



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

See a doctor (\$0 copay) or a Behavioral Health specialist (\$10 copay) using your computer, tablet or smartphone. With Virtual Doctor Visits, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. With Virtual Behavioral Health Visits, you can speak to a behavioral health specialist for addiction, depression, anxiety, stress, loss and medication management.



UnitedHealthcare® HouseCalls

Get a yearly in-home visit with a member of our licensed medical staff who 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 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. Once you complete your HouseCalls visit, you may also be eligible to receive a reward.



CareLinx caregivers

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.



Personal coaching programs

Rally Coach programs will help you start living a healthier, happier life with:

- Real Appeal® Weight Loss and Real Appeal Diabetes Prevention
- Wellness Coaching
- Quit For Life®, a tobacco cessation program



SilverSneakers®¹

SilverSneakers includes memberships to thousands of locations¹ nationwide, group exercise classes² designed for all abilities and fun activities held outside the gym.³

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



Renew by UnitedHealthcare⁴

Renew offers health and wellness resources and activities that includes:

- Brain games, healthy recipes, learning courses and fitness activities
- Health topic library including articles, videos and health news
- Interactive quizzes and tools and fun activities
- Rewards for completing certain health care activities



Telephonic Nurse Support⁵

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



Personal Emergency Response System (PERS)

The system provides quick access to help in any emergency 24 hours a day, and provides you greater independence and peace of mind to family members knowing access to help is always near.



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 thousands of name-brand and private-labeled hearing aids — available in-person at any of our 7,000 UnitedHealthcare Hearing providers nationwide⁶ or by direct delivery through Right2You.



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.

Go ahead, take advantage.



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



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.

¹ 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. © 2021 Tivity Health, Inc. All rights reserved.

² 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.

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

⁴ Renew by UnitedHealthcare is not available in all plans.

⁵ 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.

⁶ 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.