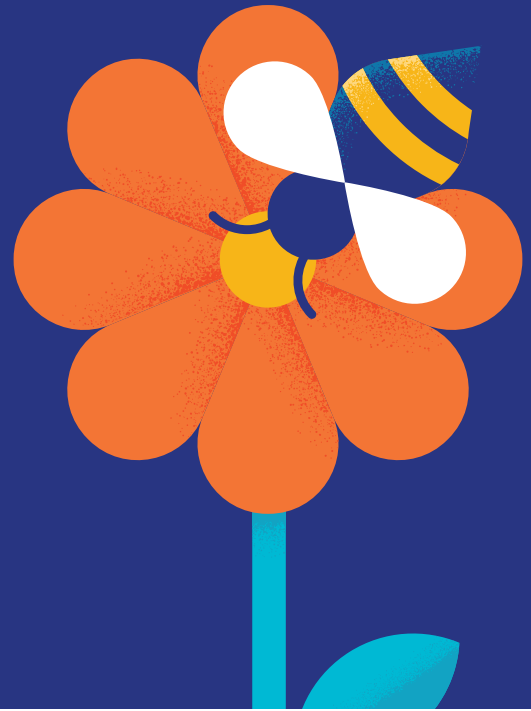




Catch all the buzz for a healthier you

Nurture your well-being this summer – and all year long – with these programs and resources that are available as part of your health plan benefits.



Concierge support

Get help finding network care, understanding benefits and more from the Concierge Care Team. To talk with a Concierge Care Advocate, call the phone number on your health plan ID card or use the chat function at myuhc.com[®].



Weight management support

Build healthier habits that may lead to lasting weight loss with Real Appeal[®]. Get started with this digital program at realappeal.com.



Guidance for families

If you're the caregiver of a child with behavioral health needs, you can get over-the-phone guidance from Family Support. Call the Concierge Care Team using the number on your ID card or sign in at myuhc.com.



Answer health calls from UnitedHealthcare

A nurse may call to help if you're navigating a health change, managing a condition or recovering from a hospital stay. If your caller ID says "UnitedHealthcare," we're calling to check in on your health, so please answer.



Well-being boosts

The Calm Health app is built to help you stress less, sleep better and live a healthier life through guided meditations, sleep stories and more. Register and download the app at app.calmhealth.com.



Second opinions on health

If you're dealing with a new health condition, considering surgery or have questions about medications, you can get another doctor's opinion at [2nd.MD](https://2nd.md).



Preventive care exams

Your plan covers annual checkups and routine screenings at 100%* when you see a network provider. For help finding one, call the Concierge Care Team using the number on your ID card, use the [UnitedHealthcare[®] app](https://myuhc.com) or sign in at myuhc.com.

Get a preventive care [checklist](#).



Behavioral health providers

Connect virtually or in person with a licensed professional for ongoing support. Get started by calling the Concierge Care Team at the number on your ID card or at myuhc.com.

*Restrictions and requirements may apply. Annual wellness exams and certain routine preventive care screenings are covered, but added services, diagnostic care and tests may result in deductible or coinsurance costs.
continued



Real Appeal is a voluntary weight management program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

Family Support Program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If you feel your condition is severe and needs attention, please contact your treating provider or mental health therapist for help. This program is not available to UnitedHealthcare E&I Fully Insured customers/members in New Jersey due to regulatory filings. Please consult with your tax specialist to determine taxability of these offerings.

Second Opinion is made available through a third party vendor, 2nd.MD. The information provided through Second Opinion does not constitute medical advice and does not diagnose, treat, or prescribe treatment of medical conditions. All information provided in connection with Second Opinion is for informational purposes only, and does not create a physician-patient treatment relationship. Information provided through Second Opinion does not substitute medical diagnosis or treatment from your treating physician, and you should discuss the information provided by Second Opinion with your treating physician before making any decisions. The Second Opinion service is available in all states for self-funded UNET customers and is subject to change. Coverage exclusions and limitations may apply.

The information provided through 2nd.MD does not constitute medical advice and does not diagnose, treat or prescribe treatment of medical conditions. All information provided in connection with 2nd.MD is for informational purposes only, and does not create a physician-patient treatment relationship. Information provided through 2nd.MD does not substitute medical diagnosis or treatment from your treating physician, and you should discuss the information provided with your treating physician before making any decisions. The 2nd.MD service is subject to change. Coverage exclusions and limitations may apply.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

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 specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.