

# HEALTH AND WELLNESS



A variety of health and wellness features are available to you at [myuhc.com](https://myuhc.com) as part of our comprehensive medical benefit plan through United Healthcare (UHC). By taking better care of ourselves, we have the opportunity to live healthier lives as well as reduce future medical costs. Be sure to 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 offered support programs (such as Asthma Disease Management, Special Needs Initiative, and more), Advocate4Me can provide support 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, 8 a.m. to 8 p.m. local time and nurses are available 24/7.



Mary calls about a network question for her daughter and is connected with Mike, a United Healthcare Advocate.



Mike finds a network provider for Mary, emails the provider information to her, and educates her on additional resources available at [myuhc.com](https://myuhc.com).



During the call, Mike also identifies a health program referral opportunity for Mary's daughter.



Mike connects Mary with a program nurse to get her daughter enrolled in the health program.

## IN-NETWORK DOCTORS

**Remember:** In-network providers may offer you the most cost savings and out-of-network doctors/services may cost more or may not be covered. Log into your account at [myuhc.com](https://myuhc.com) to search for in-network doctors, clinics, and facilities. 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.

## 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 one of three ways:

- **Fax / ePrescribe** - 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.
- **Online** - Log in or register at [myuhc.com](https://myuhc.com) and select Manage My Prescriptions.
- **Phone** - Call the Advocate4Me phone number on the back of your plan ID card to talk with a customer service representative. It's helpful to have your plan ID card and medication bottle available.

## MATERNITY SUPPORT PROGRAM

This program offers physical and emotional support throughout pregnancy and after giving birth. Once enrolled, you will work directly with a maternity nurse who will be able to answer your questions and provide you with the support you need. You will receive information on caring for yourself and the health of the baby, even with high-risk pregnancies. Your maternity nurse can also help you choose a doctor or nurse midwife, pediatrician and any other specialist you may need.

To get started call 1-877-201-5328, visit [myuhc.phs.com/maternitysupport](https://myuhc.phs.com/maternitysupport), or download UnitedHealthcare's Healthy Pregnancy App, available from the App Store® or Google Play™, to access these features:

- Track milestones
- Set reminders
- Search symptoms and concerns
- 24/7 dedicated OB nurse
- Monitor your progress
- Access benefit information

## VIRTUAL VISITS

Virtual Visits allow you to see and talk to a doctor from your mobile device or computer instead of a traditional office visit. Providers are available for medical visits (non-emergency illnesses or injury) and/or telemental visits (behavioral health).

### Medical virtual visits providers:

- Teledoc
- Doctor on Demand
- Amwell

### Telemental health virtual visit providers

- Doctor on Demand
- Amwell

Log in to your account on [myuhc.com](https://myuhc.com) to register and/or request a virtual visit or download the provider's app to your iOS or Android device. Don't wait until you are sick and need a doctor; register today so you have quick access to virtual visits when you need them. Costs associated with your visit will depend on the plan you choose and the type of visit. For more details visit [discounttirefamily.com/medical-benefits](https://discounttirefamily.com/medical-benefits).

## UHC MAY CONTACT YOU

United Healthcare monitors health claims to proactively identify potential health risks that may affect their members. Based on the claims submitted, a member of 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 educational material, tools, and/or the motivation needed 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.

## TALKSPACE ONLINE THERAPY

Talkspace online therapy offers options for communicating regularly with a therapist, without having to schedule an office visit. Visit [talkspace.com/connect](https://talkspace.com/connect) to register and use the online matching tool to choose a therapist based on the criteria you specify.

Download the Talkspace app to your phone or computer for safe, secure, and convenient communication with your therapist. Therapy generally starts within hours of choosing your therapist and you can communicate with your therapist by text, voice, or video. Therapists respond to messages daily, five days a week.

## REAL APPEAL®

Employees who are enrolled in a United Healthcare medical plan may qualify for Real Appeal. This weight loss program is available, at no additional cost, as part of the employee health benefit plan for UHC members and their covered spouses and dependents (18 and over).

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 for Real Appeal at [discounttire.realappeal.com](https://discounttire.realappeal.com).

## RALLY

Rally can help you get healthier, one small step at a time. Rally shows you how to make simple changes to your daily routine, set smart goals and stay on target. You'll get personalized recommendations on how to move more, eat better and feel happier—and have fun doing it. To get started with Rally, log in to [myuhc.com](https://myuhc.com).

## CONSUMER HEALTH LIBRARY

It's not always easy to find online health information you can trust. Visit [healthlibrary.uhc.com](https://healthlibrary.uhc.com) for up-to-date, reliable health information, tools, and tips to live a healthy lifestyle. This online library offers information on a variety of topics such as reducing stress, quitting tobacco, managing chronic conditions, and real stories of people sharing their health challenges and successes. You can also find tools to help you on your health journey including a BMI calculator, health logs, action plans, healthy recipes, and more.