



Value-Added Programs and Services

Virtual Visits – Access to care online at any time

A virtual visit lets members see and talk to a doctor from their mobile device or computer. Most visits take about 10 – 15 minutes and doctors can write a prescription, if needed, that members can pick up at their pharmacy. And, it's part of our health benefits. Members can visit myuhc.com® to register for a virtual visit.

SimplyEngaged® UnitedHealthcare Wellness program

UnitedHealth Wellness®

UnitedHealth Wellness is a group of programs and services designed to help members make healthy lifestyle decisions.

Fitness reimbursement program

SimplyEngaged offers money back to members who go to a participating fitness center on a regular basis. Here is how this works:

- Members choose a participating fitness center including Anytime Fitness®, Curves®, Gold's Gym®, Life Time Fitness, Snap Fitness, YMCA and more.
- Members present their fitness ID card each time they visit the fitness center and get reimbursed \$20 per month (to an annual maximum of \$240) for every month they visit the fitness center at least 12 times.

Biometric screenings and coaching

Through biometric health screenings and wellness coaching, we can help monitor members' health status and focus on preventive care, which may help to reduce the chances of future complicated health conditions.

Health discount program

Our health discount program helps members and their families save 10 – 25% on non-covered health and wellness purchases from participating providers.

Preventive care services

We provide health screenings guidelines and recommended immunization schedules for children up to 18 years of age, as well as preventive care guidelines for adults 18 and older.

Rally®

Rally is a new digital health and wellness experience available to our members:

- A user-friendly digital interface to help engage through online tools via myuhc.com.
- Personalized health goals.
- Reward members with coins to achieve their goals.
- Tracking of individual results.

Real Appeal®

A personalized, interactive online weight-loss program that uses personal coaches and an internet TV show to motivate people to lose weight and get active and healthy. Designed to help solve America's obesity and diabetes epidemic, Real Appeal gives people tools and resources to help them succeed in their weight-loss journey.

Care24®

With a built-in NurseLineSM and Employee Assistance Program, Care24 resources assist members with health, personal or family-related concerns via a toll-free number 24 hours a day, seven days a week.

myHealthcare Cost Estimator

This powerful online tool gives members the opportunity to “shop” for health care services by viewing information about procedures, providers, price and place. The tool breaks down estimated costs so members get a better understanding of how their treatment decisions can affect their finances.

UnitedHealthcare Health4Me®

Health4Me mobile app provides members with instant access to their health care information — anytime and anywhere. Whether they want to find the nearest physician, check the status of a claim or speak directly with a health care professional, Health4Me is their go-to resource.

UnitedHealthcare Benefit ServicesSM

There's no additional cost for these valuable services that are part of every UnitedHealthcare plan: Flexible Spending Account (FSA), Pre-Tax Premium Plan and COBRA/State Continuation Administration.

Advocate4MeSM

Advocate4Me provides members with access to a one-stop advocacy resource for an unprecedented range of needs, including support and access to services across medical benefits, claims, pharmacy, financial, behavioral, clinical, incentives, health education, provider research, appointment scheduling, treatment cost estimation and much more.