

## UnitedHealthcare Wellness Programs for customers with 1-100 employees

- NEW Fitness Reimbursement Program
- NEW Health Screenings and Coaching
- Personal Health and Wellness
- Value-Added Services



A well-designed workplace wellness program could save you money. When employees learn how to make good decisions for their health, they may stay healthier, work better and miss work less often. This collection of resources can put you and your employees well on the way to a healthier path.

### FITNESS REIMBURSEMENT PROGRAM

The fitness reimbursement program\* offers money back to members who go to a participating fitness center on a regular basis. It's a fun way to encourage healthy behavior. Here is how the program works:

- Members choose a participating fitness center from a national network including 24 Hour Fitness®, Anytime Fitness®, Curves®, LifeTime Fitness®, Snap Fitness®, the Y® and more.
- Members present their fitness ID card each time they visit the fitness center.
- Members can each earn a credit of \$20 per month – up to \$240 per year for subscribers and enrolled spouses – by visiting a participating fitness center at least 12 times per month.
- Reimbursement is either deposited directly into the member's bank account or credited to the member's fitness center membership dues, depending on the fitness facility used.
- Members and spouses (if enrolled in the health plan) can participate in the fitness reimbursement program.

### Health and wellness information at [myuhc.com](http://myuhc.com)®

UnitedHealthcare has set up a special website just for your employees. They can learn more about each new and exciting health and wellness program by visiting [myuhc.com](http://myuhc.com).

Also, UnitedHealthcare will provide you with a promotional toolkit. This toolkit will help you spread the news to your employees about these new programs and the new website.

### PERSONAL HEALTH AND WELLNESS

#### SimplyEngaged® – Small Business

This portfolio of easy-to-use, self-directed tools helps members make healthy lifestyle decisions that could affect their long-term quality of life. Tools include:

- Health Survey
- Online Health Actions (Missions)
- Telephonic Wellness Coaching
- Personal Health Record
- Healthy Pregnancy Program
- Healthy Mind Health Body® e-newsletter
- myHealthcare Cost Estimator

#### Health discount program

Members and their families can save 10 to 25 percent on health and wellness services that are not covered by the plan or are above plan limits, such as cosmetic dental care, laser eye surgery, infertility treatments, and other products and services.

Even with medical, dental and vision coverage, enrolled health plan members can save even more money by using the health discount program for:

- Dental care
- Vision care
- Alternative care
- Long-term care services
- Infertility treatment
- Hearing devices

## HEALTH SCREENINGS AND COACHING

### Biometric Health Screenings

We help eligible members and their spouses work with their providers to get important screenings (e.g., blood glucose and cholesterol), and then, via the personal health record, we help them follow up and maintain healthy numbers.

Biometric health screenings and wellness coaching put the focus on prevention and maintaining good health, which may make a measurable difference to you and your employees.

### Preventive care guidelines to encourage healthy living

Preventing and detecting disease early is important to living a healthy life. That's why we provide information on age-appropriate screenings and immunizations, and encourage members to talk to their doctor about specific health questions and concerns. For more information on preventive care, visit <http://www.ahrq.gov/patients-consumers/prevention/index.html>.

### Telephonic Wellness Coaching



Weight



Exercise



Tobacco Cessation



Diabetes



Stress



Heart Health



Nutrition

## VALUE ADDED SERVICES

Save money and lighten administrative responsibilities: These services are available at no additional cost to you when you purchase medical coverage through UnitedHealthcare, and may reduce payroll-related taxes and increase employee satisfaction.

- Pre-Tax Premium Plan
- COBRA/State Continuation
- Flexible Spending Account

### myuhc.com is the first step for healthier employees and easier benefits

Your employees can unlock the power of their health care benefits with myuhc.com, our members-only website that houses many of the tools, resources and programs detailed here. Best of all, almost all of these are available at no extra cost for you or for them. Members can:

- Review coverage
- Change/select a primary care physician (if required by plan)
- Talk one-on-one with a registered nurse using Live Nurse Chat
- Use Pharmacy online (if in coverage)
- Print a temporary health plan ID card or request a new health plan ID card
- Manage their health with a Personal Health Record
- Enroll in wellness programs, and much more



For additional information, visit [myuhc.com](http://myuhc.com) or talk to your representative.



All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary. When accessing the tool, please refer to the Terms and Conditions of Use and Why Your Costs May Vary sections for further information regarding cost estimates. Refer to your health plan coverage document for information regarding your specific benefits.

All trademarks are the property of their respective owners. UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company, UnitedHealthcare of California, or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

SimplyEngaged® is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

**Disclosure:** The Health Discount Program is administered by HealthAllies, Inc., a discount medical plan organization. **The Health Discount Program is NOT insurance.** The discount program provides discounts at certain health care providers for medical services. The discount program does not make payments directly to the providers of medical services. The discount program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization.

HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773, [www.unitedhealthallies.com](http://www.unitedhealthallies.com), [ohacustomer@optumhealth.com](mailto:ohacustomer@optumhealth.com). The health discount program is offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific discounts and to encourage participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. UnitedHealthcare does not endorse or guarantee health products/services available through the discount program.

This program may not be available in all states or for all groups. Components subject to change.

Health plan coverage provided by or through UnitedHealthcare Insurance Company and UnitedHealthCare of California. Administrative services provided by UnitedHealthcare Services, Inc., OptumRx or OptumHealthCare Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).