



Helping employees make more informed health care decisions.

Engaging and encouraging employees.

Better health may start with your employees making the health care choices that are right for them.

UnitedHealthcare provides members with programs, resources and ongoing support to help them become empowered, confident health care consumers.

That's why we've created tools that are designed to help drive a simpler, personal experience that may result in increased individual health ownership – and better outcomes. Our tools and suite of clinical, wellness and behavioral programs are designed to help your employees make more informed choices about their health and well-being.

Contact us to learn more about how we may help you improve health outcomes by:

- 1 Supporting behavior change.
- 2 Achieving and maintaining a healthier lifestyle.
- 3 Minimizing disease progression.
- 4 Creating awareness of the long-term benefits of a healthier lifestyle.

Advocacy Solutions

Solution	Profile	Description
NurseLine	Self-funded Fully insured (part of Care24®)	Designed to deliver greater value than typical triage-only services through increased program referrals, online chat, member engagement techniques and more. Connects members with health care experts who provide resources or information — 24 hours a day, seven days a week. <ul style="list-style-type: none"> • Help answer clinical concerns, facilitate referrals to relevant health and wellness programs, and provide condition management and treatment-decision counseling. • Identify UnitedHealth Premium® program providers and even schedule appointments. • Coaching on medication adherence and education on drug interactions or medication alternatives. • Preventive care information, healthier lifestyle coaching, and referrals to wellness coaching and behavioral health.
Care24	Fully insured and self-funded	A health and well-being service where a contact guides members to the clinical, wellness, financial, legal or counseling resources that are available through NurseLine and the Employee Assistance Program (EAP) — 24 hours a day, seven days a week. Care24 provides confidential support to members and includes three behavioral visits at no additional charge.
Decision Support	Included in Personal Health Support (PHS) 2.0, Custom Personal Health Support and Personal Health Support – Total Population Self-funded	Using predictive modeling and decision support alerts, nurses and advocates provide information, resources and support to help members actively participate in decisions about their treatment options with their doctors, potentially lowering costs and improving health outcomes. Topics cover more than 50 conditions and over 350 procedures that may be major cost drivers for employers.
Emergency Room Decision Support	Self-funded ≥ 750 members	Designed to help reduce inappropriate emergency room (ER) usage by connecting ER users with a primary care physician and providing education about appropriate ER use and alternatives, such as urgent care centers.
Second Opinion Service	Self-funded > 100 members	Provides members access to personalized second opinions by video or phone. The service is offered by top medical specialists through 2nd.MD, a third-party vendor. <ul style="list-style-type: none"> • Consultations occur within three business days. Members can use this service from anywhere and can request a consultation 24/7 online. • Robust network of specialists and effortless member experience with a designated care team coordinator. • Average potential savings of \$3,500 per consult by avoiding unnecessary research, clinically irrelevant treatments, in-person visits and repetitive tests.

Behavioral Solutions

Solution	Profile	Description
Employee Assistance Program (EAP) and WorkLife Services	Self-funded and fully insured EAP: ≥ 250 employees WorkLife services: ≥ 500 employees	Promotes productivity and personal resiliency by offering employees and their families immediate consultation and, if needed, one-on-one counseling to address personal challenges, problems of daily life or workplace concerns. Unlimited management consultation and critical incident support services to help promote high-performing workplaces.
Behavioral Health Solutions	Self-funded and fully insured; any employee size	Offers a more robust approach to managing inpatient and outpatient care that focuses resources where they can make the greatest impact for each member. The program includes enhanced risk identification, early intervention and practitioner performance monitoring.
Standard Behavioral Care	Self-funded	Provides clinically effective inpatient, mental health and substance use disorder care services focusing on individuals needing more intensive services and those with the highest clinical risk. Also provides outpatient services.

