



Live a healthier life with resources from UnitedHealthcare

Programs and tools designed to help you make the most of your health care coverage

UnitedHealthcare benefits provide access to information and tools to help you on your healthy journey. Our programs are available and designed to help you improve or maintain your health, get access to care, save money and take charge of your health.

Find answers to benefit questions and more at your personalized website, 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 Health Survey and get some extra motivation with the RallySM interactive digital experience that helps you manage your health. See how myuhc.com can help you manage your health care coverage and make more informed decisions about medical treatments and overall wellness.

Put myuhc.com in your pocket

If you have a smartphone, get myuhc.com to go. Look up doctors and benefit information at any time. You can even view, fax and email an electronic image of your health plan ID card. Type myuhc.com into your browser and you're there.

Engage in your health with Rally

Rally is a user-friendly digital experience on myuhc.com that will engage you in a new way by using technology, gaming and social media to help support you on your health journey.

With the online Health Survey, personalized Missions, rewards and connections to wearables like Fitbit[®], Jawbone[®] and more, Rally makes it easier for you to get motivated to be healthier. When you sign up for Rally, the first thing you'll learn is your Rally Health Age, which tells you how your body is feeling right now. Then you can start exploring all the great digital tools that may help you make healthier choices based on your life, schedule and needs.

Health trackers monitoring weight loss, physical activity and more are tightly integrated with motivating messages and personally relevant information, to keep you inspired. To help you create new healthy habits, coins are awarded every time you engage — even

in small ways — essentially rewarding you every time a health or tracking activity takes place. Coins can then be used to enter sweepstakes for great prizes.

With Rally, you can also join an online challenge, share your accomplishments with others through moderated health communities, choose an Avatar, or join a competition to increase the fun.

UnitedHealth Premium[®] designation program

This program recognizes doctors who meet national industry standards for quality and local market benchmarks for cost efficiency. It is designed to help you make informed choices about your health care and find the right doctor for you.

Shop around with myHealthcare Cost Estimator

myHealthcare Cost Estimator lets you shop for health care services in your area by procedure, provider, price and place. This tool is personalized and empowers you to estimate out-of-pocket expenses based on your plan and current benefit status. It also lets you review UnitedHealth Premium information about doctors who meet the standards for quality and cost-efficient care. Plus, it is fully integrated with customer service and clinical support for easy access to a wide range of resources.

Manage your costs with myClaims Manager

Managing your health care benefits and costs just got easier. The enhanced "Manage My Claims" section on myuhc.com provides more information to help you understand and track your health care claims. In addition, you can now pay your health care providers online from this site, allowing you to manage your claims and payments all in one location. The enhancements provide an easier-to-understand explanation of claims and costs.

Save more with the health discount program

Our health discount program helps you and your family save typically 10 to 25 percent on many health and wellness purchases not included in your standard health benefit plan. By visiting a participating health provider, you can save on dental care, weight management, vision care, alternative care and more.



UnitedHealthcare Health4MeSM mobile app

Health4Me, available for most smartphones, helps you find nearby physicians, estimate treatment costs, check the status of a claim, see your account balance or speak directly with a nurse anywhere, any time – and at no additional cost to you as part of your benefits.

Care24[®] services – access to support anytime, anywhere

With Care24, you have a trusted source of information and support that lets you speak directly with an experienced registered nurse or master's-level specialist – 24 hours a day, seven days a week. You may have health concerns, personal or family issues, or work-related challenges. This service gives you access to a wide range of health and well-being information through one toll-free telephone number.

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. 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 uhc.com/myhealthnews to sign up.

Source4Women[™] – an online resource for the family

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 source4women.com and register to attend any of the complimentary one-hour seminars. These interactive seminars feature health and wellness experts, as well as time for questions with the speakers.

Visit UHC.TVSM 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 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.

Multicultural benefit resources and tools

Need information in a second language? Or health and wellness information focused on the needs of Hispanics, Asian Americans or African Americans? Visit uhclatino.com for information in Spanish; uhcasian.com for information in Chinese, Korean, Japanese and Vietnamese; or uhcgenerations.com for information focused on African Americans.



The information provided through these programs is for educational purposes only as a part of your health plan and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your personal health information is kept private in accordance with your plan's privacy policy.

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 program is not an insurance program and may be discontinued at any time. All trademarks are property of the respective owners.

For a complete description of the UnitedHealth Premium designation program, including details on the methodology used, geographic availability, program limitations and participating medical specialties see myuhc.com.

All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary. When accessing the tool, please refer to the Terms and Conditions of Use and Why Your Costs May Vary sections for further information regarding cost estimates. Refer to your health plan coverage document for information regarding your specific benefits.

Disclosure: The health discount program is administered by or through United HealthCare Services, Inc. **The health discount program is NOT insurance.** The discount program provides discounts at certain health care providers for health and wellness services. The discount program does not make payments directly to the providers of health and wellness services. The discount program member is obligated to pay for all health and wellness services but will receive a discount from those health care providers who have contracts under the discount program.

The Care24[®] program integrates elements of traditional employee assistance and work-life programs with health information lines for a comprehensive set of resources. Program components may not be available in all states or for all groups. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, including UnitedHealthcare, or any entity through which the caller is receiving Optum services directly or indirectly (e.g. employer or health plan). Care24 may not be available in all states or for all group sizes. Components subject to change.

Source4Women content and materials are for information purposes only, are not intended to be used for diagnosing problems and/or recommending treatment options, and are not a substitute for your doctor's care. Lists of potential treatment options and/or symptoms may not be all inclusive.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.