diagnosed or has risk factors for cancer, the numbers are telling. One in three Americans will have cancer at some point in their lives.¹ That's why we offer the UnitedHealthcare Cancer Support Program (CSP).

How does it work?

If you're preparing for cancer treatment or have already started, a nurse can help you navigate treatment options and help you find a network provider from a high-quality Centers of Excellence (COE) facility. Here's more of what you can expect:



Connect with a nurse specially trained in oncology for support — and throughout your treatment journey.



Get help exploring your options, finding answers to questions and managing symptoms and side effects.



Receive support working with your doctors, so you feel informed to make decisions for your health.

Since 2007, this program has supported more than 100,000 members diagnosed with cancer.²

97% of members were satisfied with their Cancer Support nurse.³

If you or a loved one has cancer, take advantage of the **Cancer Support Program** and call an oncology nurse between 7 a.m. and 7 p.m. CT, Monday through Friday, excluding holidays.

1-866-936-6002, TTY 711

myuhc.phs.com/cancerprograms

¹ American Cancer Society. Who gets cancer? cancer.org/treatment/understanding-your-diagnosis/after-diagnosis/who-gets-cancer.html. Accessed March 27, 2018.

² Optum Internal Analytics, 2007-2017.

³ Optum Net Promoter Score® data, FY 2017.

Net Promoter, Net Promoter System, Net Promoter Score, NPS and the NPS-related emoticons are registered trademarks of Bain & Company, Inc., Fred Reichheld and Satmetrix Systems, Inc.

This program 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 this service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

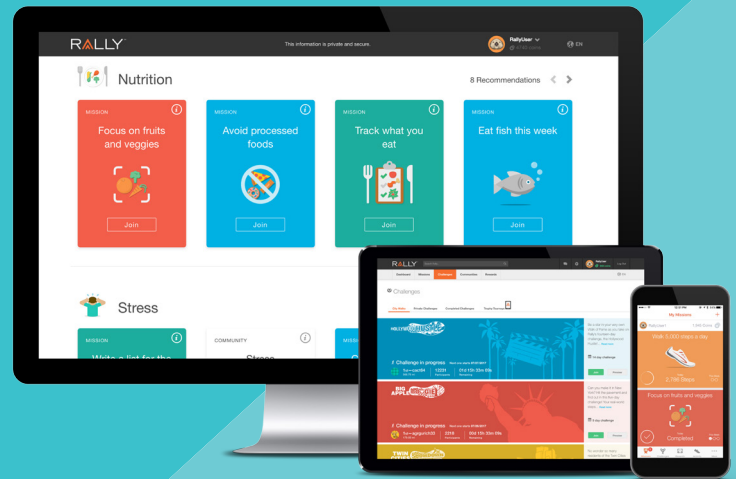
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Personalized health recommendations, just for you.

Rally® can help you get healthier, one small step at a time.



Rally is designed to help you make changes to your daily routine, set smart goals and track your progress. You'll get personalized recommendations to help you move more, eat better and improve your health—and have fun doing it.

Start with the quick Health Survey and get your Rally AgeSM, a measure to help you assess your overall health. Rally will then recommend missions for you: activities designed to help improve your diet, fitness and mood. Start easy, and level up when you're ready.

Plus, on Rally there are lots of ways to earn Rally Coins, which you can use for chances to win rewards. Rack up Rally Coins for taking healthy actions, like joining missions, completing healthy activities, or pushing yourself in a Challenge.

Rally is available at no additional cost to you, as part of your health plan benefits.

Get started today at myuhc.com®.



Get Your Rally Age



Build Healthy Habits



Win Cool Stuff

RALLY®



UnitedHealthcare®

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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 of the health survey is voluntary. Your responses will be used in accordance with law to provide health and wellness recommendations and to conduct other plan activities. Your Health Age is based on self-disclosed information, including any applicable biometric screening data.

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Earn up to \$200* for completing health and wellness activities.

With SimplyEngaged, you can get rewarded for taking healthier actions.

Here's how SimplyEngaged works.

With Rally®, you can access the SimplyEngaged® health and wellness activities available to you. For each Health Action you complete, you'll earn Rally Coins,** which you can redeem for rewards. Plus, you can earn financial incentives provided through gift cards, health account deposits or premium reductions. Rally's digital experience gives you one place to track your activities and rewards.

To get started, go to myuhc.com® > **Health Resources** > **Rally**.

Health Actions:

Reward:

Complete the Health Survey and watch the video.

The Health Survey takes about 15 minutes and upon completion you'll receive personalized suggestions to help you set health goals. Pair this with a short Health Actions video to see your opportunities to earn rewards.



