



Your TRS-Care Medicare Advantage plan comes packed with extras



United
Healthcare



**We're here to help you
do more with your plan**



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.



Annual Wellness Visit and preventive care services at \$0 copay¹

An Annual Wellness Visit with your provider is one of the best ways to start your year off and stay on top of your health. You and your provider can work as a team to create a preventive care plan, review medications and talk about any health concerns.



Yearly in-home visit

Get a yearly check-in 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 provider's care.

HouseCalls may not be available in all areas.

For more information, visit [UHCHouseCalls.com](https://www.uhhousecalls.com) or call toll-free **1-866-447-7868**, TTY **711**.



Wellness resources²

Renew by UnitedHealthcare® offers health and wellness resources and activities that include:

- 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

To explore all Renew has to offer, sign in to your member website and go to **Health & Wellness**.



Virtual visits³

See a doctor (\$0 copay) or talk to a behavioral health specialist (\$10 copay) anytime using live video chat from 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.⁴

With **Virtual Behavioral Health Visits**, you can speak to a behavioral health specialist for addiction, depression, anxiety, stress, loss and behavioral health medication management.

Find a list of participating Virtual Visit providers by logging in to your member website.



Mental and behavioral health

Nothing is more important than your health, which includes your mental health. You have access to many resources to help improve your emotional and mental health, including:

- Personalized virtual therapy programs with AbleTo²
- Ongoing mental health support with Optum Behavioral Health
- Health and wellness resources with Renew by UnitedHealthcare³



24/7 Nurse Support⁵

24/7 Nurse Support was designed specifically to help make your health decisions simple and convenient by providing immediate answers to your health questions anytime, anywhere — 24 hours a day, 7 days a week — at no additional cost.

When you call, a registered nurse can help you:

- Choose where to go for care — whether that's self-care, a provider visit or urgent care
- Find a provider or hospital that meets your needs and preferences
- Understand your diagnosis and explore treatment options

For more information, call toll-free **1-877-365-7949**, TTY **711**.



Hearing care and hearing aid savings

With UnitedHealthcare Hearing, you can receive a hearing exam and have access to a wide selection of name-brand and private-labeled custom-programmed hearing aids at significant savings. Plus, you'll receive personalized care and follow-up support from experienced hearing providers.⁶

- Choose from 2,000+ hearing aid models and styles from the industry's top brands
- Get virtual care with hearing aids delivered directly to your door or in-person care with access to one of the largest national networks of hearing professionals with more than 7,000 locations⁷ — both with support every step of the way
- Receive a complimentary hearing aid accessory with the purchase of a pair of hearing aids in the Premium technology level⁸
- Enjoy a hassle-free experience with no claims or reimbursement forms
- Save thousands of dollars, up to 50%–80% off standard industry prices, by going online or calling UnitedHealthcare Hearing to get started⁹

To learn more, call toll-free **1-866-445-2071**, TTY **711**. Or visit **UHChearing.com/retiree**



Rally Coach™ programs¹⁰

Rally Coach programs can help you start living a healthier and happier life. These virtual coaching programs are available to you at no additional cost and include the following:

- Real Appeal®, an online weight-loss program proven to help you achieve lifelong results, one step at a time (includes a diabetes prevention program for those who qualify)
- Rally Wellness Coaching, which helps you get healthy your way by providing 24/7 access to digital health and wellness courses as well as personalized coaching support via online chat or phone calls
- The Quit For Life® Tobacco Cessation Program, which helps give you the support you need to quit all types of tobacco use



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 providers get up-to-date information to help them make decisions.



Free fitness membership¹¹

SilverSneakers includes memberships to thousands of locations¹² nationwide, group exercise classes¹³ designed for all abilities, On-Demand video library, live virtual classes and workshops, and fun activities held outside the gym.¹³ Classes, equipment, facilities and services may vary by location.

Find a participating location at [silversneakers.com](https://www.silversneakers.com) or call toll-free **1-888-423-4632**, TTY 711.



Personal Emergency Response System (PERS)¹⁴

With the Personal Emergency Response System (PERS), provided by Lifeline, help is a button-push away.

- In-home medical alert monitoring system
- Quick access to help in any situation, whether an emergency or you just need a helping hand
- Helps give you confidence and independence

Do more with your plan



retiree.uhc.com/TRS-CareMA



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

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.

¹A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

²Renew by UnitedHealthcare is not available in all plans. Resources may vary.

³Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

⁴Providers cannot prescribe medications in all states.

⁵24/7 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 provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

⁶Please refer to your Summary of Benefits for details on your benefit coverage.

⁷Other 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.

⁸Availability subject to change and may be discontinued at any time.

⁹Hearing aid savings based on comparison to retail.

¹⁰Refer 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. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. 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.

¹¹Availability 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. © 2022 Tivity Health, Inc. All rights reserved.

¹²Participating 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.

¹³Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

¹⁴You must have a working landline and/or cellular phone coverage to use PERS.

This information is not a complete description of benefits.

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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