Care Management Solutions

Solution	Profile	Description
Standard Care Coordination	Self-funded and fully insured	Addresses and supports over 50 conditions for high-cost/high-risk members, targeting 1% of the population via telephone-based outreach. <ul style="list-style-type: none"> • Nurse team available to answer questions about health concerns. • Healthy Pregnancy, Congenital Heart Disease and Transplant Resource Services programs; Asthma (self-funded clients) and Cancer Resource Services and Kidney Resource Services (self-funded clients). • Optional Clinical Programs available for additional fee to Cancer and Kidney Resource Services self-funded clients. • Health Discount Program and Physical Health Programs (self-funded clients). • HealtheNote Reminders. • <i>Health Resources</i> tab on myuhc.com[®].
Personal Health Support 2.0	Self-funded ≥ 750 members	Addresses and supports over 50 conditions and proactively monitors for potential gaps in care for all members. <ul style="list-style-type: none"> • Designated nurse team with “nurse in the family.” • Decision Support, Healthy Pregnancy, Transplant Resource Services, Congenital Heart Disease and Physical Health programs; ParentSteps[®], Health Discount Program, and Cancer Resource Services and Kidney Resource Services (750–2,999 employees). • Optional Clinical Programs available for additional fee to Physical Health programs, ParentSteps, Health Discount Program, Cancer and Kidney Resource Services self-funded clients. • HealtheNotes and HealtheNote Reminders.
Custom Personal Health Support	Self-funded ≥ 5,000 members	Personal Health Support 2.0 plus: <ul style="list-style-type: none"> • Dedicated or highly designated nurse team with “nurse in the family.” • Promotes greater level of member engagement.
Personal Health Support – Total Population	Self-funded ≥ 20,000 members	A “total” health and wellness management solution designed to enhance member engagement, reduce medical costs and improve health outcomes. <ul style="list-style-type: none"> • Comprehensive, tailored marketing and activation campaigns to continuously engage members. • Value-based interventions that are condition-agnostic and flexible enough to help meet the changing needs of an employer’s member population.

Complex Medical Condition Solutions

Solution	Profile	Description
Bariatric Resource Services	Self-funded Fully insured in mandated states	Offers support both before and after surgery to help reduce complications and costs associated with weight-loss surgery for morbid obesity. Resources include: <ul style="list-style-type: none"> • Access to the Centers of Excellence (COE) network. • Case management. • Specialty clinical consulting components.
Cancer Resource Services	Self-funded	Provides patients with information to help them make more informed decisions about their cancer care. <ul style="list-style-type: none"> • Provides access to national network of cancer centers for a second opinion or treatment. • Focuses on uncommon and complex cancers where practice variability and expenses tend to be high. However, program services and network may be accessed for any type of cancer care.
Cancer Support Program	Self-funded ≥ 3,000 employees	Cancer Resource Services plus: <ul style="list-style-type: none"> • Addresses ongoing care. • Comprehensive case management to help close gaps in care. • Access to an integrated, multi-disciplinary team (medical directors, social workers) to help fill gaps in care.
Congenital Heart Disease Resource Services	Self-funded and fully insured; any employee size	Combines a specialized network of leading Congenital Heart Disease (CHD) Centers of Excellence with contractual savings and clinical management. CHD nurse case managers educate families about the benefits of receiving care at a COE and support families as their children receive care.
Kidney Resource Services	Self-funded and fully insured; any employee size	Offers educational information and provides members with network dialysis clinics. Program is designed to reduce medical expenses related to end-stage renal disease. <ul style="list-style-type: none"> • Services through team of specialized nurses who provide information to members to help them make more informed decisions which may improve their health. • Over-the-phone case management, monitoring of health and complications stemming from chronic kidney disease, information on how to help manage condition and educational materials.
Comprehensive Kidney Solutions also called Chronic Kidney Disease (fully insured)	Self-funded ≥ 3,000 employees Fully insured; any employee size	Expanded kidney disease program provides telephone-based services to members diagnosed with end-stage renal disease and chronic kidney disease. Focuses on members who are at an increased risk of chronic kidney disease, are transitioning into renal replacement therapy or those already on dialysis.
Transplant Resource Services	Self-funded and fully insured; any employee size	Access to a transplant network developed with robust processes for clinical qualification and contracting. Transplant nurse case managers educate members about treatment options, including care at COEs, and support members through every step of the transplant process. <p>Transplant network options include:</p> <ul style="list-style-type: none"> • Centers of Excellence: Leading centers offering best-in-class care. • Transplant Access Program (TAP): A secondary network that expands access to contracted programs. Addresses situations when members opt to use a program that is not in the COE network. <p>Extra contractual services are available on a case-by-case basis to contract for transplant services outside of the COE and TAP networks.</p>

