



# Get more from your UnitedHealthcare<sup>®</sup> Group Medicare Advantage PPO plan



**United  
Healthcare**

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**  
Affordable, Quality Benefits & Well-Being

Get  
more  
of the  
extras  
you  
want

**As a UnitedHealthcare Group  
Medicare Advantage plan member,  
you get all the benefits we have to  
offer, including some great extras**



### **Annual Wellness Visit<sup>1</sup> and preventive care services at \$0 copay<sup>2</sup>**

An Annual Wellness Visit with your provider is one of the best ways to start your year off and stay on top of your health. You and your provider can work as a team to create a preventive care plan, review medications and talk about any health concerns.



### **Yearly in-home visits**

Get a yearly check-in with a member of our licensed medical staff who will:

- Perform a head-to-toe exam, health screenings and answer your health questions
- Review your medical history and medications
- Send a summary of your visit to you and your primary care provider

Prefer a video visit instead? HouseCalls offers a video visit using a computer, tablet or smartphone to connect plan members with a health care practitioner to review your health history and current medications, discuss important health screenings, identify health risks and provide health education.

A HouseCalls visit is designed to support, but not take the place of, your provider's care.

HouseCalls may not be available in all areas.





## Healthy at Home<sup>3</sup>

With UnitedHealthcare Healthy at Home, you are eligible for the following benefits up to 30 days following all inpatient and skilled nursing facility discharges:

- 28 home-delivered meals through Mom's Meals when referred by a UnitedHealthcare Engagement Specialist
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist
- 6 hours of in-home personal care provided through a CareLinx professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more. A referral from a UnitedHealthcare Engagement Specialist is not required to use the CareLinx benefit.



## Renew by UnitedHealthcare<sup>®4</sup>

Renew offers health and wellness resources and activities that include:

- Brain games, healthy recipes, learning courses and fitness activities
- Health topic library including articles, videos and health news
- Interactive quizzes and tools and fun activities
- Rewards for completing certain health care activities



## Personal Emergency Response System (PERS)<sup>5</sup>

With the Personal Emergency Response System (PERS), provided by Lifeline, help is a button-push away.

- In-home medical alert monitoring system
- Quick access to help in any situation, whether an emergency or you just need a helping hand
- Helps give you confidence and independence



## Fitness membership<sup>6</sup>

Renew Active<sup>®</sup> is the gold standard in Medicare fitness programs for body and mind. Available with your UnitedHealthcare Medicare Advantage plan — at no additional cost.

- Stay active with a free gym membership at a location you select from a national network. If you prefer to exercise at home, you can view thousands of on-demand workout videos and streaming fitness classes.
- Stay active socially with local health and wellness classes and events. Also, connect socially by joining the online Fitbit<sup>®</sup> Community for Renew Active. No Fitbit device is needed.
- Stay focused on brain health with an online program from AARP<sup>®</sup> Staying Sharp<sup>®</sup>, including exclusive content for Renew Active members



## Rally Coach™ programs<sup>7</sup>

Rally Coach programs can help you start living a healthier and happier life. These virtual coaching programs are available to you at no additional cost and include the following:

- Real Appeal®, an online weight-loss program proven to help you achieve lifelong results, one step at a time (includes a diabetes prevention program for those who qualify)
- Rally Wellness Coaching, which helps you get healthy your way by providing 24/7 access to digital health and wellness courses as well as personalized coaching support via online chat or phone calls
- The Quit For Life® Tobacco Cessation Program, which helps give you the support you need to quit all types of tobacco use

## It's time to take advantage



[whyuhc.com/sfhss](http://whyuhc.com/sfhss)



**1-877-259-0493, TTY 711**  
8 a.m.–8 p.m. local time, Monday–Friday

For more details, please review your Evidence of Coverage (EOC). Your Quick Start Guide, which you will receive once you are enrolled, will include instructions on how to access your EOC.



<sup>1</sup>A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

<sup>2</sup>Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

<sup>3</sup>A new referral is required after every discharge to access your meal and transportation benefit. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

<sup>4</sup>Renew by UnitedHealthcare is not available in all plans. Resources may vary. Renew Rewards is not available in all plans with Renew by UnitedHealthcare.

<sup>5</sup>You must have a working landline and/or cellular phone coverage to use PERS.

<sup>6</sup>Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes, events and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. AARP® Staying Sharp® is the registered trademark of AARP. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Gym network may vary in local market.

<sup>7</sup>Refer to the Evidence of Coverage for eligibility requirements. Real Appeal is available at no additional cost to UnitedHealthcare members on this insurance plan with a BMI of 19 and higher, subject to eligibility. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. The information provided through the program is for informational purposes only and provided as part of your health plan. It is educational in nature and should not substitute for medical advice. Rally and the Rally logo(s) are registered trade and service marks of Rally Health, Inc. ©2021 Rally Health, Inc. All rights reserved

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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