**\$25 +
Rally Coins**

Complete a coaching program.

The results of your Health Survey will provide recommendations for coaching programs that may help improve your health and wellness. These programs are available at no additional cost as part of your health plan benefits. Complete one of the following programs to earn more rewards:



**\$100 +
Rally Coins**

Wellness Coaching provides access to expert coaches and digital tools to help you reach your health goals. It's all about getting and staying healthy—your way—anytime. Choose from a variety of programs, like sleeping better, eating smarter and getting fit.

Real Appeal® may help you start living a healthier life with online weight loss tools to help you achieve lifelong results, one small step at a time. Real Appeal delivers the support to help you lose weight through online coaching, a Success Kit delivered to your door and a community of members to keep you motivated.

Quit For Life® has helped 4 million members quit smoking or using tobacco.¹ It provides the tools, 1-on-1 support and a personalized plan to help you quit your way.

Complete a Biometric screening.

A Biometric health screening may help you and your doctor make more informed decisions about your health.

Get screened for:

- Total cholesterol.
- Blood pressure.
- Tobacco attestation.
- Body mass index (BMI).

You have 3 options to participate in the Biometric health screening:

- 1 Employer on-site event, if available.
- 2 Doctor's office or convenience care clinic. (Provider Results form must be completed.)
- 3 Participating Quest Diagnostics® provider.



**\$75 +
Rally Coins**

Complete a Virtual Visit.

Virtual Visits may be a convenient option when you need care. You can talk to a doctor—24/7—by phone or video for conditions like the flu, allergies, rashes, migraines and many more.



**\$25 +
Rally Coins**

Complete a Gym Check-In.

Check in to a participating fitness center at least 12 days per month on the Rally Health app. Select from a network of leading fitness centers, where you'll find boxing, climbing, cycling, yoga, Pilates, traditional gyms and more.



**\$20/mo. +
Rally Coins**



To get started, go to myuhc.com > Health Resources > Rally.



¹ Quit For Life Employer Book of Business Survey results, cumulative from 2006 to 2018.

*Earnings are per person and include covered spouse or domestic partner.

** Rally Coins can be earned under Rally Health. A reward can only be earned once per incentive year per health action, with the exception of the Fitness Action, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

Virtual Visits phone 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, or for all members. Check your benefit plan to determine if these services are available.

Real Appeal is a voluntary weight loss program that is offered to eligible participants 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. 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.

UnitedHealthcare understands the importance of protecting your privacy. We care about the relationship we have with you. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.

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. Please discuss with your doctor how the information provided is right for you. 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.

Quest Diagnostics is a registered trademark of Quest Diagnostics.

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.

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.

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Get support for your precious delivery.

If you're thinking about having a baby or have one on the way, the **Maternity Support Program** is here to provide information and support — throughout your pregnancy and after giving birth.

When you enroll in the program, you'll be able to work with a maternity nurse who is available to answer your questions and help you with things like:

- Choosing a doctor or nurse midwife, and help you with finding a pediatrician or other specialist
- Information to help you take care of yourself and the health of your baby — even if your pregnancy is considered high-risk
- Support to help you manage your health — physically and emotionally — before and after your baby is born

Whatever your journey, we're here to help.

Get started today.



1-877-201-5328

myuhc.phs.com/maternitysupport

Monday-Thursday, 8:00 a.m.–8:00 p.m. and Friday,
8:00 a.m.–5:00 p.m. Central Time

This service is available at no extra cost as part of
your benefit plan. (TTY: **711**)



Download now: the UnitedHealthcare Healthy PregnancySM app.

- Track milestones.
- Set reminders.
- Get daily tips.
- Find resources.



Available from the App Store[®] or Google Play[™].



This service 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 this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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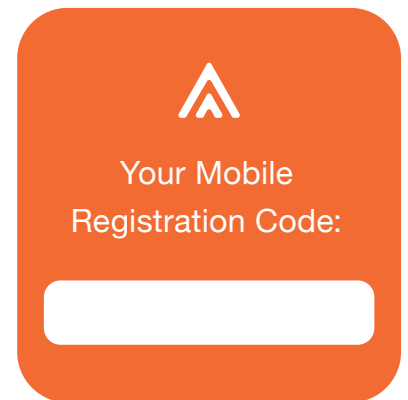


BETTER HEALTH IN YOUR HANDS



Introducing Rally® — an app that is designed to help you improve and maintain your health.

After taking a quick Health Survey, Rally will offer personalized recommendations to help you move more, eat better, and stress less. Sync your tracking device, join a Challenge, and earn virtual coins that you can exchange for rewards for taking healthy steps every day.