Condition-specific Solutions

Solution	Profile	Description
Condition or Disease Management: <ul style="list-style-type: none"> Asthma Chronic obstructive pulmonary disease (COPD) Coronary artery disease (CAD) Diabetes Heart failure (HF) 	<p>Asthma:</p> <ul style="list-style-type: none"> Embedded for ASO Base. Not available for fully insured. > 750 for PHS 2.0. <p>COPD:</p> <ul style="list-style-type: none"> Not available for ASO Base. Not available for fully insured. > 5,000 for PHS 2.0. <p>CAD and Diabetes:</p> <ul style="list-style-type: none"> Not available for ASO Base. Fully insured is mail-based program only. > 750 for PHS 2.0. <p>HF:</p> <ul style="list-style-type: none"> Not available for ASO Base. Embedded for fully insured. > 750 for PHS 2.0. 	<p>Designed to help members improve self-care, identify warning signs and access resources for assistance, with the goal of reducing the need for urgent/emergency services.</p> <ul style="list-style-type: none"> Reinforces and supports physician treatment plans. Helps members prepare for physician visits so they get the most out of their care encounters. Helps eliminate unnecessary or redundant procedures, reduces complication rates and improves medical outcomes.

Maternity Health/Reproductive Solutions

Solution	Profile	Description
Fertility Solutions	Self-funded ≥ 3,000 employees Fully insured in mandated states	Fertility Solutions is made up of education, counseling and access to infertility treatment through Centers of Excellence providers that have met best-practice criteria.
Healthy Pregnancy	Self-funded and fully insured; any employee size	Personalized maternity wellness program provides additional support and education throughout pregnancy and post-delivery. By working closely with mothers-to-be, potentially high-risk pregnancies are identified and high-risk case management is provided. The UnitedHealthcare Healthy Pregnancy SM app offers nurse support and resources to help expectant moms take steps toward a healthier pregnancy and it integrates with UnitedHealthcare's maternity management programs.
Maternity Support	Self-funded ≥ 3,000 employees	Augmented, personalized and proactive outreach to support both low-risk and high-risk members before, during and after pregnancy.
Neonatal Resource Services	Self-funded and fully insured; any employee size	The program is designed to help control and reduce neonatal care costs with effective on-site and telephonic case management to help parents find high-quality and efficient facilities across the nation.

Member Incentive Solutions

Solution	Profile	Description
Diabetes Health Plan	Self-funded ≥ 2,000 employees	Program to help support those with diabetes and prediabetes and their eligible family members by reducing or eliminating out-of-pocket expenses for diabetes-related care such as physician visits, certain drugs and self-monitoring supplies. Members have access to an online scorecard to help them manage their care.
SimplyEngaged® and SimplyEngaged Plus	Self-funded and fully insured 2–2,999 employees	<ul style="list-style-type: none"> • SimplyEngaged promotes wellness by offering employees rewards for healthy activities. • SimplyEngaged Plus takes the program to the next level with rewards for healthy activities and health results. • Rewards options: Gift cards, deposits to either a health reimbursement account (HRA) or a health savings account (HSA), or member premium reduction.
UnitedHealthcare Motion®	Self-funded and fully insured; any employee size	The UnitedHealthcare Motion program is designed to help motivate employees to do more of what they already do: walk. It's convenient, provides immediate feedback on goal achievement and rewards members with deposits into their HRA or HSA for meeting certain walking criteria.
UnitedHealth Personal Rewards®	Self-funded > 1,000 members Smaller membership allowed but billed at 1,000 threshold	This suite of flexible program options rewards members for achieving certain health results (e.g., lowering blood pressure, quitting tobacco) or taking healthy actions (e.g., completing a Health Survey). Packages can be aligned to fit the needs of the organization from turnkey to customized designs.

