



For more health and wellness information, please visit us online. You can also access our website on your iPhone® or Android® smartphone.



Your own bilingual member website at myuhc.com® helps you get the most from your health care coverage

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Wellness programs

Our goal is to help keep you well. Included in your benefit plan is a wide range of programs, services and resources to help you stay healthy. Whether you want to eat right, exercise more, stop smoking or just learn to relax, **myuhc.com** connects you with tools to help you meet your goals.

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24/7 support

Your health care coverage also includes a wide variety of online support tools to help you and your family with answers to health care questions. These sites are available to help you manage your health, visit **www.uhclatino.com** and **www.mentesana-cuerposano.com**.

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Track your benefits with myuhc.com, a bilingual member website available in English and Spanish

It's personal. It's confidential. It's one place to find everything you need to know about your benefits. Plus, **myuhc.com** gives you online tools to:

- ▶ Get benefit coverage and claims details
- ▶ Learn about treatment options and estimated costs for your condition
- ▶ Locate a participating doctor or health care facility
- ▶ Find information on thousands of health topics

Choose UnitedHealthcare and get more from your health plan.

For more information, visit **myuhc.com** or **uhclatino.com**



All UnitedHealthcare members can access a cost estimator online tool. 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, 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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

For a complete description of the UnitedHealth Premium® designation program, including details on the methodology used, geographic availability, program limitations and medical specialties participating, please visit myuhc.com.

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Why choose UnitedHealthcare?

With UnitedHealthcare, you have access to programs that are designed to help you make informed health decisions and support you in reaching your health and wellness goals.





The following tools and resources will help you learn more about the value of being a UnitedHealthcare member:

We'll help you choose a doctor with confidence

1 You have a lot of choices

We offer one of the largest national networks with over 774,000 physicians and health care professionals, and 5600 available hospitals:

So wherever you are – at home or traveling – it's likely you'll be near a UnitedHealthcare network doctor or facility that meets your needs.

2 Find the right doctor for you

Not all health care is the same, which is why UnitedHealthcare developed the UnitedHealth Premium® designation program. It's an easy-to-use, complimentary resource that helps you find network doctors who meet national standards for quality and local market benchmarks for cost efficiency. Log in to myuhc.com® and select “**Find a Doctor**” or “**Physicians & Facilities**”, then look for the “**Tier 1**” symbol. You can search by name, distance, gender, and more. You can also search based on language preference for Spanish-speaking physicians and find the doctor who is right for you.



Dedicated resources for the help you need in making informed health care decisions

3 Animated Educational Fotonovelas—What did the doctor tell you?

Animated bilingual photo stories depicting how a family discusses common health concerns on topics such as Hypertension, Diabetes, Nutrition, Emotional Health, Physical activity and Tobacco use. To view the fotonovelas, please visit www.uhclatino.com.

uhclatino.com



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4 Innovative tools and resources to fit your lifestyle

UnitedHealthcare is dedicated to developing innovative and consumer-friendly tools that provide the health resources to help you live a healthier life, right in the palm of your hand.

▶ **UnitedHealthcare Health4MeSM Mobile App***

Download our Health4Me mobile app to your Apple® or Android® smartphone or tablet and see how easy it is to find nearby physicians, estimate treatment costs, check the status of a claim, see your account balance or speak directly with a nurse.



Health4Me

▶ **myHealthcare Cost Estimator***

myHealthcare Cost Estimator is personalized to estimate out-of-pocket expenses based on your plan and current benefit status. You can use this tool to estimate procedure costs based on available fee schedules or contracted rates, as well as claims averages for a particular provider. myHealthcare Cost Estimator lets you review UnitedHealth Premium information about doctors who meet the standards for quality and cost-efficient care. Plus, this tool is fully integrated with customer service and clinical support for easy access to a wide range of resources.

5 Preventive care

Routine preventive care services and age-appropriate health screenings help you and your doctor work together to manage your health. Visit www.uhcpreventivecare.com® to find out which immunizations and health screenings are recommended for you and your family.

6 UnitedHealthcare Latino website

Access bilingual (English and Spanish) resources at your fingertips anytime. UnitedHealthcare's bilingual website allows you to access health information and resources on your computer at uhclatino.com. With this website you can access extensive, health and wellness information, as well as educational tools, resources and videos.

7 UHC.TVSM for Health and Happiness*

UHC.TV is an online television network that presents educational and entertaining video programs about good health and living well. Get information from health experts, including Dr. Mehmet Oz and other health professionals, on a variety of topics. Simply type **UHC.TV** into your Internet browser to start watching for your health and happiness.



* Please note that these tools are not currently available in Spanish, but you can call the toll-free number on your health plan ID card or the dedicated Spanish language line at 1-800-940-1508 if you need assistance.