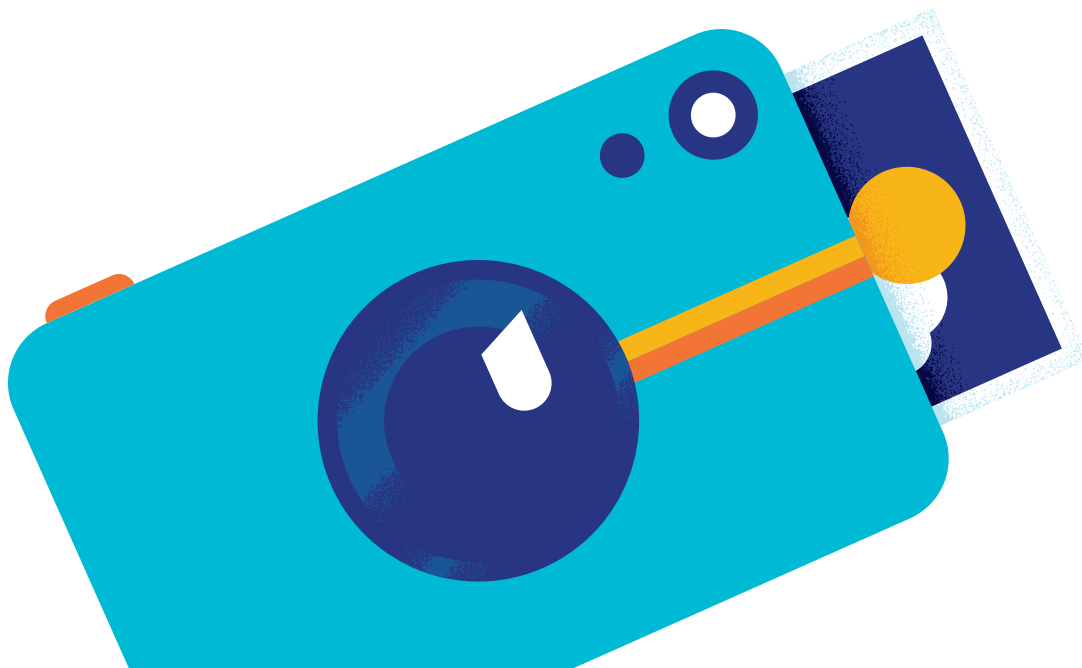
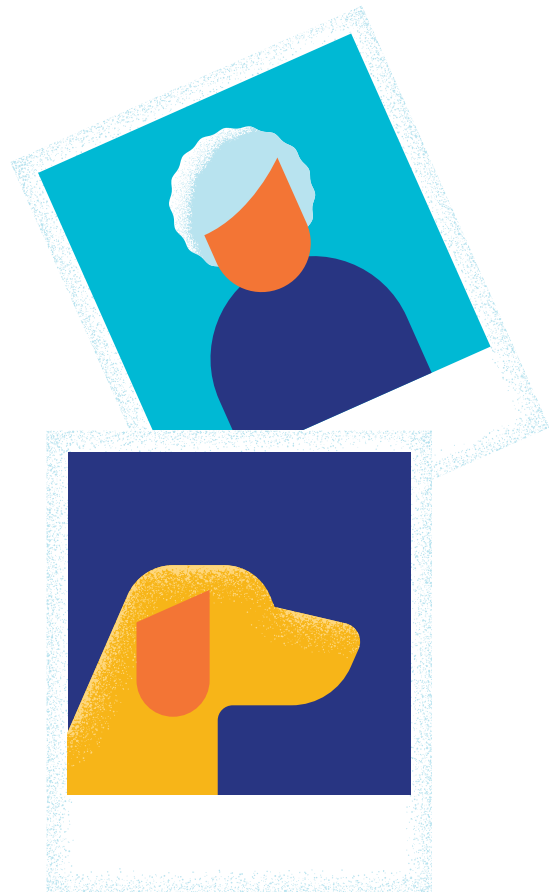


**Living life  
to the fullest**



**more exciting  
extras to explore**



# More ways to get care



## Annual in-home visit

With Optum® HouseCalls<sup>1</sup>, get a yearly in-home visit from a licensed health care practitioners at no cost to you. The visit includes:

- Up to an hour of 1-on-1 time with the health care practitioner
- A comprehensive exam
- Tailored health care screenings and medication review
- An opportunity to get advice and ask questions to help you manage your health
- Education, prevention tips and referrals to health services, if needed

To learn more, visit **UHCHouseCalls.com** or call **1-866-447-7868**, TTY **711**.