Musculoskeletal Solutions

Solution	Profile	Description
Complementary/ Alternative Medicine services	Self-funded and fully insured; any employee size	Large network of providers who practice a variety of complementary and alternative therapies including acupuncture, massage therapy, naturopathic medicine and nutrition counseling. The discount program can be offered as a supplement to a fully insured benefit.
Clinical Support (chiropractic, physical therapy and occupational therapy)	Chiropractic Clinical Support: self-funded and fully insured; any employee size PT/OT Clinical Support: self-funded and fully insured; any employee size	Encourages providers to practice evidence-based health care with the goal of reducing costs and providing consistent care to patients where appropriate. <ul style="list-style-type: none"> • Same-specialty peer review of treatment requests. • Peer-to-peer education on evidence-informed treatment approaches to increase the consistency of patient care and reduce unexplained variance. • Comprehensive provider website. • National Committee for Quality Assurance (NCQA) certification.
Physical Health Network solutions (chiropractic and physical, occupational and speech therapy)	Self-funded and fully insured; any employee size	Physical health networks provide access to conservative treatment options for conditions such as musculoskeletal and speech disorders. <ul style="list-style-type: none"> • Chiropractic providers. • Physical, occupational and speech therapists. • Complementary and alternative medicine providers including acupuncturists, massage therapists, naturopaths and dietitians/nutritionists.
Orthopedic Advocacy	Self-funded ≥ 750 employees	Holistic solution that is designed to help empower members and manages costs by providing access to orthopedic nurses and quality providers across the continuum of care, from early pain onset through treatment and beyond.

Wellness Solutions

Solution	Profile	Description
Adult Flu Clinics	Self-funded ≥ 30 participants	Adult flu clinics provide a convenient way for employees to get their flu shot at work. <ul style="list-style-type: none"> • Turnkey program available on site and at multiple locations. • Designated Program Coordinator to handle end-to-end planning. • All-inclusive, standard pricing. • Better protection from the flu. • Must purchase Worksite Wellness Health Screening Solutions program.
Employee Assistance Program (EAP) and WorkLife Services	Self-funded and fully insured EAP: ≥ 250 employees WorkLife services: ≥ 500 employees	Promotes productivity and personal resiliency by offering employees and their families immediate consultation and, if needed, one-on-one counseling to address personal challenges, problems of daily life or workplace concerns. Unlimited management consultation and critical incident support services to help promote high-performing workplaces.
Health Discounts	Self-funded and fully insured; any employee size	Discount program offering a 10% to 50% discount on a wide range of health and wellness-related products and services not traditionally covered by a health plan. <ul style="list-style-type: none"> • Discounts include vision, dental, weight management, fitness gear, heart health, smoking cessation, ParentSteps infertility program and more. • Access to a network of over 150,000 health care professionals, facilities and retailers. • Integration with the broader UnitedHealthcare digital experience.
Health Screenings	Self-funded ≥ 30 participants for fingerstick on-site screening events ≥ 20 participants for venipuncture	Biometric screenings can help members identify health risks and may also serve as a catalyst for health action. <ul style="list-style-type: none"> • Multiple screening methods provide access to full population: On site, provider screenings, lab screenings, at-home screening materials. • Designated program coordinator assists with on-site logistics, customizable tools to build awareness and all-inclusive pricing. • Biometric data is integrated into our health assessments and online personal health records and health trackers.
Optum® On-Site Fitness Services	Self-funded and fully insured; any employee size	Highly customized services designed to bring fitness to the workplace, engage employees, and integrate health and wellness into a company's culture. On-site capabilities may be purchased individually or in any combination: <ul style="list-style-type: none"> • Design and Development. • Fitness Center Management. • Fitness Programming.
Quit For Life®	Self-funded ≥ 750 members; available to fully insured 6/1/18	Industry-leading tobacco cessation coaching program offered in collaboration with the American Cancer Society: <ul style="list-style-type: none"> • Outbound coaching calls. • Unlimited access to Quit Coach® staff during the program. • Online learning community. • Text2Quit® text messaging.
Rally® on myuhc.com	Self-funded and fully insured; any employee size	A digital health and wellness experience connects members with health content, online action plans (Missions), Health Survey, a tool to help manage their health records, Challenges and dozens of other resources to help them proactively manage their health.
Real Appeal®	Self-funded > 100 employees; fully insured > 51 employees; fully insured 1-50 included 1/1/18, but only on 2018 COCs	Evidence-based, virtual weight-loss program that provides members with the tools and support needed to help them lose weight and prevent weight-related health conditions. <ul style="list-style-type: none"> • One-on-one coaching. • Weekly interactive group online coaching. • Weight-loss and maintenance plan customized to individual needs. • Entertaining delivery of evidence-based content.
Wellness Coaching	Self-funded ≥ 750 members	Wellness coaching offers comprehensive online and personal coaching as well as digital and peer support to help members identify health risks, set goals and develop personalized strategies that may help empower them to make positive lifestyle changes: <ul style="list-style-type: none"> • Weight and Wellness • Fit for Life • Eat Smart • Diabetes Lifestyle • Sleep Well • Quit Tobacco • Stress Less • Healthy Heart • General Wellness • Family Wellness

