

The HealthSelectSM Medicare Advantage Plan is packed with extras

As a HealthSelect Medicare Advantage PPO Plan member, you get all the benefits of Original Medicare plus additional benefits and programs.



SilverSneakers[®] – Be active and have fun with a gym membership

SilverSneakers^{®1} is a fitness benefit included with your health plan at no additional cost. SilverSneakers includes:

- Standard monthly gym membership²
- Group exercise classes³ at participating fitness locations
- Online classes, workshops and group activities and classes held outside the gym³

Classes, equipment, facilities and services vary by location.

To learn more, call toll-free **(888) 423-4632**, (TTY: **711**), 7 a.m.–7 p.m. CT, Monday–Friday or visit **[silversneakers.com](https://www.silversneakers.com)**



UnitedHealthcare[®] HouseCalls – Enjoy a preventive care visit in the privacy of your own home

Get a yearly in-home visit from a member of our licensed medical staff at no additional cost. During the visit, the medical staff member 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

A HouseCalls visit is designed to support but not take the place of your regular provider's care. HouseCalls may not be available in all areas.

To schedule your HouseCalls visit, call toll-free at **(866) 799-5895**, (TTY: **711**), 7 a.m.–6 p.m. CT, Monday–Friday.



24/7 access to doctor visits

Talk with a doctor about medical concerns from your phone, computer, tablet or smartphone – anytime, day or night.

- \$0 virtual and phone visits with Teladoc®
- \$0 Virtual Visits with Amwell® and Doctor on Demand®

First, you will need to register an account at uhcvirtualvisits.com with one of our Virtual Visit providers Teladoc®, Amwell® or Doctor on Demand®. You can also download the apps using your smartphone or tablet.

A one-time registration is also available for phone only visits with Teladoc®.



Virtual Behavioral Health Visits

Consult a licensed behavioral health professional any day of the week online with a Virtual Behavioral Health Visit. A Virtual Behavioral Health Visit is similar to an outpatient visit to a behavioral health provider's office but the visit is conducted online. You must make appointments in advance – appointments are typically available within 5–7 days on average, but could take up to 2 weeks.

Licensed behavioral health professionals can provide treatment for:

- Initial evaluation
- Stress or anxiety
- Depression
- Behavioral Health medication management
- Trauma and Loss
- Addiction



In-home non-medical care: trusted care at home when you need it

What would make your day easier? Maybe it's having some extra help in your home with things like making meals, bathing, medication reminders or even transportation around your community. CareLinx provides a network of pre-screened, professional caregivers you can trust, giving you greater peace of mind with non-medical personal care support services at no additional cost.

You can access your benefit by calling toll-free at **(800) 337-3996**, 8 a.m.–7 p.m. CT, Monday–Friday, 10 a.m.–6 p.m. CT Saturday or Sunday or by visiting carelinx.com/ers-ma



Personal Emergency Response System (PERS)

With the Personal Emergency Response System (PERS), provided by Lifeline, help is just a button press away. A PERS wearable device can quickly connect you to the help you need, 24 hours a day in any situation. It's a lightweight, water-resistant button that can be worn on your wrist or as a pendant. Depending on the model you choose, it may even automatically detect falls.

To access your benefit, call toll-free **(855) 655-4406**, (TTY: **711**), 7 a.m.–7:30 p.m. CT, Monday–Friday, 8 a.m.–4:30 p.m. CT, Saturday or visit lifeline.com/uhcmedicare



Let's Move

Let's Move by UnitedHealthcare® is the wellness program to help keep your mind, body and social life active. We'll help you explore ways to eat well, get fit, beat the blues and stay connected with personalized support – at no additional cost. Let's Move includes resources, tools, events and support around topics including:

- Nutrition and cooking
- Emotional health
- Health and fitness
- Tobacco cessation
- Social activities
- Caregiving
- Financial planning

Sign in or register at letsmovebyuhc.com. If you already have access to your member website, you'll sign in with your member login. If you are new to the member website, please register, then select the **Health & Wellness** tab (top right), and then select the **Let's Move** button (bottom left).



Hearing aids

With UnitedHealthcare Hearing, you have access to expert advice from our national network of 6,500+ hearing providers and a wide variety of prescription hearing aid models to choose from, as well as a selection of audiologist-selected non-prescription hearing aids at [UHChearing.com](https://uhchearing.com) and virtual appointment options. UnitedHealthcare Hearing helps give you the flexibility and confidence to choose the hearing care that's right for you – so you get the care you need to hear better and live life to the fullest. Please see the Evidence of Coverage for more information.

