



10

Valuable tools to help you live a healthier life

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

 **UnitedHealthcare®**



UnitedHealthcare is committed to providing easy to use information and resource tools to help you live a healthier life.

The following resources may help you better understand your health benefits and provide ways for you to maintain and improve your health. These easy-to-use interactive tools are designed to help you in making more informed health decisions and provide access to the online programs and services to help you live the healthiest life possible.

1

myuhc.com

The tools and information at **myuhc.com**[®] are both practical and personalized so you can get the most out of your benefits. Learn about health conditions, treatments and costs. You can also take a personal Health Assessment or get some extra motivation with our online coaching programs. See how myuhc.com can help you manage your health care coverage and make more informed decisions about medical treatments and overall wellness. Register at myuhc.com and get started today.

2

myHealthcare Cost Estimator

Changing the way you access health care information for the better, myHealthcare Cost Estimator (myHCE) allows you to research treatment options based on your specific situation. Learn about the recommended care, estimated costs and time to treat your condition. The care path allows you to see the appointments, tests and follow up care involved, from the first consult to last follow up visit. You can also learn about estimated costs ahead of time to help you plan. Create a custom estimate based on your own plan details and selected provider and facilities.

3

Health4Me

If you are always on the go, the UnitedHealthcare Health4Me[™] app provides instant access to your family's important health information — anytime/anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is your go-to resource. It is available for download now on the app store for iPhones[®] or Google[®] Play for Androids.



Health4Me

4

Healthy Mind Healthy Body[®] monthly newsletter

Healthy Mind Healthy Body[®] is an award-winning newsletter, providing health and wellness news in a monthly e-mail format as well as several print editions throughout the year. 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

Health Care Lane

Wish you could learn more about your health care benefits without having to read about it? Health Care Lane is a virtual community that is designed to make learning about health care easier and more enjoyable.

At Health Care Lane, you can visit many different businesses on Main Street. Each business has a friendly employee who is excited to talk to you about all sorts of health care and health insurance topics, such as:

- Health insurance basics
- Ways to get healthy and much more
- Tips on saving money

You can also watch the residents of Health Care Lane participate in Wellness Days, a fun-filled festival of good health and wellness. Or stop by the Drive-In Theater and catch a matinee of health and benefit videos. And don't forget to stop by the Community Center where you can learn more about how health reform changes may impact you.



6

UHC.TV for Health and Happiness

UHC.TV is an online television network that presents educational and entertaining video programs about good health and living well. Get inspired by watching short motivational talks by well-known speakers including authors Dan Buettner and Gail Sheehy, futurist Jack Uldrich, Today Show nutritionist Joy Bauer and Olympic Gold Medalist Scott Hamilton. Get information from health experts, including Dr. Mehmet Oz and other health professionals, on a variety of topics. Simply type **UHC.TV** into your Internet browser to start watching for your health and happiness. You can also subscribe to UHC.TV and be the first to know about new programs, content and features as they are added to the site. Like us on Facebook or follow us on Twitter.



7

myNurseLineSM

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 personalized information that is right for you. And this is all 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 myNurseLine nurse, call the Customer Care number on the back of your health plan ID card, or visit **myuhc.com**[®].



8

Preventive care

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your health at risk. Through a preventive exam and routine health screenings, your doctor can determine your current health status and detect early warning signs of more serious problems. Your recommended preventive care services may include immunizations, a physical exam, lab work and x-rays. During your visit, your doctor will likely determine what tests or health screenings are right for you based on many factors such as your age, gender, overall health status, personal health history and your current health condition. Visit www.uhcpreventivecare.com to find out which immunizations and screenings are recommended for you and your family.

9

Source4Women

Learn more about health and wellness for you and your family, and find new ways to 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 complimentary 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

Do you speak another language or need health and wellness information focused on the needs of African Americans, Hispanics or Asian Americans? Visit www.uhclatino.com for information in Spanish, www.uhcasian.com for information in Chinese, Korean, Japanese and Vietnamese, or uhcgenerations.com for information focused on African Americans.

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.



Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. The health care reform law requires the coverage of certain preventive services, based on your age, gender and other health factors, with no cost-sharing. The preventive care services covered are those preventive services specified in the health care reform law. UnitedHealthcare also covers other routine services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage. Facebook, Twitter, iPhone, Google and Android are registered trademarks of their respective companies.

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