Clinical Engagement Tools

Solution	Profile	Description
HealthNotes	Self-funded	Messaging to members and their providers on potential health risks and important health opportunities. HealthNotes reach out to members to address these health opportunities early, when potential risks are initially identified.
HealthNote Reminders	Self-funded and fully insured; any employee size	Mail and email alerts that remind members to consult their health care providers about recommended preventive care. <ul style="list-style-type: none"> • Women's health (breast cancer and cervical cancer screening) • Childhood and teen vaccines • Diabetes • Heart (cholesterol and coronary artery disease)

Member Tools

Solution	Profile	Description
Advocate4Me®	Self-funded and fully insured; any employee size	Provides members end-to-end health, wellness and benefits support including benefits and claims questions, finding a doctor, proactive support and information, health education, clinical program enrollment and much more.
Digital Onboarding	Self-funded and fully insured; Key Accounts, Public Sector 101+	Digital Onboarding may help reduce the employer's burden during open enrollment. Digital Onboarding is designed to be a no-cost digital tool that is easy to implement, simplifies the enrollment process and may result in more informed and engaged employees.
myuhc.com	Self-funded and fully insured; any employee size	Online resource where members are able to check claim status and history, view their benefits and health statements, refill a prescription, chat with a nurse, search for doctors and hospitals, see their quality and cost-efficiency ratings, estimate the cost of care and much more.
Health4Me®	Self-funded and fully insured; any employee size	The mobile version of myuhc.com is designed to help employees manage different aspects of their health, like searching for providers and getting health care cost estimates for specific treatments and procedures from their smartphone or tablet.
Health Education Webinars	Self-funded and fully insured; any employee size	Online seminars covering a variety of health care topics. Visit uhc.com .
<i>Healthy Mind Healthy Body</i> ® eNewsletter	Self-funded and fully insured; any employee size	Award-winning monthly eNewsletter delivers fresh views on how to get and stay healthy. Members and non-members can customize the eNewsletter with the topics most relevant to them. Consumers can register at uhc.com/myhealthnews .
Online Claims Management	Self-funded and fully insured; any employee size	Help better understand and manage health care claims through this online tool. The tool provides visuals to illustrate claims and account balance information and allows members to view, manage and track their claims in one location. Members can pay health care providers online for out-of-pocket expenses, too.