Learn more at uhchearing.com/ers-ma or call toll-free **(877) 482-4669**, (TTY: **711**), 8 a.m.–8 p.m. CT, Monday–Friday.



Routine transportation – Get to health-related appointments

Get to health-related appointments. Our transportation program gives you a lift to and from medically-related visits such as doctors' appointments, pharmacy trips and more, at no cost to you. The program offers a total of 24 one-way rides (up to 50 miles each way) available to you annually. For more information, call Customer Service at **(855) 853- 0453**, (TTY: **711**), 7 a.m.–7 p.m. CT, Monday–Friday and 7 a.m.–3 p.m. CT, Saturday.



UnitedHealthcare Healthy at Home

You are eligible for the following benefits up to 30 days following inpatient and skilled nursing facility discharges:

- Receive 28 home-delivered meals. For more information or to order meals, call toll-free **(855) 853-0453**, (TTY:711), 7 a.m.-7 p.m. CT, Monday-Friday, 7 a.m.-3 p.m. CT, Saturday
- 12 one-way rides to medically related appointments and to the pharmacy
- 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 is not required. To access your in-home personal care benefit, contact CareLinx at toll-free at **(833) 253-5403**, or by visiting carelinx.com/uhcgroup



Over-the-counter (OTC) products

With Healthy Benefits+, you'll get a \$40 quarterly credit added to your UnitedHealthcare UCard® to buy covered OTC products. You can purchase eligible OTC items at network retail locations, online or over the phone.

For more information, visit HealthyBenefitsPlus.com/ERSMA. To find a participating retail location, call toll-free **(833) 216-6709**, TTY **711**.



And there's so much more to help you live a healthier life

After you become a member, we will connect you to many programs and tools that may help you on your wellness journey. You will get information about additional programs available to you after your coverage becomes effective.



Questions?

Call Customer Service toll-free **(855) 853-0453**, (TTY: 711)
7 a.m.-7 p.m. CT, Monday-Friday
7 a.m.-3 p.m. CT, Saturday



Learn more about the plan's benefits, programs and services

Visit the Virtual Education Center at uhcvirtualretiree.com/ers-ma to view flyers, brochures, videos and more. Or go to HealthSelect-MAPPO.com

¹Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

²Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

³Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

⁴Network coverage varies by market. Please refer to your Summary of Benefits for details on your benefit coverage.

⁵When referred by a UnitedHealthcare Advocate. A new referral is required after every discharge to access your meal and transportation benefit.

The CareLinx services are made available to you from a third party through your UnitedHealthcare® Group Medicare Advantage insurance plan. CareLinx is not a UnitedHealthcare company. UnitedHealthcare and your plan are not responsible for any services you receive from this third party. This is not an insurance program and may be discontinued at any time. UnitedHealthcare does not make any representations regarding the content or accuracy of the materials on such sites. CareLinx will share only non-identifiable, aggregate information with UnitedHealthcare that is collected through the use of the CareLinx platform. This information may be used by UnitedHealthcare to potentially help develop future programs and services for its insured members. CareLinx is the network administrator of this in-home care service offer. CareLinx does not employ or recommend any care provider or individual seeking services nor is it responsible for the conduct of any care provider or care seeker. The CareLinx website is a venue that provides tools to help care seekers and care providers connect online. Each individual is solely responsible for selecting a care provider or care seeker for themselves or their families and for complying with all laws in connection with any employment relationship they establish. All decisions about medications and care are between you and your health care provider. Consult your provider prior to beginning an exercise program or making changes to your lifestyle or health care routine. These services are made available to you from a third party through your UnitedHealthcare® Group Medicare Advantage insurance plan. The vendor partner is not a UnitedHealthcare company. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by these third parties.

OTC benefits have expiration time frames. Call the plan or refer to your Evidence of Coverage (EOC) for more information. Refer to the Evidence of Coverage for eligibility requirements.

The 24/7 Provider Support 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. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

This information is not a complete description of benefits. For more information, please call our Customer Service toll-free at (855) 853-0453 (TTY: 711), 7 a.m.–7 p.m. CT, Monday–Friday; 7 a.m.–3 p.m. CT, Saturday. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. ERS cannot and does not guarantee the length of time that a specific type of Extra Benefits shall be offered. Any questions or concerns about these products or services, should be directed to UnitedHealthcare.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, exclusions and restrictions may apply. Benefits, Premium and/or copayments/coinsurance may change on January 1 of each year.

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.