

# Learn more about the UnitedHealthcare® Group Medicare Advantage (PPO) plan extra benefits and programs

As a UnitedHealthcare Medicare Advantage plan member, you get all the benefits of original Medicare, plus additional benefits and some great extra programs.



## HouseCalls — Enjoy a preventive care visit in the privacy of your own home

With UnitedHealthcare® HouseCalls, you get a yearly in-home visit from one of our health care practitioners at no extra cost. A HouseCalls visit is designed to support, but not take the place of your regular provider's care.

**Every visit includes tailored recommendations on health care screenings and a chance to:**

- Review current medications
- Receive education, prevention tips, care and resource assistance, if needed
- Get advice and ask questions on how to manage health conditions
- Receive referrals to other health services and more
- At the end of the visit, our health care practitioner will leave a personalized checklist and send a summary to your regular doctor

To schedule your HouseCall, call toll-free **1-866-447-7868**, TTY **711**, 8 a.m.–8:30 p.m. ET, Monday–Friday.

HouseCalls may not be available in all areas.



## Telephonic Nurse Support

Speak to a registered nurse 24/7 about your medical concerns at no additional cost to you. Call toll-free **1-877-365-7949**, TTY **711**, 24 hours a day, 7 days a week.





## Teladoc®

With Teladoc, you're able to live video chat<sup>1</sup> with a provider from your computer, tablet or smartphone — any time, day or night. **You may want to prepare ahead by setting up an account for a Teladoc Visit so you're all set when it's time to make an appointment.** You can register for Teladoc by visiting [www.uhcvirtualvisits.com](http://www.uhcvirtualvisits.com) and then selecting “choose a medical provider”. You also can download the Teladoc app using your smartphone or tablet.

### Virtual Teladoc Visits

Getting sick is never convenient. When you don't feel well, you may not be able to leave your home to go to the provider's office. With Teladoc you can ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy. All you need is a strong internet connection. Teladoc visits may be good for minor health concerns like:

- Allergies, bronchitis, cold/cough
- Fever, seasonal flu, sore throat
- Migraines/headaches, sinus problems, stomachaches
- Bladder/urinary tract infections, rashes

This service should not be used for emergency or urgent care needs. In an emergency, call **911** or go to the nearest emergency room



## UnitedHealthcare Fitness Program

Renew Active® is the gold standard in Medicare fitness programs for body and mind, available at no additional cost. Work out where you want, whether that's at a gym or fitness location or from your home. You'll receive a free gym membership with access to our nationwide network of gyms and fitness locations. This includes access to many premium gyms, on-demand digital workout videos and live streaming classes, social activities and access to an online Fitbit® Community for Renew Active and access to an online brain health program from AARP® Staying Sharp® (no Fitbit device is needed).

To learn more and get your unique confirmation code, call toll-free **1-866-827-9022**, TTY **711**, 8 a.m.–8 p.m. ET, Monday–Friday, or visit [www.UHCRetiree.com/GVI](http://www.UHCRetiree.com/GVI).



## Rally Coach Programs

Start living a healthier, happier life with help from the Rally Coach™ programs:

- Real Appeal® Weight Loss and Real Appeal Diabetes Prevention\*, online weight loss programs designed to help you gain energy, reduce your risk of developing serious health conditions and achieve your long-term health goals
- Wellness Coaching, an online and live coaching support program that provides access to a variety of digital health and wellness courses
- Quit for Life®, a tobacco cessation program providing access to the tools and resources you need to help you quit all types of tobacco use

Get started today at [rallyhealth.com/retiree](https://rallyhealth.com/retiree).

For Real Appeal, call **1-844-924-7325**, Monday–Friday, 6 a.m.–10 p.m. CT.

For Rally Wellness Coaching, call **1-800-478-1057**, TTY **711**, 7 a.m.–10 p.m. CT, Monday–Thursday, 7 a.m.–7 p.m. CT, Fridays, 8 a.m.–4:30 p.m. CT, Saturdays.

For Quit for Life, call **1-866-QUIT-4-LIFE**, TTY **711**, 24 hours a day 7 days a week.



## Renew — Go beyond the plan benefits to help you 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 online Health & Wellness Experience, includes:

- Inspiring lifestyle tips, coloring pages, recipe library, streaming music
- Interactive quizzes and tools
- Learning courses, health news, articles & videos, health topic library
- Rewards

As a UnitedHealthcare member, you can explore all that Renew has to offer by logging in to [www.UHCRetiree.com/GVI](https://www.UHCRetiree.com/GVI).



## UnitedHealthcare Hearing — Hear the moments that matter most with custom-programmed hearing aids

Your hearing health is important to your overall well-being and can help you stay connected to those around you. With UnitedHealthcare Hearing, you'll get access to hundreds of name-brand and private-labeled hearing aids — available in-person at any of our 7,000+ UnitedHealthcare Hearing providers nationwide<sup>3</sup> or delivered to your doorstep with direct delivery and virtual care (select products only) — so you'll get the care you need to hear better and live life to the fullest.

Learn more at [www.uhc hearing.com/retiree](https://www.uhc hearing.com/retiree) or call toll-free **1-866-445-2071**, TTY **711**, 9 a.m.–9 p.m. ET, Monday–Friday.

Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider.

Network size varies by local market.



## Healthy Benefits Plus

Take advantage of a \$40 credit every 3 months to spend on approved healthy food and over-the-counter (OTC) health and wellness products.

- Buy healthy foods like fruits and vegetables, meat, seafood, dairy products and water.
- Choose from over-the-counter products like vitamins, pain relievers, toothpaste, or cough drops.

You can use your card at any network location once coverage begins. To check your balance or find a network provider, call **1-866-757-2158** or visit **[HealthyBenefitsPlus.com/USGVI](https://HealthyBenefitsPlus.com/USGVI)**.

Food and OTC benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information.

<sup>1</sup>The device you use must be webcam-enabled. Data rates may apply.

<sup>2</sup>Based on gym and fitness location network size.

<sup>3</sup>Please refer to your Summary of Benefits for details on your benefit coverage.

\*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.

Rally Coach™ programs 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.

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. Access to gym and fitness location network may vary by location and plan.

Renew by UnitedHealthcare is not available in all plans. Resources may vary.

The Telephonic Nurse Support 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. 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 1-866-827-9022, TTY 711 8 a.m.–8 p.m. ET, Monday–Friday. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

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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