



Introducing Your Wellness Benefits

The Resourcing Edge wellness program offers a number of opportunities for you to maintain or improve your health. You can participate in personalized wellness programs to earn rewards that you can use to enter sweepstakes for chances to win prizes. Or take advantage of other wellness programs to save money with discounted products and services.

Rally

Health & Wellness Program



Sign up for Rally on myuhc.com. It's a program to help you move more and eat better. Set goals and earn rewards for your progress. Here's how it works. You register and take a health survey to determine your "Rally Age," which is kind of like your health age. Based on your results, you receive personalized action plans. You choose the ones that fit your lifestyle. Then track your progress and earn rewards. Use your rewards to enter chances to win prizes.

Health Discount Program

Additional Out-of-Pocket Savings

Log in to myuhc.com to access your health discount program. Save 10 – 50% on health and wellness products and services that may not be covered by your medical plan:

- Acupuncture, chiropractic care, massage therapy and natural medicine.
- Cosmetic dental teeth whitening.
- Fitness equipment.
- Hearing devices.
- Infertility treatment.
- Laser eye surgery.
- Long-term care services.

Real Appeal

Simple Steps That Can Lead to Transformation

Nearly seven out of 10 adults are considered overweight or obese. UnitedHealthcare's Real Appeal is working to reverse this trend by removing the barriers for people to better manage their weight. This free, convenient, year-long weight-loss program is accessible 365 days a year, 24 hours a day through your computer, smart phone or tablet. The program combines clinically proven science with engaging content and easy-to-understand principles that teach employees how to eat healthier and be more active.



Virtual Visits

Connect with a Doctor Wherever, Whenever

When you or a family member is sick and need care quick, a Virtual Visit is a convenient way to start feeling better faster. See and talk to a doctor via mobile phone or computer 24/7, no appointment needed. Get care in 20 minutes or less.



Healthy Pregnancy Program

Pregnancy Support

A program providing expectant mothers with support, including health assessments, nurse support and more. It's best to enroll within the first 12 weeks of pregnancy, but you can start through week 34. The program is provided as part of your medical plan, at no extra charge. To enroll, call 1-888-246-7389 or visit cx.uhc.com/uhcpregnancy for more information.

Extra Support

Programs for Members Managing Certain Conditions

Disease Management

There's additional support for those who need help managing a chronic disease. Resources are available to help you make more informed decisions. Log in to myuhc.com to find the programs offered with your health plan.

Centers of Excellence

If you have a special condition, you can get help finding a doctor and medical center as well as help with understanding your illness. To see covered conditions, log in to myuhc.com.

Emotional Health

Your behavioral health benefit provides confidential support 24/7 for alcohol and drug use recovery, coping with grief and loss, depression, anxiety and stress, and relationship difficulties. Visit liveandworkwell.com or call the member phone number on your ID card.



Call the number on your ID card



www.myuhc.com