## Virtual visits<sup>2</sup>

See a medical provider or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

- **Virtual Provider Visits:** Ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy<sup>3</sup>
- **Virtual Behavioral Health Visits:** Talk 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.



## 24/7 provider support

Get answers to your health questions with 24/7 provider support.

- Providers can diagnose and treat a wide range of conditions and prescribe medication<sup>4</sup>
- Connect by phone, web or app from anywhere
- Results of the visit can be shared with your primary care provider (PCP)<sup>5</sup>

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



## Personal Emergency Response System (PERS)

Help is a button-push away with the PERS, provided by Lifeline.

- 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

# More ways to stay well



## No-cost annual wellness visit and preventive care<sup>6</sup>

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

For help scheduling, call the number on your UnitedHealthcare UCard.



## Gym and fitness membership<sup>®</sup>

SilverSneakers<sup>®7</sup> is a fitness benefit that includes:

- A free membership and access to group exercise classes at participating fitness locations
- Classes to get active outside of traditional gyms
- Virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app
- SilverSneakers Steps kit for members 15 miles or more from a participating fitness center. Choose the kit that works best for you: general fitness, strength, walking or yoga.

Find a participating location at [silversneakers.com](https://silversneakers.com) or call toll-free **1-888-338-1722**, TTY **711**.



## Let's Move by UnitedHealthcare<sup>®</sup>

Let's Move, our health and wellness program, helps keep your mind, body and social life active. With simple resources, tools, events and personalized support, Let's Move helps you explore ways to eat well, stay connected and be financially, physically and mentally fit — all at no additional cost to you.

To explore, visit [Letsmovebyuhc.com](https://letsmovebyuhc.com) through your member website.

# More ways to be supported



## Chronic conditions care

- Special programs for chronic conditions like diabetes or heart disease
- Personal attention and up-to-date information for your doctor to help them make decisions



## Mental and behavioral health resources<sup>8</sup>

- Ongoing mental health support with Optum® Behavioral Health
- Resources through our Health and Wellness experience

To learn more, call the number on your UnitedHealthcare UCard or visit **Health & Wellness** on your member website.



## UnitedHealthcare® Hearing<sup>9</sup>

- Receive friendly, expert advice through our national network of 6,500+ hearing providers<sup>10</sup>
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands, including Phonak, Starkey®, Oticon, Signia, ReSound, Widex® and Unitron™<sup>11</sup>

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



## Real Appeal

Real Appeal<sup>®12</sup> is an online weight management and healthy lifestyle program proven to help you achieve lifelong results and Real Appeal Diabetes Prevention<sup>13</sup> is a CDC-recognized lifestyle program for pre-diabetes and high-risk individuals. The programs are designed to help you feel your best, reduce your risk of developing serious health conditions and achieve your long-term health goals through behavior change strategies and support.

Get started at **uhc.realappeal.com** or call **1-844-924-7325**, TTY **711**.



## Healthy at Home<sup>14</sup>

With UnitedHealthcare® Healthy at Home, you are eligible to receive:

- 28 home-delivered meals when referred by a UnitedHealthcare Engagement Specialist<sup>15</sup>
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist<sup>15</sup>
- 6 hours of non-medical personal care provided through a professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more; no referral required.

To learn more, call the number on your UnitedHealthcare UCard or visit **Health & Wellness** on your member website.



**Call or go online for  
help getting the most  
from your plan**



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



**[retiree.uhc.com/TRS-CareMA](https://retiree.uhc.com/TRS-CareMA)**

<sup>1</sup>A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

<sup>2</sup>Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

<sup>3</sup>Providers cannot prescribe medications in all states.

<sup>4</sup>When medically necessary.

<sup>5</sup>With member consent.

<sup>6</sup>A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

<sup>7</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. 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. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.

<sup>8</sup>Other physicians/providers are available in our network.

<sup>9</sup>Please refer to your Summary of Benefits for details on your benefit coverage.

<sup>10</sup>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.

<sup>11</sup>Availability subject to change and may be discontinued at any time.

<sup>12</sup>Real Appeal Weight Management 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.

<sup>13</sup>Real Appeal Diabetes Prevention is available to you if you have a BMI of 25, not previously diagnosed with type 1 or type 2 diabetes, not pregnant and have a pre-diabetes, gestational diabetes history, or high-risk pre-diabetes test result.

<sup>14</sup>A new referral is required after every discharge to access your meal and transportation benefit. Services are provided by third parties not affiliated with UnitedHealthcare and participation may be subject to your acceptance of the third parties' respective terms and policies. UnitedHealthcare is not responsible for the services provided by third parties.

<sup>15</sup>A new referral is required after every discharge to access your meal and transportation benefit.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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