



UnitedHealthcare Hearing

With UnitedHealthcare Hearing, you can receive a hearing exam and access to one of the widest selections of prescription 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 hearing providers*
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands

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 covers hearing aids from a UnitedHealthcare Hearing network provider.

Network size varies by local market.

With UnitedHealthcare Hearing, you can get a hearing exam and access to one of the widest selections of prescription hearing aids at significant savings.

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

³Please refer to your Summary of Benefits for details on your benefit coverage.

The Weight Management program is available to you if you have a BMI of 19 or higher. If you are pregnant, please speak with your primary care provider (PCP) before joining the program. Limitations and restrictions apply.

******The Diabetes Prevention program is available to you if you have a BMI of 25 or higher, have not previously been diagnosed with type 1 or type 2 diabetes, are not pregnant and have a pre-diabetes diagnosis, have a history of gestational diabetes, or receive a high-risk pre-diabetes test result.

*Refer to the Evidence of Coverage for eligibility requirements. The Weight Management program is available at no additional cost to UnitedHealthcare members on this insurance plan, 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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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 Optum® 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.



UnitedHealthcare Fitness Program

Renew Active® is a fitness program to help you stay active. It is available with many UnitedHealthcare® Group Medicare plans.

- A gym membership at no additional cost
- Access to a large national network of gyms and fitness locations

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

United
Healthcare®



To learn more about the
UnitedHealthcare Group
Medicare Advantage plan,
scan the QR code





24/7 Virtual 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. Talk with a provider by video for common or minor health care needs or when your primary care provider (PCP) is not available. All you need is a strong internet connection. Visits may be good for minor health concerns like:

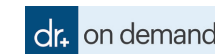
- Allergies, bronchitis, cold/cough
- Fever, seasonal flu, sore throat
- Migraines/headaches, sinus problems, stomachaches
- Bladder/urinary tract infections, rashes

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



US Virgin Islands members:

- Go to retiree.uhc.com/gvi and sign in
- Go to find care and from the drop down click on Virtual Visits
- Click on Teladoc get care to set up your account or sign in if you have an account
- Or call **855-615-8335** to speak to a representative and set up your account and request a visit



Located Stateside?

- Go to retiree.uhc.com/gvi and sign in
- Go to find care and from the drop down click on Virtual Visits
- Click on Teladoc, dr. on demand or amwell get care to set up your account or sign in if you have an account
- Or call Teladoc at **855-615-8335** to speak to a representative and set up your account and request a visit



Weight Management* and Healthy Lifestyle Program

Weekly coaching sessions (for those that qualify) that may include:

- Diabetes Prevention** resources
- Guidance on how to develop healthier eating and physical activity habits
- Feedback, monitoring, and support for keeping the weight off

For more information, call UnitedHealthcare toll-free **1-866-827-9022**, TTY **711** or visit retiree.uhc.com/gvi.

Our weight and diabetes management program combines personalized coaching, nutrition guidance, and clinical support to help you feel your best, lower your risk of serious health issues, and reach your long-term health goals.



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 \$50 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.