The UnitedHealth Premium® designation program is a resource for informational purposes only. Designations are displayed in UnitedHealthcare online physician directories at myuhc.com®. You should always visit myuhc.com for the most current information. **Premium designations are a guide to choosing a physician and may be used as one of many factors you consider when choosing a physician. If you already have a physician, you may also wish to confer with him or her for advice on selecting other physicians. You should also discuss designations with a physician before choosing him or her. Physician evaluations have a risk of error and should not be the sole basis for selecting a physician.** Please visit myuhc.com for detailed program information and methodologies.

Diabetes Health Plan 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. If your provider determines that a health action is not medically appropriate for you, you may qualify for a different way to earn the incentive. Please have your provider complete the Provider information section of the Health Actions Notification Form. Contact us at 1-866-944-9001, TTY 711, 8 a.m. – 8 p.m. ET, Monday – Friday if you have any questions. Recommended health actions may be covered by your benefit plan. Be sure to check your benefit plan for specific coverage details.

Second Opinion is made available through a third party vendor, 2nd.MD. The information provided through Second Opinion does not constitute medical advice and does not diagnose, treat or prescribe treatment of medical conditions. All information provided in connection with Second Opinion is for informational purposes only, and does not create a physician-patient treatment relationship. Information provided through Second Opinion does not substitute medical diagnosis or treatment from your treating physician, and you should discuss the information provided by Second Opinion with your treating physician before making any decisions. The Second Opinion service may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

The Complex Medical Conditions program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct health care services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted health care professional or medical center.

Participation in UnitedHealth Personal Rewards is voluntary and the health survey is confidential. 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 your plan representative and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Log in to myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you. There is a maximum associated with these rewards. Employees and covered spouse (if applicable and eligible) can earn rewards separately. Children may not participate in the reward program. Incentives can be earned only once every plan year.

The UnitedHealth Allies Discount Program is administered by HealthAllies®, Inc., a discount medical plan organization. The discount program is not a qualified health plan under the Affordable Care Act. **UnitedHealth Allies is NOT insurance.** UnitedHealth Allies provides discounts at certain health care providers for medical services. UnitedHealth Allies does not make payments directly to the providers of medical services. The 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 MN103-0550, P.O. Box 1459, Minneapolis, MN 55414, (800) 860-8773, www.unitedhealthallies.com, uhaucustomer@uhc.com.

Participation in the Health Assessment is strictly voluntary. Any health information collected as part of the assessment will be kept confidential in accordance with the Notice of Privacy Practices; be used only for health and wellness recommendations or for payment, treatment or health care operations; and be shared with your health plan, but not with your employer.

UnitedHealthcare Motion 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 an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or activation credit may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or activation credit under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to a health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. Contact us at 1-800-291-2634, option 7, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

Disease Management programs and services may vary on a location-by-location basis and are subject to change with written notice. UnitedHealthcare does not guarantee availability of programs in all service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. If you select a new provider or are assigned to a provider who does not participate in the Disease Management program, your participation in the program will be terminated. Self-Funded or Self-Insured Plans (ASO) covered persons may have an additional premium cost. Please check with your employer.

NurseLine is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. NurseLine services are not an insurance program and may be discontinued at any time.

The Care24® program integrates elements of traditional employee assistance and work-life programs with health information lines for a comprehensive set of resources. It is not a substitute for a doctor's or professional's care. Please discuss with your doctor how the information provided is right for you. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal® is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

SimplyEngaged® and SimplyEngaged® Plus are voluntary programs. 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.

Advocate services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through Advocate (Advocate4Me®) services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time.

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. Please discuss with your doctor how the information provided is right for you.

The UnitedHealthcare Healthy Pregnancy application is only available to eligible members of certain employer-sponsored plans. Application registration is required.

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