



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

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.

The visit includes:

- Up to an hour of one-on-one time with the health care practitioner
- Health screenings tailored to you
- A medication review
- A chance to get advice and ask questions to help you manage your health
- A visit summary that is sent to you and your primary care provider

To schedule your HouseCalls visit, call toll-free **1-866-447-7868**, TTY **711**.

HouseCalls may not be available in all areas.



Teladoc®

With Teladoc, you're able to live video chat¹ 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 uhcvirtualvisits.com and then selecting "choose a medical provider". You also can download the Teladoc app using your smartphone or tablet.

United
Healthcare®



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

There are 3 ways to access a Teladoc visit



1. On your computer:

Visit uhcvirtualvisits.com

- Click on **Choose a Medical Provider**
- Click on **Visit Teladoc**
- Or go to **Teladoc.com** directly to set up your account or sign in if you have an account



2. On your tablet or smartphone:



3. Call **855-615-8335 to speak to a representative** and set up your account and request a visit by phone



Real Appeal®

Real Appeal® is an online weight management* and healthy lifestyle program proven to help you achieve lifelong results and Real Appeal Diabetes Prevention** is a CDC-recognized lifestyle program for pre-diabetes and high-risk individuals. It's available to you at no additional cost and includes:

- Online group sessions, and one-on-one sessions (for those that qualify) led by a coach, and personalized messaging
- A health coach who will partner with you and guide you to a healthier, happier you
- A community of members to keep you motivated and accountable
- Goal-setting tools, trackers and weekly content to help you learn and stay engaged
- A Success Kit with all the tools you need delivered right to your door
- 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 at uhc.realappeal.com or call **1-844-924-7325**, TTY **711**.



UnitedHealthcare Fitness Program

Renew Active® is the gold standard in Medicare fitness programs and available at no additional cost to you.

- Provides you the chance to stay physically fit with a free gym membership and access to our nationwide network of fitness centers
- Access to on-demand workout videos and livestreaming fitness classes if you want access to the benefit from your home
- Social activities at local health and wellness classes and events

To learn more and get your unique confirmation code, call toll-free **1-866-827-9022**, TTY **711**, or visit **retiree.uhc.com/GVI**.



Let's Move by UnitedHealthcare®

At no additional cost to you, Let's Move by UnitedHealthcare is our health and wellness program to help keep your mind, body and social life active. With simple resources, tools, fun events and personalized support, we'll help you explore ways to eat well, stay connected and be financially, physically and mentally fit.

Let's eat well

Treat yourself to tasty recipes, fun cooking events and support

Let's get fit

Get free access to at-home workouts, online classes and local fitness events

Let's live well

Learn ways to help manage your financial well-being

Let's be mentally fit

Support your mental health with services, online tools and resources

Let's make friends

Find ways to connect through local and online events, classes, volunteering and more

Let's support

Find caregiver resources to help you support loved ones and yourself

Get started by visiting **letsmovebyuhc.com**.



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 UnitedHealthcare UCard® 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**.

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



UnitedHealthcare Hearing

With UnitedHealthcare Hearing, you can receive a hearing exam and access to one of the widest selections of prescription and non-prescription hearing aids at significant savings. Plus, you'll receive personalized care and follow-up support from experienced hearing providers, helping you to hear better and live life to the fullest.

- Receive friendly expert advice through our national network of 6,500+ hearing providers*
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands including Phonak, Starkey®, Signia, ReSound, Widex® and Unitron™

Learn more at uhchearing.com/retiree or call toll-free **1-866-445-2071**, TTY **711**.

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.

¹The device you use must be webcam-enabled. Data rates may apply.

²Based on gym and fitness location network size.

³Please 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.

Participation in the fitness program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. The fitness program includes standard fitness membership and other offerings. Fitness membership equipment, classes, activities and events may vary by location. Certain services, discounts, classes, activities, 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 is subject to your acceptance of their respective terms and policies. 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. Gym network may vary in local market and plan.

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

This information is not a complete description of benefits. For more information, please call our Customer Service toll-free at 1-866-827-9022. 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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