

**Go ahead, take advantage.**



**1-866-347-9507, TTY 711**  
7 a.m. – 6 p.m. CT, Monday – Friday



**[www.UHCRetiree.com/TRS-CareMA](http://www.UHCRetiree.com/TRS-CareMA)**

For more details, please review your Evidence of Coverage (EOC). Your Quick Start Guide, which you will receive once you are enrolled, will include instructions on how to access your EOC.

<sup>1</sup> Availability 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. © 2020 Tivity Health, Inc. All rights reserved.

<sup>2</sup> Participating 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.

<sup>3</sup> Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

<sup>4</sup> Renew by UnitedHealthcare is not available in all plans.

<sup>5</sup> The NurseLine 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 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.

<sup>6</sup> Please refer to your Summary of Benefits for details on your benefit coverage.

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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**Discover what the TRS-Care Medicare Advantage plan has to offer.**

**United  
Healthcare®**



# Take advantage of a plan you won't find anywhere else

As a TRS-Care Medicare Advantage participant, you get all the benefits UnitedHealthcare® has to offer, including some great extras at no additional cost.



## Virtual Doctor and Behavioral Health Visits

With Virtual Doctor Visits, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. Virtual Behavioral Health Visits may be best for initial evaluation, medication management, addiction, depression, stress or anxiety.



## UnitedHealthcare® HouseCalls

Get a yearly in-home visit with one of our knowledgeable health care practitioners who will:

- Review your history and medications, perform screenings and identify health risks
- Discuss your health concerns and questions
- 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 doctor's care. HouseCalls may not be available in all areas.** To learn more, call toll-free at **1-866-347-9507**, TTY **711**, 7 a.m. – 6 p.m. CT, Monday – Friday.



## CareLinx caregivers

What would make your day easier? Maybe it's having some extra help in your home with things like making meals, light housekeeping tasks, 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.



## Real Appeal®

Real Appeal is a simple, step-by-step online program that can help you lose weight, reduce your risk of developing or help you manage your serious health conditions, gain energy and achieve your long-term health goals. Real Appeal includes:

- A Transformation Coach who leads weekly online group sessions
- Online tools to help you track your food, activity and weight loss progress
- A Success Kit with food and weight scales, recipes, workout DVDs and more



## SilverSneakers®<sup>1</sup>

SilverSneakers includes memberships to thousands of locations<sup>1</sup> nationwide, group exercise classes<sup>2</sup> designed for all abilities and fun activities held outside the gym.<sup>3</sup>

**Classes, equipment, facilities and services may vary by location.**



## Renew by UnitedHealthcare<sup>4</sup>

Renew is our unique participant-only online Health & Wellness Experience that includes:

- Access to learning courses, health news, articles, videos and a health topic library
- Interactive quizzes and tools
- Inspiring lifestyle tips, coloring pages, recipe library and streaming music
- Rewards



## NurseLine<sup>5</sup>

Receive access 24/7 to nurse consultations and clinical resources at no extra cost.



## Personal Emergency Response System (PERS)

Help is a button push away, whether it's an emergency or you just need a helping hand.



## UnitedHealthcare Hearing

Your hearing health is important to your overall well-being and can help you stay connected to those around you. Get access to hundreds of name-brand and private-labeled hearing aids — available in-person at any of our 5,500 UnitedHealthcare Hearing providers nationwide<sup>6</sup> or through home delivery.



## FirstLine Essentials+ over-the-counter care

Get credits to shop for over-the-counter care products like toothpaste, pain relief, vitamins, cough drops and more.



## Chronic condition care

UnitedHealthcare offers special programs to help members who are living with a chronic disease, like diabetes or heart disease. You get personal attention and your doctors get up-to-date information to help them make decisions.