Get Started!

Go to:

New to Rally? Please register using Rally Mobile Code:

Already on Rally? You're all set. Download the app and login.



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.

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RALLY®



Earn up to \$200* for completing health and wellness activities.

SimplyEngaged®

**Take healthier actions,
get rewarded.**

 UnitedHealthcare®

Earning up to \$200* can feel pretty good.¹

Here's how SimplyEngaged works:

Complete the specific health and wellness activities listed below (Health Actions) to earn financial incentives and rewards*. Your earned financial incentives will be provided through gift cards, health account deposits, or premium reductions.

You can track your activities and rewards through Rally®, a user-friendly digital experience that supports your program with online tools. As you complete health actions on the Rally website, in addition to financial incentives, you can also earn Rally Coins that can be used for sweepstakes, discounts, donations and more.

To get started:

- 1 Visit myuhc.com®.
- 2 Click on the **Health Resources** tab to find and link to Rally® website.
- 3 View **Rewards** on the Rally website to track your earned incentives.

* Earnings are per person and include covered spouse or domestic partner.

Health Actions:

Reward:

Complete the Health Survey.

The Health Survey takes about 15 minutes to complete through the Rally website. Once completed, you'll receive:

- Your Rally AgeSM—an assessment of your current health compared to your actual age.
- Personalized and interactive results and recommendations to help you set personal health goals.



**\$25 +
Rally Coins**

Complete a Biometric screening.

A Biometric health screening may help you better understand your health numbers and help you and your doctor make more informed decisions about your health.

Know your numbers for:

- Total cholesterol.
- Blood pressure.
- Blood sugar (glucose)
- Body mass index (BMI).

You have 3 options to participate in the health screening:

- 1 Employer on-site event, if available.¹
- 2 Doctor's office or convenience care clinic. (Provider Results form must be completed.)
- 2 Participating Quest Diagnostics® provider.



**\$75 +
Rally Coins**

Health Actions:

Reward:

Complete 3 Rally Missions.²

After you complete your Health Survey, Rally will suggest **Missions**—daily actions you can complete to help you reach your personal health and wellness goals.



**\$50 +
Rally Coins**

Complete a Wellness coaching program.

Once you've completed your health survey and received your biometric screening results, you will receive recommendations for coaching programs to help improve your health and wellness.

There are 2 ways you can complete your coaching program¹:

- 1 Log in to myuhc.com[®] and click on the Health Resources tab to begin working on your personal health improvement plan.
- 2 Call the wellness coach at **1-800-478-1057 (TTY: 711)**. Your coach will work with you to track your progress and help you reach your goals.

Allow an average of 2–5 months to complete the coaching program.

Wellness coaching provides:



Online Learning



Peer-to-peer Discussions



Life Coaching



**\$75 +
Rally Coins**

Complete a Gym Check-In.

Visit and check into a participating fitness center at least 12 days per month on the Rally mobile app for iOS or Android. Select from a network of leading fitness centers, including: boxing, climbing, cycling, yoga, Pilates, traditional gyms and more.



**\$20/mo. +
Rally Coins**



Visit myuhc.com and register on Rally to start earning your \$200* SimplyEngaged rewards today.



¹ The reward type is determined by your employer. Rally Coins can be earned under Rally Health.

A reward can only be earned once per incentive year per health action, with the exception of the Gym Check-In, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

² Additional completed Missions will not be financially rewarded.

*Earnings are per person and include covered spouse or domestic partner.

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Quest Diagnostics is a registered trademark of Quest Diagnostics.

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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. YMCA is a registered trademark of YMCA of the USA.

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See a doctor whenever, wherever.

Get 24/7 access to care from anywhere in the United States with Virtual Visits. A Virtual Visit lets you see a doctor from your mobile device* or computer without an appointment.



Seeing a doctor just got easier.

Choose from an Amwell®, Doctor On Demand™ or Teladoc® network provider and pay \$50** or less for the visit. All 3 Virtual Visits provider networks are covered under your health plan benefits.

Tips for registering:

- 1 For Virtual Visits access or to find out more, download the Amwell, Doctor On Demand*** or Teladoc mobile apps today.
- 2 Locate your member ID number on your health plan ID card.
- 3 Have your credit card ready to cover any costs not covered by your health plan.
- 4 Choose a pharmacy that's open in case you're given a prescription.†



To learn more or start a Virtual Visit, go to uhc.com/virtualvisits or myuhc.com®.



*Data rates may apply.

**The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

***Doctor On Demand does not support any version of Internet Explorer®.

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

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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.

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