

# UnitedHealthcare

## Helpful Information and Resources

<p><b>Welcome New Members</b></p>	<p>Get your health plan ID Card? New member checklist - 7 steps to follow:            Activate Your myuhc.com Account - Download the UnitedHealthcare app            Find Care &amp; Cost - Explore your Pharmacy Benefits            Find Preventive Care Recommendations            Learn How to Use Your ID Card - Go Paperless</p>
<p><b>Find Network Providers</b></p>	<p>The most up to date listing of physicians, specialists and hospitals.</p>
<p><b>Pharmacy Services</b></p>	<p>This website will direct you to United's prescription drugs lists, pharmacy locator, home delivery information, specialty pharmacy and a wealth of pharmacy information at your finger tips. <a href="#">New Prescription Mail-In order form.</a></p>
<p><b>Member Resources</b></p>	<p>Need support or help?</p>
<p><b>Register Online</b></p>	<p>Whenever you need it. Wherever you are.            Connect to plan details and personalized health information.</p>
<p><b>Virtual Visits</b></p>	<p>With a Virtual Visit, you can see and talk to a doctor via mobile device or computer - 24/7, no appointment needed.</p>
<p><b>Employee Assistance Program</b>  <i>for PPO Members</i></p>	<p>Calling an EAP coordinator 24/7 for a no-cost, confidential assessment of your situation and a referral to licensed professionals and services.</p>
<p><b>Preventive Care</b></p>	<p>Preventive care services are covered at no cost, even before you meet the plans deductible, as long as you obtain the services from a network provider.</p>
<p><b>Wellness Programs</b>  <i>and Services</i></p>	<p>Personal Health and Wellness - Health Discount Programs            Fitness Reimbursement Programs - Health Screening and Coaching - <a href="#">FAQ</a></p>
<p><b>Real Appeal</b>  <i>Weight Loss Program for PPO Members</i></p>	<p>A simple, step-by-step program that helps you lose weight without turning your life upside down.</p>
<p><b>UnitedHealthcare App</b>  <i>Get Your Health Info, Anytime</i></p>	<p>UnitedHealthcare app lets you easily access your health care information and gives you tools to help estimate costs, manage claims and find providers - anytime-anywhere.</p>
<p><b>Rally</b></p>	<p>This online interactive experience is designed to make it easy to help you understand healthy behaviors and take any needed steps to help you live a healthier life.</p>
<p><b>MyHealthcare</b>  <i>Cost Estimator</i></p>	<p>MyHealthcare is UnitedHealthcare's next-generation cost estimator that empowers you to better manage your health care.</p>
<p><b>UHC Rewards</b></p>	<p>UHC Rewards is a digital experience where you can earn rewards for reaching goals and completing one-time activities.</p>
<p><b>Glossary of Health Coverage</b>  <i>and Medical Terms</i></p>	<p>This document is a required employee handout due to the Affordable Care Act.</p>