BELIEVE IN A HEALTHIER YOU

The Health and Wellness tab on myuhc.com is your own personal website that is designed to:

- Inspire you to take healthy actions to manage or improve your health
- Encourage you to remain motivated through online health programs and innovative tools that track your progress
- Reinforce your commitment by rewarding your accomplishments

INTRODUCING RALLY™ ON myuhc.com — an online experience that makes it easier for you to eat better, move more, and complete activities that help improve your health.

What is Rally?
Rally is a user-friendly digital experience that will engage you in a new way by using technology, gaming and social media to help you understand, learn and find support in working toward your health and wellness goals. With Rally we make it easier for you to get motivated to be healthier.

Rally offers:

- A personalized health survey
- Participation in activity Missions
- Rewards for your activities

USE myuhc.com WHEREVER YOU ARE

Download the UnitedHealthcare Health4Me™ mobile app
Health4Me provides instant access to your family’s critical health information – anytime and anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is your go-to resource.

Take advantage of these services as soon as your UnitedHealthcare plan goes into effect by registering at myuhc.com.
GETTING THE MOST FROM YOUR HEALTH PLAN WITH myuhc.com

myuhc.com GIVES YOU PRACTICAL, PERSONALIZED INFORMATION SO YOU CAN:

- Understand your coverage
- Find a doctor in your area
- Manage your claims
- Organize your health information
- Estimate costs of future treatments
- Improve your health

myuhc.com comes with your UnitedHealthcare health plan.

With myuhc.com, you’ll have fewer questions and more confidence about your benefits, claims and health information. It’s personalized for you and simple to use.

Imagine – no more waiting or wondering. You can access these services in moments, at any time of the day.

MAKE SMARTER CHOICES

myuhc.com helps you make more-informed decisions about your health care:

1. Locate information on your benefits and coverage. Learn about what’s covered and what’s not, deductibles and out-of-pocket costs. You’ll also find tips for getting the most out of your benefits.

2. Consider a doctor’s UnitedHealth Premium® designation status, based on national quality standards and local market benchmarks for cost efficiency, when you are choosing a doctor. You can even search for doctors who treat other patients of your age and gender with similar health conditions.

You’ll be empowered to make choices that are right for you based on real data and cost information.

QUICKLY AND EASILY ESTIMATE YOUR HEALTH CARE COSTS ON MYUHC.COM

Quickly and easily estimate your health care costs on myuhc.com.

Using your benefit information, myHealthcare Cost Estimator:

- Shows you the estimated costs for a treatment or procedure
- Displays how that cost is impacted by your deductible, co-insurance and out-of-pocket maximum
- Gives you an estimate of what you’ll be responsible to pay
- Provides you with usable information for planning and budgeting

BETTER MANAGE YOUR EXPENSES

You’ll be in control of your health care-related expenses with myuhc.com:

1. Manage your claims with myClaims Manager to easily search for claims, track claims you need to watch, mark claims you’ve already paid, and use easy-to-read graphs to better understand your bills and what you owe. Subscribers can pay their health care providers online for any claim that has a ‘You Owe’ amount using the ‘Make Payment’ feature.

2. Track your medical expenses, including account balances and spending history.

3. Estimate health care costs before you have a test or procedure. With myHealthcare Cost Estimator, you can view treatment options and see variations in cost and quality by provider or facility all before seeking care.

With myuhc.com, there are no surprises. At every stage of care you know what to expect and can plan accordingly.

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