



# Time to put yourself first



# more extras for you to explore

Get more with a UnitedHealthcare® Group Medicare Advantage (PPO) plan





## Call or go online to learn more today



**1-800-758-4885, TTY 711**  
8 a.m.-8 p.m. local time, Monday-Friday



**[retiree.uhc.com](http://retiree.uhc.com)**

**For more details, review  
the Evidence of Coverage  
(EOC).**

The Welcome Letter will  
include the plan website  
where you can access the  
EOC.

# Discover the programs, resources and support you've earned

## Annual in-home visit

With UnitedHealthcare® HouseCalls<sup>1</sup>, get a yearly in-home health and wellness visit from one of our licensed health care practitioners at no additional cost to you. The visit includes:

- Up to an hour of 1:1 time with the health care practitioner
- Health screenings tailored to you
- A medication review
- A chance to get advice and ask questions to help you manage your health
- A visit summary that is sent to you and your primary care provider

## Virtual visits<sup>2</sup>

See a medical provider or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

- **Virtual Provider Visits:** Ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy<sup>3</sup>
- **Virtual Behavioral Health Visits:** Talk to a behavioral health specialist for addiction, depression, anxiety, stress, loss, and behavioral health medication management

## **No-cost Annual Wellness Visit and preventive care<sup>4</sup>**

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

## **Let's Move by UnitedHealthcare<sup>®</sup>**

Let's Move, our health and wellness program, helps keep your mind, body and social life active. With simple resources, tools, events and personalized support, Let's Move helps you explore ways to eat well, stay connected and be financially, physically and mentally fit – all at no additional cost to you.

## **Gym and fitness membership**

SilverSneakers<sup>®5</sup> is a fitness benefit that includes:

- A free membership and access to group exercise classes at participating fitness locations.<sup>6</sup>
- Classes to get active outside of traditional gyms.
- Virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app.
- SilverSneakers Steps for members 15 miles or more from a participating fitness center. Choose the kit that works best for you: general fitness, strength, walking or yoga.

## **Mental and behavioral health resources**

- Ongoing mental health support with Optum® Behavioral Health
- Resources through our Health and Wellness experience

## **Personal Emergency Response System (PERS)<sup>7</sup>**

Help is a button-push away with the PERS, provided by Lifeline.

- In-home medical alert monitoring system
- Quick access to help in any situation, whether an emergency or you just need a helping hand
- Helps give you confidence and independence

## **UnitedHealthcare® Hearing**

- Receive friendly, expert advice through our national network of 6,500+ hearing providers<sup>8</sup> – or try virtual appointments<sup>9</sup>
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands, including Phonak, Starkey®, Signia, ReSound, Widex® and Unitron™<sup>10</sup>

## **24/7 provider support**

Get answers to your health questions with 24/7 provider support.

- Providers can diagnose and treat a wide range of conditions, and prescribe medication<sup>11</sup>
- Connect by phone, web or app from anywhere
- Results of the visit can be shared with your Primary Care Provider<sup>12</sup>

<sup>1</sup>A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

<sup>2</sup>Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

<sup>3</sup>Providers cannot prescribe medications in all states.

<sup>4</sup>A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

<sup>5</sup>Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

<sup>6</sup>Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

<sup>7</sup>You must have a working landline and/or cellular phone coverage to use PERS.

<sup>8</sup>Please refer to your Summary of Benefits for details on your benefit coverage. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies. Not all network providers offer virtual care.

<sup>9</sup>Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. Network size varies by local market.

<sup>10</sup>Availability subject to change and may be discontinued at any time.

<sup>11</sup>When medically necessary.

<sup>12</sup>With member consent.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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