

You can reach us online, anytime.



Learn more online at www.UHCRetiree.com.



Questions about your plan? Call us toll-free **1-800-457-8506**, TTY **711**,
8 a.m. – 8 p.m. local time, Monday – Friday.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year.

¹ This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

² Doctors can't prescribe medications in all states.

³ Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Tivity Health and SilverSneakers are registered trademarks or trademarks of Tivity Health, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries. © 2017 Tivity Health, Inc. All rights reserved.

⁴ Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.

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.



YOUR ADVANTAGE:

Programs and services to help you live healthier



At UnitedHealthcare,[®] we want to make it easier for you and your doctor to take care of your health. As a member, you have an array of programs and services available. Here are some of the ways we can help.



HouseCalls

UnitedHealthcare HouseCalls is an annual wellness program offered to you for no extra cost. The program sends an advanced practice clinician to your home. During the visit, they will review your medical history and current medications. You can also ask any health questions you may have. HouseCalls will then send a summary of your visit to your primary care provider so he/she has this additional information regarding your health. HouseCalls may not be available in all areas.

Advantages of a HouseCalls visit:

- 45–60 minutes of one-on-one attention with the clinician
- No travel, and no waiting in the doctor’s office
- Coordination of any additional care you may need

For more information, visit www.UHCHouseCalls.com or call toll-free **1-866-686-2504**, TTY **711**, 8 a.m. – 8:30 p.m. Eastern Time, Monday – Friday.



NurseLine

Want to talk to a nurse? Whether it’s a question about a medication or a health concern in the middle of the night, registered nurses answer your call 24 hours a day.¹

When you call, a registered nurse can help you:

- Choose appropriate medical care
- Find a doctor, urgent care center and other health resources
- Understand treatment options, risks, benefits and possible outcomes
- Learn about healthy living

For more information, call toll-free **1-877-365-7949**, TTY **711**, 24 hours a day, 7 days a week.



Virtual Doctor Visits

UnitedHealthcare’s Virtual Doctor Visits let you choose to see and speak to specific doctors using your computer or a mobile device, like a tablet or smart phone. These doctors are providers that have the ability to offer virtual doctor visits. During a virtual visit, you can ask questions, get a diagnosis and the doctor can even prescribe medication² that, if appropriate, can be sent to your pharmacy. A virtual doctor visit with Doctor on Demand or AmWell has a \$0 co-pay, and a typical visit lasts 10 minutes. Visits may be best for situations like a cold, flu, skin rash or an eye issue. Find a list of participating virtual medical doctors online at www.UHCRetiree.com.



Go beyond the plan benefits to help live your best life.

We all want to live a healthier, happier life and Renew by UnitedHealthcare can be your guide. Renew, our member-only Health & Wellness Experience, includes inspiring lifestyle tips, learning activities, videos, recipes, interactive health tools, rewards and more, all designed to help you live your best life.

Explore all that Renew has to offer by signing in or registering at www.UHCRetiree.com. Click the Health & Wellness tab and start learning to live healthier today.



SilverSneakers[®] fitness program

Designed for all fitness levels and abilities, SilverSneakers includes access to exercise equipment, classes and more at 13,000+ fitness locations.* SilverSneakers signature classes, offered at select locations, are led by certified instructors trained specifically in adult fitness.³

Find a fitness location at www.silversneakers.com or call toll-free **1-888-423-4632**, TTY **711**, 8 a.m. – 8 p.m. Eastern Time, Monday – Friday.



Solutions for Caregivers

Make caring for a family member, friend or neighbor a little easier with resources and support tailored to your needs.⁴

- Get helpful advice and decision-making support from a professional care manager
- Have a registered nurse perform an on-site, in-person health overview of the person you are caring for
- Work together to create personalized care plans
- Get help to find and arrange local programs and services for your specific needs

For more information, call toll-free **1-866-896-1895**, TTY **711**, 24 hours a day, 7 days a week. Access educational resources, discounted products and services anytime online at www.UHCforCaregivers.com/welcome/uhcretiree. Use code **uhcretiree** when creating an account.

*At-home kits are offered for members who want to start working out at home or for those who can’t get to a fitness location due to injury, illness or being homebound.



For more details, please review the Evidence of Coverage in your Plan Details booklet.

