

HEALTH AND WELLNESS



A variety of health and wellness features are available to you at myuhc.com as part of your enrollment in our medical coverage through United Healthcare (UHC). By taking better care of ourselves, we have the opportunity to live healthier as well as reduce future medical costs. Speak with your doctor before starting a new diet, exercise, or health program.

ADVOCATE4ME

From questions about benefits and finding a doctor near you to helping you enroll in many of the no cost support programs (such as Asthma Disease Management, Special Needs Initiative, Cancer Support, and more), Advocate4Me can provide assistance and resources to help you and your family make confident health care decisions. To contact a Health Advocate, call **1-855-837-1612**. Advocates are available weekdays, 8AM to 8PM local time.

IN-NETWORK DOCTORS

Remember: Choosing in-network care may offer you the most cost savings and out-of-network care may cost more or may not be covered. Log into your account at myuhc.com to search for in-network doctors, clinics, facilities, etc. If you haven't registered or set up your account, you may search by your plan type:

- **Choice Plus** for employees with the Company's United Healthcare plan in all states except Wisconsin
- **Options PPO** for employees with the Company's United Healthcare plan in Wisconsin

UHC MAY CONTACT YOU

United Healthcare monitors health claims to proactively identify potential health risks that may affect their members. Based on claims, the UHC care team specializing in your condition or identified risk may reach out to offer additional support and/or case management. This outreach may include education, tools, and/or motivation to help you make the best decisions about your health. Due to privacy laws, voicemails from UHC may not specify the reason they are calling, so it is important to return the call so you don't miss out on the opportunity for additional savings and/or support.

MAIL ORDER PHARMACY

OptumRx manages the pharmacy home delivery benefit for United Healthcare. Home delivery is a great option for maintenance medications, those needed long term, for which your doctor can provide a 90-day prescription. You should still use a retail pharmacy for medications you take on a short-term basis, such as antibiotics.

Cost savings vary depending on your plan, but you may save 50% or more compared to retail pharmacy pricing. Free standard shipping is included. Sign up through your myuhc.com account by selecting Manage My Prescriptions or by calling the number on the back of your plan ID card. You can also ask your doctor to call **1-800-791-7658** for instructions on how to fax your 90-day prescription or send an electronic prescription to OptumRx Mail Service Pharmacy.

NEW MAVEN (Available starting January 1, 2025)

United Healthcare members can get personalized 24/7 virtual support and guidance for pregnancy, postpartum, and the newborn journey through Maven. You and your partner can meet with providers anytime day or night so you can get the support you need, when you need it.

This program, including Maven visits and resources, is included with your medical insurance at no cost (no co-pays or out-of-pocket costs). You and your partner have free access to Maven's virtual clinic to:

- Book video appointments and messaging with providers from 35+ specialties, including mental health specialists, OB-GYNs, midwives, doulas, lactations counselors, infant sleep coaches, and career coaches – with wait times of less than two hours.
- Match with a dedicated Care Advocate to help you make sense of your Maven benefits and find the right providers and in-person clinics.
- Get access to hundreds of expert-vetted articles, drop-in groups, and on-demand classes like Infant CPR and Breastfeeding 101.

Once Maven is effective on January 1, join at mavenclinic.com/join/uhc or download the Maven Clinic app.



VIRTUAL VISITS

With virtual care through your United Healthcare plan, get care any time. See a Primary Care Provider (PCP) or get same-day urgent care on your phone, tablet, or computer. To schedule a virtual primary care appointment or access urgent care through 24/7 Virtual Visits, download the UnitedHealthcare app or visit myuhc.com/virtualcare. Scan the QR code to access your virtual care options.



What kinds of visits might be right for you?

Virtual primary care:

- Annual wellness visits
- Regular follow-ups for conditions like asthma, diabetes, etc.
- Lab tests and preventive screenings
- Referrals to quality network specialists
- Medication review and prescriptions, if needed (restrictions may apply)
- Cost aligns with PCP benefit

24/7 Virtual Visits:

- Annual wellness visits
- Non-emergency care for common health issues like the flu, fevers, sore throats, etc.
- Non-emergency care for sudden health issues like pinkeye, migraines, back pain, even allergies and anxiety
- Prescription refills (restrictions may apply)
- Cost aligns with 24/7 Virtual Visits benefit

MENTAL HEALTH AND SUBSTANCE USE SUPPORT

United Healthcare has many support tools available for employees and their families. For general guidance, call the number on the back of your plan ID card and ask for a behavioral health specialist.

NEW Calm Health (Available now for current UHC members): Calm is a widely recognized mental well-being app with resources for sleep, meditation and mindfulness. Calm Health provides you with access to content from Calm plus new features and benefits including mental health screenings, personalized recommendations, self-guided learning modules and more. Access the program from your myuhc.com account. Then, register on the Calm Health landing page. Once registered, you can download the Calm Health app and sign in.

Talkspace Online Therapy: Start feeling better today from the comfort of your home. To register, visit talkspace.com/connect. Use the online matching tool to choose a licensed, dedicated therapist; anytime, anywhere. Send private messages (text, voice, video) or schedule live video sessions. Copays apply. Download the Talkspace app for safe, secure, and convenient communication with your therapist.

Substance Use Treatment Helpline: There's hope for substance use disorder, a treatable disease, and UHC is here to help. Call the Substance Use Treatment Helpline at **1-855-780-5955**, 24/7 to speak with a substance use recovery advocate who will listen, provide support, and develop a personalized recovery plan. Callers may remain anonymous.

HEALTH & WELLNESS PROGRAMS

NEW One Pass Select (Available now for current UHC members): This program aims to make being healthy fun for all. Access a variety of activities from strength training and swimming to yoga and spin classes, digital fitness apps and home grocery delivery. Choose the membership level and cost that fits your lifestyle. Get started at onepasselect.com.

Real Appeal®: This weight loss program is available at no additional cost to eligible health plan participants (employees, spouses, dependents age 18 and over, based on eligibility). Real Appeal offers a Transformation Coach who leads weekly online group sessions; online tools to help track your food, activity, and weight loss progress; a Success Kit with food and weight scales, recipes, workout DVDs; and more – shipped to your door. See if you qualify at discounttire.realappeal.com.

